



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1	Month April	Year 2020		Day 31	Month March	Year 2021

Section A Reference and administration details

Charity name

Teesside Dementia Link Services

Other names charity is known by

TDLS

Registered charity number (if any)

1175890

Charity's principal address

39 Pembroke Dr

Ingleby Barwick

Stockton on Tees

Postcode

TS17 5BB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				Trustee board
2	Mark Walker	Chair of Trustee's		
3	Margaret Irwin	Vice Chair		
4	Christie Graham	Finance		
5	Linda Serle	PW Dementia Rep		
6	June Prince	Carers Rep		
7	Jacky Kindness	Policy		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO
How the charity is constituted (eg. trust, association, company)	Registered Charity
Trustee selection methods (eg. appointed by, elected by)	Full trustee group elects new Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

We operate a "flat" structure, each trustee has an area or work or expertise.
Operation reports are delivered to the trustees, at the Trustee meeting and then sometimes informally if a new opportunity arrives the Chair, Vice Chair and Development trustee will discuss this and report back to the main Trustee meeting.

New Trustees will be recruited by general recruitment campaigns or invitation, as need arises

A small risk of the new covid virus may disrupt some services, we are yet to decide if this will affect services and what to do. The trustees will meet in May to discuss

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The relief of sickness and preservation of health of people with Dementia and their families and carers, living permanently or temporarily on Teesside by the provision of services, information and education as the trustees see fit.'

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Dementia Cafes

Provide, a warm meal and assistance and advice on nutrition, peer support, advice information, friendship and companionship, a safe place for people with dementia, especially those experiencing difficulties, allow carers time to have a break, encourage people back into the community, reduce isolation.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, reducing financial poverty, improved interaction with other services, preparation for future needs volunteer opportunity, helping people prepare for work.

Craft Groups

Crafting for carers and people with dementia, crafts include knitting, painting card & picture making, music, singing, sewing. Information and training on keeping clients occupied, the groups also give free activities to be completed at home. We also provide food at these events, to help relax clients and help those who have issues around nutrition and feeding.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, maintaining social and practical skill, improved interaction with other services, preparation for future needs, volunteer opportunity, helping people prepare for work.

Carers Support Groups

These groups are for carers only, providing professional and peer support to carers and their families and friends.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, maintaining a link with the local community, reducing financial poverty, improved interaction with other services, preparation for future needs

Lunch / Supper / Breakfast Clubs

The groups meet in local restaurants, and are open to all, working with local businesses, we can provide a safe and a non-judgemental space for everyone. Restaurants have worked with us on menus, portion size, utensils and making clients feel safe

Public benefit - preservation of health, information and education, reduction of loneliness and isolation, improves nutrition, volunteer opportunity, helping people prepare for work

Cinema and Dinner Club

Monthly social group, attending a local cinema and restaurant, promoting friendships and contact with the wider community. Provide a very relaxed atmosphere to escape Dementia, but a volunteer is always on hand to assist with any needs or support.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, improved interaction with other services and social opportunities, a widening of friendship circles, volunteer opportunity, helping people prepare for work

Intergenerational Yoga

This service forms part of our isolation and integration project. We provide a intergeneration yoga teacher (its yoga for babies and people with Dementia), there is space for 15 babies, Mothers (many have no relatives with dementia)bring their babies and let clients hold them, and perform yoga exercises, those clients too weak to hold a baby are given life like dolls, some clients prefer just do the exercise and to sing along. Its aim is to make those in care more accessible and make new friends.

Public benefit - preservation of health, reduction of loneliness and isolation, promotion of wellbeing, education and inclusion.

Circus Skills School

Simple but very effective circus skills, maintaining and improving movement, wellbeing, coordination, social interaction, and friendships

Public benefit - preservation of health, education, reduction of loneliness and isolation, promoting inclusion and abilities.

Additional monthly social Outings

Clients choose venues or events that they could not attend without assistance or support, this is great for reminiscence, and making new friends.

Public benefit - relief of sickness and preservation of health, education, reduction of loneliness and isolation, improved interaction with other services, preparation for future needs, promotes inclusion and assists venues in understanding they can offer service to our client group, lasting relationship with venues have been formed, volunteer opportunity, helping people prepare for work.

Dementia Advice, Support, representation and Advocacy

This is a one stop shop for carers, offering one to one support sessions at home or a venue of their choosing. Support offered includes information on the disease, stages and progress, obtaining and assistance in claiming benefits, planning for the future – finance – property – care needs, support when dealing with other agencies, emotional support, helping the wider family and friends come to terms with a diagnosis, managing challenging behaviour, dealing with loss.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, reducing financial poverty, improved interaction with other services, support with preparation for future needs, less visits on GP services.

Carer Contact Service

This service has exploded this year due to the pandemic, we had 300 referrals from the local authorities as they struggled to cope with the volume of calls. This service used to support about 20 families at its high we were fielding 20 calls per day, the service is a

Proactive telephone calls to carers and people with Dementia living on their own, these telephone calls are generally social but can turn on to support sessions, it gives carers a feeling that this service is just about them and not the disease. Many carers feel services are designed just for the person with Dementia and not one carers about them, especially after their loved one has gone into care or passed on. We agree with the client how often they want the calls and when, some prefer night calls when all the other services are closed. Calls can last an hour or more.

Public benefit - relief of sickness and preservation of health, information and education, reduction of loneliness and isolation, reducing financial poverty, improved interaction with other services, preparation for future needs, less visits to GP services.

Isolation Project

We provide “natter cards” (5,000 so far) the cards are given to individuals and social venues. They invite people to share tables and chat, the cards on the inside provide safety information too. The other part of this project is the Intergenerational Yoga and Circus skills mentioned above.

Public benefit - relief of sickness and preservation of health, reduction of loneliness and isolation, improved interaction with the wider community, preparation for future needs, assistance in the preservation of some of our high streets

Training

We deliver two sessions, what is Dementia (1.5 hours long). What may it feel like to have Dementia? (2 hours long) These sessions are available to anyone who is interested, especially potential volunteers.

Public benefit - information and education, reduction of loneliness and isolation, improved interaction with other services, volunteer opportunity, helping people prepare for work

Befriending

Volunteers are matched with carers or a person with Dementia, with the aim of providing companionship, activities, information, stimulation, information and emotional support.

Public benefit - preservation of health, information and education, reduction of loneliness and isolation, maintenance of social and cognitive skills, preparation for future needs, volunteer opportunity, helping people prepare for work.

Museum Project

Working with Tees Valley Museum service to improve access to the museum's services. This includes better signage, objects that can be handled, a new Dementia friendly educational magazine and private events for people with Dementia (PWD). This project will include those who are in nursing homes.

Public benefit

Greater inclusion of our client group, wider understanding in the museum services of the needs of PWD. Lessen the isolation of our own carers allowing them to carry out activities under their own steam but safe in the knowledge they are in a Dementia supportive space. Part 2 is getting those in care back out into the community and not kept in doors for years on end

Fish & Chip Fridays

Taking a hot weekly lunch for those in isolation

Public benefit

During lock down many were totally isolated, the statutory service were not visiting, people were just left with a fortnightly call if they were lucky. We could offer free food and do a quick assessment as to any emergency issues or interventions needed and a visual check to see if they looked distressed or ill.

Home welfare packs

During lockdown many people struggled, we decided to put together welfare packs for PWD and their carers, packs were delivered fortnightly and contained a minimum of 8 items, home sprays, flowers, cakes, biscuits, fruit, bathing items, different flavour soft drinks (for mocktail's) Cheese crackers and pickles, DVDs, Magazines, boxes of chocolates, special pork pies, posh crisps and anything else we could find that people felt like they were getting a little treat. These were hand delivered to each home.

Public benefit

It was a small contribution to assisting with mental health as it gave us an opportunity to stand at a social distance and check how people were coping and giving them at least 30 – 60 mins to chat face to face mostly though windows or in gardens

Activity Packs

This again was in response to lock down, PWD found it extremely hard to understand what was happening, so we offered home delivery of small activities that we would have done in the craft groups. These were offered fortnightly to PWD, they included at least 3 activities, all activities were new unused and sealed they included – Jigsaws, knitting, sowing, painting, models, games, seeds, plants, card making, Christmas bauble kits, Easter hats and card making, cake and biscuit kits, The big one was the afternoon tea making that we give out for Easter Sunday, and we held a virtual afternoon tea.

Public benefit

Reduction in Isolation, helped maintain some skills, engaged the PWD with the carer with new activities. We hope it also elevated some mental health issues, as when visiting we were able to assess what was going on and make sure PWD were engaging as much as they could.

Weekley walks

Meeting at a local park for those who just could not stay at home any longer the socially distanced walking group is very popular attracting around 25 people, we have managed to keep with in the rules and no one has gotten ill, it is so popular that regardless of the weather people turn up, (we do not walk in snow or ice)

Public benefit

It is immeasurable, fresh air seeing people even at a distance really gives food to the soul, we have seen people blossom from doing these walks, one client thought her husband was getting better as there was such a positive change, the walks are food for the body and the mind, many are now encouraged to do little walks in their own area, getting them fitter and promoting better sleep

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Where on earth do I begin! It was the best of times and the worst of times, being honest it was mostly but not all the worst of times. We had to stop most of our volunteers from working due to the risk of covid and suspend most of our services too.

This will not be a popular statement, but it is still nevertheless true, most of our clients were abandoned by other agencies. WE DID NOT CLOSE OR HIDE BEHIND PHONES. The lack of response and support was shocking, so we took on as much as we could! Including 300 referrals from the local authority (none of whom had dementia or were carers of those with Dementia)

After suspending the group services and telling volunteers they were furloughed we decided that now more than ever people would need support.

We did the following

- 1 Continued home visits giving support, advice, advocacy, emotional support, but this had to be done through windows or in peoples gardens, we quickly realise people needed to see people face to face as they felt everyone had disappeared.
- 2 Set up the fortnightly welfare packs and hand delivering them
- 3 Set up the fortnightly craft group in your own home service, were we hand delivered activity / craft packs
- 4 Started a weekly walking group
- 5 Increased the carer contact line
- 6 Started the soup and sunset group
- 7 Set up fish & chip Fridays to provide a hot meal

Section D Achievements and performance

8 Adcock picnics with a carer & PWD at a time and socially distanced bring your own refreshments

9 Shopping trips

10 Prescription collection

Only 2 volunteers carried out this work, it was extremely hard and worthwhile, as you can imagine as we continue into 2021 we still have no idea how long this will go on for.

Below is a list of what we did

- **Crafting packs around 900 packs all hand delivered**
- **Welfare / mental health packs – around 1,200 all hand delivered**
- **Took 295 referrals from Stockton Councils covid team during the first 6 months of the pandemic**
- **Telephone befriending 70 new clients, many calls made after 10 pm when people feel most lonely**
- **One to one “Garden” visits – 850 in all weathers summer was good but the winter has been so hard but we did it**
- **Sent for and completed 19 attendance allowance forms (100% success rate) 3 PIP applications and 2 PIP reviews**
- **Collected and delivered 1,845 selection boxes for our clients and all the residents in 22 Nursing homes across Teesside**
- **Friday Fish & Chips for the most vulnerable around 420 delivered, many loved this service.**
- **Over 200 shopping and prescription trips**
- **1,589 Easter Eggs to all our clients and all the residents in 18 Nursing homes**
- **Liaising with other agencies to get emergency care**
- **Organising respite and permanent care for clients – 9**
- **Advocacy for several clients**
- **One to one social activities – 120 events**
- **Wrote 250 post cards with up lifting messages on them to clients and care homes**
- **120 thinking of you cards sent to clients**
- **New museums newsletter with sensory activities packs over 1,000 delivered, including to 10 nursing homes, this project is part of a broader engagement program**
- **36 weekly walks**

There are currently 30 volunteers all on furlough and 2 working both working around 60 – 65 hours a week, with no days off for a year. It looks like there is going to be some easing of restrictions, so we really look forward to welcoming back some of our volunteers in the summer. We as always will be looking to recruit as many new appropriate volunteers as we can for the next year, but we fear it may be more difficult than usual.

Our finances are currently healthy and can support our work for the next year, we did spend a lot of money this year, but we have had help from the Balenger trust, Teesside philanthropy, Cleveland community foundation, Boro walkers, Aviva, Tesco's.

The main casualty of this has been admin the long hours have proven difficult to find the energy to complete tasks like counting the number of clients we have supported over the year because some of the thing we have done like the welfare and craft packs have been shared out so we would count that as one couple then someone would say thanks Mrs X shared that with us then we give it to(which we totally loved) so we think we have supported almost 1,200 people in one way or another in the last year.

We continue to support local businesses by buying supplies from them for all our welfare and craft packs as well as anything we need.

Our SWOT analysis is very different from last year

Strengths – 2 Volunteers, flexibility and diversity of services, very quick to adapt to client needs

Weaknesses – the whole covid event, unable to risk the health of most volunteers

Opportunities – get the group services back up and running to relieve some of the workload, send in a report on time to the charity commission

Threats – loss of donations, continued lack of engagement with the local authority, lack of volunteers, Covid

Those who know me know I will say it as it is, this year has been the hardest many of us can remember, we lost 19 clients, we felt everyone of them were part of our family, it has only been possible to attend some funerals, nowhere near all of them. Many died alone without family present our hearts go out to all those affected by the events of this year.

We feel that the next year will be positive and we will reopen all of the services by the end of June, and have a welcome return to normal.

As always, we must remember and are extremely grateful to all our volunteers and supporters, without them we can do nothing

Mark Walker

Chair of Trustees

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Keeping the charity going and delivering services

- Crafting packs around 900 packs all hand delivered
- Welfare / mental health packs – around 1,200 all hand delivered
- Took 295 referrals from Stockton Councils covid team during the first 6 months of the pandemic
- Telephone befriending 70 new clients, many calls made after 10 pm when people feel most lonely
- One to one “Garden” visits – 850 in all weathers summer was good but the winter has been so hard but we did it
- Sent for and completed 19 attendance allowance forms (100% success rate) 3 PIP applications and 2 PIP reviews
- Collected and delivered 1,845 selection boxes for our clients and all the residents in 22 Nursing homes across Teesside
- Friday Fish & Chips for the most vulnerable around 420 delivered, many loved this service.
- Over 200 shopping and prescription trips
- 1,589 Easter Eggs to all our clients and all the residents in 18 Nursing homes
- Liaising with other agencies to get emergency care
- Organising respite and permanent care for clients – 9
- Advocacy for several clients
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- 36 weekly walks

Section E Financial review

Brief statement of the charity's policy on reserves

We are still holding 1 full year off operational reserves as well as reserves for new projects we could not launch this year.

Details of any funds materially in deficit

none

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funds come from fundraising events, and grants.

Funds are spent directly on services, including rent, equipment, refreshments,

We currently have no investment policy but as we grow, we will explore this

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Mark Walker	Margret Irwin
Full name(s)	Mark Walker	Margaret Irwin
Position (eg Secretary, Chair, etc)	Chair	Vice Chair
Date	2/1/22	

Teesside Dementia Link Services			1175890
Receipts and payments accounts			
For the period from	01-Apr-20	To	31-Mar-21

CC16a

Section A Receipts and payments

	Unrestric ted funds to the nearest £	Restrict ed funds to the nearest £	Endowm ent funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and grants	9,902	9,798	-	19,700	22,526
Fundraising Activities	14,188	-	-	14,188	16,684
Interest recd		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,091	9,798	-	33,889	39,210
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,091	9,798	-	33,889	39,210
A3 Payments					
Cost of charitable activities	11,150	-	-	11,150	14,379
Insurance	146	-	-	146	172
Telephone	220	-	-	220	102
Print, Postage, Computer Costs	1,290	-	-	1,290	179
Wages and Salaries	-	7,500	-	7,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	12,806	7,500	-	20,306	14,833
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	12,806	7,500	-	20,306	14,833
Net of receipts/(payments)	11,285	2,298	-	13,583	24,377
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,283	9798	-	32,081	7,704
Cash funds this year end	33,568	12,096	-	45,664	32,081

Section B Statement of assets

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	33,568	12,096	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	33,568	12,096	-
		OK	OK	OK
	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	M Walker	MARK WALKER	06/02/2022	
	G Walker	GAIL WALKER	06/02/2022	