



How to Contact Us

If you would like to attend or
find out more about our groups or
services, please contact
Sheelagh Dilworth - 07740 111 182

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OR WRITE TO US AT:
Action on Dementia Sunderland
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www.sunderlandactionondementia.co.uk



Annual Report 2022

www.sunderlandactionondementia.co.uk

Chairman's Report

As with many other charitable organisations the year ended 31st March 2022, and beyond, saw Action on Dementia Sunderland tentatively emerge from the shadow cast by Covid 19 pandemic. We have gradually phased in activities that include a human proximity element whilst being guided by governmental and national health service advice and whilst being mindful of the paramount importance of the wellbeing of all of our stakeholders.

In terms of the services and activities we were able to offer at the end of the financial year there was a large upscale when compared to the beginning of the year and when compared with a large part of the previous year.

Whilst it is not possible to predict the future trajectory of the Covid 19 pandemic with a great degree of confidence, there are hopeful signs that the worst is behind us and a normality is returning. We are therefore offering most of our range of services and activities for those suffering with dementia and their families and carers, such as support/friendship groups, trips out, weekly Home Visiting/Befriending Service, Peer Support group for people with dementia and hopefully soon, to resume our support work within Sunderland Royal Hospital.

It remains to be seen to what extent the current cost of living increases and the country's financial uncertainties, will have on previous plans to address the "crisis" in social care. But it seems likely that what has been described as "a tax on dementia" and "an unfair health lottery" will continue for sometime yet, with the resultant additional stresses on people with dementia and their families / carers. As well as the impact on organisations such as ourselves.

Despite occasional media hype, yet another year has passed without any apparent breakthrough in dementia research, in finding new treatments, let alone a cure.

We were greatly honoured in being chosen for the third year in succession to be chosen by the staff members of the Gentoo Group, to be one of their Corporate Charities of the Year (see the financial report).

And for the second year running (literally) Allan Surtees completed a sponsored run on our behalf. This year, Allan ran the 97 miles from Leeds football ground (Elland Road) to Bob Stokoe's statue at the Stadium of Light over 7 days. Allan had set himself this challenge to mark his 60th birthday to raise awareness of dementia and funds. The significance of the run between Leeds and Sunderland, was that, of the two football teams who contested the 1973 Cup Final, many of the famous names had since developed dementia, as did Bob Stokoe, Sunderland's cup winning team manager.

Allan received a great deal of support from Sunderland Football Club, e.g. inviting him onto the pitch at half-time, and featuring Allan's effort in the match programme and on their social media platforms.

All the more disappointing that none of the media outlets in Sunderland, covered Allan's "challenge".

The charity will continue to do its utmost to meet these demands against a backdrop of ongoing austerity measures and the current cost of living crisis. The general bleak economic outlook will inevitably have an effect on small charities such as Action on Dementia Sunderland but we remain hopeful that efforts to secure the resources necessary to enable the charity to continue the needs of those impacted by dementia will prove to be successful.

Our thanks go to all who supported us financially or otherwise over the past year. These include the Ballinger Trust. Peter Dunn and Co. Westwaters, Sunderland Community Transport, VCAS and Billy Wright.

Thanks must of course also go to our development worker Sheelagh Dilworth and her team, for all of their hard work and commitment over what has been another frustrating year.

Finally my thanks to my fellow Trustees for their support to me.



Andrew Tilbury of Peter Dunn and Co.



Staff of the Chester's Public House.



Allan Surtees who ran from Leeds to Sunderland, meeting the group in Thirsk during his run.



Team Jean who raise funds in memory of their Mother.

THANK YOU

These are some of our Supporters who have given Donations and assistance to the Group.

Development Worker's Report

Another year on, to the time of writing this report, through what can only now be described as a period of slow recovery from the Covid pandemic, with the ensuing worrying and difficult times to come over the months and year ahead. As if our families/carers and people with dementia haven't had enough troubled and traumatic times to cope with.

The impact of the current rises in cost of living, and rising energy prices places even more of a burden on families trying to cope, living with dementia.

It is all the more important that we can provide much needed and essential support to people with dementia and their families through our range of services which are all free of charge.

Throughout the past year, as people gained confidence to venture out and about again our Lunch Club/Friendship group returned to an active support group providing an opportunity for people with dementia to attend along with their carers and enjoy some socialising in a supportive environment with staff in attendance. We have also provided a number of regular trips out and about to various places which has enabled families to enjoy the summer months outdoors supported by our staff.

We have two new Outreach Family Support Workers, Theresa and Mike who joined our team last year and have been supporting our various support groups as well as our Home Visiting/Befriending Service.

It is our normal practice when someone goes into nursing/residential care for a period of respite whilst receiving the Home Visiting/Befriending Service, that we endeavour where possible to continue to support them by visiting them whilst in respite. This helps maintain the continuity of the companionship and support which they are familiar with, when they return home.

If a client moves into nursing/residential care permanently, we would normally discontinue providing the Home Visiting/Befriending Service. However we know that this can be a particularly traumatic time for both the person with dementia and their carer. In addition many could still benefit from having someone to visit them apart from their family members, as it helps maintain some outside contact with the community as well as continuing to support their family carers by sometimes accompanying them on the odd visit or just allowing them a break from visiting, another way of providing some respite.

We have began to pilot this additional element to our Home Visiting/Befriending Service where our resources have enabled us to do so. and will be seeking funding to continue, as we believe that it is crucial in supporting families through this difficult and often traumatic transitional stage of their journey with dementia.

Now that our Peer support Group has been reestablished, it has given carers an additional respite break as well as providing an opportunity for our clients with dementia to socialise and partake in group activities with their peers supported by our Outreach Family Support Workers. Whilst this group is intended for people with dementia to attend alone without their carers, we encourage carers to accompany them during their initial sessions if they are anxious or perhaps require a gradual introduction in order that they can gain confidence to eventually attend alone.

Due to more recent pressures, i.e. rising costs and shortages of services/provisions, we expect that our services will be more in demand and there will be a need to provide an ongoing flexible approach in the development and sustainability of our services.

Financial Report

EXPENDITURE

The tentative return to "normality" was reflected in increases in a number of items of expenditure.

E.g. Outings and Activities £2416 from £52,

Staff Mileage £696 from £0,

Advertising £556 from £0 and Printing, stationary

and I.T. £1058 from £580.

Although these were offset by the reduction in Wages and salaries £37,664 from £41,694, due to staff recruitment delays. Therefore, total expenditure at £45,709 was only marginally up (£72) on the previous financial year. Giving an overall deficit of £4751

INCOME

As was the case with the voluntary sector generally, the opportunities to secure grant funding were greatly reduced by the Covid situation in this period. Even so, the difference in total income as compared to the previous year, is somewhat misleading, as some funding received in that period Was intended to be used for service provision in the following financial year (Ending this March 31st)

We are most grateful to the grant funders as listed. However

once again it was largely due to the support and generosity of local organisations and individuals that we were able to maintain much of our support capability. These included Team Jean, A Tilbury and the Gentoo group (See chairs report) with a donation for 2021 of £11,000 following £8,500 the previous year.

Our grateful thanks go to all who supported us financially, in addition to grant funding bodies listed in the Income and Expenditure page

As always, a particular heartfelt thanks and condolences go to all who made donations in memory of loved ones.

Anticipated austerity measures and the current cost of living crisis and the general bleak economic outlook will inevitably have an effect on small charities such as Action on Dementia Sunderland but we remain hopeful that efforts to secure the resources necessary to enable the charity to continue to meet the needs of those impacted by dementia will prove to be successful.

WHO WE ARE

Action on Dementia was formed in January 2010 and is a voluntary organisation with its own constitution based on democratic principles.

Our purpose is to provide support to people within the city who have dementia and also to their families and friends. We also work to promote their interests.

As an independent local group, we can guarantee that all funds raised and donations received will be used locally.

BOARD OF TRUSTEES

Ernest Thompson (Chairman)

Maurice Surtees Errington (Secretary)

George Albert Mail (Treasurer)

Beatrice Smith

Co-opted Members

Ian Cockburn, Kathleen Martin, Malcolm Watson

THE FOLLOWING TRUSTEES

ARE ALSO DIRECTORS OF THE COMPANY

Ernest Thompson, Maurice Surtees Errington, George Albert Malt

Accounts

BALANCE SHEET

YEAR ENDED 31ST MARCH 2022

	Notes	2022	2021
Fixed Assets			
Tangible Assets	8	80	106
Current Assets			
Cash at bank and in hand		66822	68803
Debtors		200	1205
Total Current Assets		67022	70008
Current Liabilities			
Creditors:Amounts falling due within one year	9	7758	7243
Deferred Income		8250	7026
Total Current Liabilities		16008	14269
Net Current Assets		51014	55739
Net Assets		51094	55845
Funds of the Charity			
Restricted funds	11	0	0
Designated funds	11	9000	9000
Unrestricted funds	11	42094	46845
Total Charity Funds		51094	55845

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)

For the financial year ended 31st March 2022, the company was entitled to exemption from audit under section 477 Companies Act 2006; and no notice has been deposited under section 476. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts were approved by the board on 1st August 2022

..... Ernest Thompson
TRUSTEE

..... Maurice Surtees Errington
TRUSTEE

ACTION ON DEMENTIA SUNDERLAND

APPENDIX

INCOME AND EXPENDITURE ACCOUNT

YEAR ENDED 31ST MARCH 2022

	2022 £	2021 £
INCOME AND EXPENDITURE		
Incoming resources		
Donations	12724	7998
Just Giving Donations	6134	4799
Gentoo Donation	11000	8500
Job Retention Scheme Grant	2424	15312
Sir James Knott Trust	0	10000
National Lottery Covid Grant	0	11500
Garfield Weston Foundation	0	10000
Ballinger Charitable Trust	0	15000
National Lottery Awards For All	1650	0
National Lottery Awards For All Deferred From Previous Years	2400	0
Bring Joy	3070	0
Edward Gostling Foundation	833	0
Newcastle Building Society	723	0
Total Incoming Resources	40958	83109
Resources Expended		
Wages and salaries	37664	41694
Pension contributions	960	960
Outings and activities	2416	52
Fundraising	216	216
Insurance	420	421
Staff Mileage	696	0
Accountancy	978	924
PAYE recording	484	696
Printing, stationery & I.T.	1058	580
Advertising	556	0
General expenses	235	59
Depreciation - Office equipment	26	35
Total Resources Expended	45709	45637
Net Movement in Funds	-4751	37472