



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 1	Month April	Year 2022		Day 31	Month March	Year 2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

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	Margaret Irwin	Chair of Trustees		Trustee board
2	Mark Walker	Vice Chair Trustee's		
3	Jacqui Kindness	Carers rep		
4	June Prince	Policy		
5	Linda Serle	PW Dementia Rep		
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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

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Fundraising	Diane Calvert	43 Ackland way Stockton on Tees
Billingham Development	Liz Featherstone	

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

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.

Cognitive Stimulation Groups

This is a development in the crafting for carers and people with dementia, crafts include knitting, painting card & picture making, music, singing, sowing. Information and training on keeping clients occupied, We have no introduced a large number of games which are proving very successful in engaging more people in our activities. 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 / 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 Clubs

Monthly social group, attending a local cinema, we hold 2 per month a day time and an evening club, 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.

Supper Club

We meet once a month at a local restaurant, various locations, to promote a “normal” evening out, 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, promotes friendships and peer support.

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. This year we have been – Beamish, Whitby, Pickering steam train rides, model train rides and picnic at local park, cruise along the river with afternoon tea

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

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 no 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. Due to over subscription, we do not advertise this service we just allocate befrienders to existing clients when we have capacity.

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. This has been running for 2 years now and is going well

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, this is now a seasonal project running in the winter months only.

Public benefit

This service started during lock down many were totally isolated, the statutory service was 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

This is a service left over from lock down as we find there is still a need, it is now delivered on a “as and when needed” basis. They contain 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 are hand delivered to each home.

Public benefit

It was a small contribution to assisting with mental health as it gives us an opportunity to check how people were coping and giving them at least 30 – 60 mins to chat face to face.

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 cognitive stimulation groups. These are offered “as and when needed” 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 the walking group is very popular attracting around 20 - 35 people, it is so popular that regardless of the weather people turn up, (we do not walk in snow or ice) it has formed into 2 groups now as some who attend are unable to do the walk so we hold a little social group in the park café where we all meet after the walk.

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.

One to one home visits

Each new client gets at least one home visit. We check what benefits they are receiving and if any are missing, we send for the benefit forms and assist in filling them in.

Capture what the care / PWD knows about the condition and their understanding of what is going to happen.

Advice and information on how best to cope and manage the situation.

We would also introduce the idea of future planning and how many future visits they should expect.

Public Benefit

Stops isolation and catches those who fall through the gaps. Many when they get a diagnosis go into hiding, so we often come across people who have had a diagnosis for a long time, but are getting no help

Swimming club

Weekly group meeting for those with the condition and their carers, mostly social but some use it to improve fitness and mobility. It is also a very good social activity and loads of fun.

Public Benefit

There was such a positive change, to those who attend, food for the body and the mind, many are now encouraged to do other exercises, getting them fitter and promoting

better health and sleep

Classical Café

Once a month café where we have tea, cakes and listen to classical music performed by a live string quartet. We also provide “mindful” colouring activities to promote deeper relaxation.

Public Benefit

Promotes inner calm and relaxation. Sometimes introducing people to classical music for the first time which then can be used at home to promote further calmness.

Section D

Achievements and performance

All of our services were fully open this year, with the restrictions and cautiousness' all gone. Some services remained the same whilst others evolved into something new.

The craft groups have now become cognitive stimulation sessions with a wider range of activities now including playing physical and board games. The range of activities at these groups are more numerous than before, allowing more people to do different things.

The intergenerational Yoga has moved venue making it more accessible to the wider public and our clients.

We have started some new groups in Billingham, Thornaby, and Yarm. The new groups have significantly increased our workload but we are still with capacity.

We did the following

1 We were able to increase home visits giving support, advice, advocacy, emotional support, and no longer had to stand in gardens or chat to people through windows.

2 continued with the craft and welfare packs hand delivering them to those still in need.

3 Help clients claim around £300k in unclaimed benefits.

4 Started 7 new services.

Section D Achievements and performance

5 Increased the carer contact line.

6 held 6 major days out with around 270 people attending.

8 Held 10 community Christmas events

9 5 information events

10 Increase social media following by more than 1,000.

11 230 home visits

12 in regular contact with 160 clients and 140 occasional contact.

13 Hand delivered 145 crafting packs.

14 Hand delivered 450 welfare / mental health packs

15 filled in and returned 25 Attendance allowance forms, 5 pip forms 100% success rate.

16 collected and delivered 1500 selection boxes to nursing homes and our clients.

17 Delivered 300 + fish and chips to vulnerable clients in the winter.

18 Collected 1320 easter eggs to nursing homes and clients.

19 Advocacy for 11 clients at external agency meetings.

20 over 280 events and activities.

21 300 cards to clients and care homes with uplifting messages and thinking of you, messages.

22 2000 museum newsletters delivered.

23 4 volunteer training sessions delivered

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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, and we have had addition issues with IT and e mail, we are engaging an IT worker on a casual basis to resolve our issues.

This year has presented many challenges, so far we have weathered them all, some were harder to deal with than other. As with every year we lost some of our clients, this never gets easier, but we have continued to support their loved ones. We always say "you can leave us but we will never leave you "and so far we have kept that promise

We look at the year ahead 23/24 though positive eyes and hope we can increase our

services and the support we give. As always, we must remember and show we are extremely grateful to all our volunteers and supporters, without them we can do nothing.

Margret Irwin
Chair of Trustees

Our SWOT analysis

Strengths – 35 volunteers whom are able to cope with the , flexibility and diversity of services, very quick to adapt to client needs.

Weaknesses – Admin and Accounting support.

Opportunities – increase services and hold more frequent targeted training for all volunteers, increase or publicity and our fundraising efforts.

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

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)

Vice Chair

Chair

Date

10/11/23

Teesside Dementia Link Services	1175890
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Receipts and payments accounts

For the period from	01-Apr-22	To	31-Mar-23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and grants	8,740	-	-	8,740	16,523
Fundraising Activities	28,725	-	-	28,725	13,435
Interest recd		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	37,466	-	-	37,466	29,958
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	37,466	-	-	37,466	29,958
A3 Payments					
Cost of charitable activities	16,476	-		16,476	10,588
Insurance	381	-		381	320
Telephone	208	-		208	305
Print, Postage, Computer Costs	228	-		228	352

Wages and Salaries	13,520	10,227		23,747	11,667
	-	-	-	-	-
	-	-	-	-	-
Sub total	30,813	10,227	-	41,040	23,232

A4 Asset and investment purchases, (see table)					
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0

Total payments	30,813	10,227	-	41,040	23,232
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pts/(payments)	6,653	- 10,227	-	- 3,574	6,726
A5 Transfers bet	-	-	0	-	-
A6 Cash funds la	42,163	10,227	0	52,390	45,664
s this year end	48,816	-	-	48,816	52,390

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestr cted funds to nearest £	Restrict ed funds to nearest £	Endowm ent funds to nearest £
B1 Cash funds	Bank Account	48,816		-
		-	-	-
		-	-	-
	Total cash funds	48,816	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestr cted funds to nearest £	Restrict ed funds to nearest £	Endowm ent funds to nearest £
B2 Other monetary	Details			
		-	-	-
		-	-	-
B3 Investment assets	Details			
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature			
		Print Name		Date of approval
		MARK WALKER		



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

TEESSIDE DEMENTIA LINK SERVICES

**On accounts for the year
ended**

31 MARCH 23

**Charity no
(if any)**

1175890

Set out on pages

1-3

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 MARCH 2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Rosalind Fergie

Date:

11.2.2024

Name:

ROSALIND FERGIE

**Relevant professional
qualification(s) or body
(if any):**

ACA. Member of the Institute of Chartered Accountants England and Wales (ICAEW)

Address:

37 ROYAL GEORGE DRIVE

EAGLESCLIFFE

TS16 0RU