



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

YOU CAN EMAIL US AT:
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OR WRITE TO US AT:
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Sunderland
SR1 1LP

www.sunderlandactionondementia.co.uk



Annual Report 2023

www.sunderlandactionondementia.co.uk

Chairman's Report

The year ended 31st March 2023 saw Action on Dementia Sunderland largely resume its full range of operations to support people with dementia and their carers (family and friends) following the necessary curtailments caused by the Covid – 19 pandemic.

(See Development Worker Report)

Once again we were indebted to local organizations and individuals for their support which made this possible.

One particular individual fundraising highlight during the year ended 31st March 2023 was that of Allan Surtees who ran from Elland Road in Leeds to the Stadium of Light in Sunderland, a total of 97 miles, over a course of 7 days, to raise awareness that professional footballers have a four times greater risk of developing dementia. Allan, who was well supported by Sunderland AFC, raised the significant sum of £1970 for our charity

We were greatly honored to be chosen by the Gentoo Group and their staff members to be one of their Corporate Charities of the Year for the third year in succession. Despite the constraints arising from the pandemic, an exceptional amount was raised for our charity over the three years.

Dementia research, after many years of little success, has now made real progress with the development of new drugs which can slow the progression of Alzheimer's Disease. A major step forward, with hopefully more success to follow.

The demand for services to provide much needed support for those affected by dementia, increases year after year and the challenge of acquiring the resources needed to meet that demand becomes ever more acute, worsened by the general economic malaise.

The charity will continue to search for funding to enable it to continue to provide much needed support and we remain hopeful that our record of maintaining support beyond what others provide, will help to ensure a successful outcome.

Inflation will be impacting more than most on people with dementia and their families, as they bear much of the costs of their own care, which has been referred to as "a tax on dementia"

Thank You

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



Andrew Tilbury of Peter Dunn and Co.



Staff of the Chester's Public House.



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



Team Jean who raise funds in memory of their Mother.



Development Worker's Report

Although this report will reflect on very strange times since my last operational report back in 2019, I am pleased to be able to report that as an organisation/charity we have so far survived the pandemic, unlike a lot of other organisations/charities and businesses who have sadly ceased to operate.

As you will have read in my Chair's report our survival has largely been due to the generosity of our donors, funders and our much appreciated supporters who have continued to support and encourage us throughout the past year.

THE YEAR has also brought sadness to some of our clients past and present who have lost loved ones to the virus and our thoughts are with them. Hopefully we are through the worst of the pandemic now and are looking forward to resuming and developing our much need services.

However throughout last year, despite having to close down all of our practical support services in line with government restrictions and to protect our vulnerable clients, we did manage to keep in regular contact with people.

Our Outreach Family Support workers and my self maintained contact by telephone with clients, who were experiencing the effects of loneliness and isolation which were exacerbated by the restrictions and having to shield OR SELF ISOLATE. It was often reported that caring for someone with dementia frequently presents with difficulties in a normal situation let alone having the added restrictions being placed upon them and WITH their loved one not understanding why this was happening. Those of our carers who had loved ones in residential/nursing care had the additional worry and concern of not being able to see them for many months and NOT KNOWING how they were coping in the circumstances.

Whilst there was a period during the LATE summer months when restrictions although not totally lifted, we were able to make an attempt to reintroduce some home visiting albeit on a very limited basis. We were also making plans to begin to operate our Lunch Club / Friendship Group at the Chesters, however as the virus spiked again and it was very near to the Christmas break, when it was announced that families would be able to meet up on a very restricted basis, we decided in line with consultation with our clients it wasn't the best time to try to have any Lunch Club meetings and again our services were closed down till further government restrictions were being reviewed and gradually lifted.

Well into this year 2021, as things have gradually been returning to some normality through the lifting of restrictions, we have gradually been resuming our practical support services, the Home Visiting/Befriending Service and our weekly Lunch Club at the Chesters Pub.

We have also had a couple of trips out to Northumberland, which were blessed by good weather, and we are in the process of planning some more.

Unfortunately over the latter months we have lost two of our staff who have now taken retirement, Sue and Les, who both provided valuable home visits and worked not only in the Lunch Club and our other Memory Cafés as well as our Peer Support Group, but also within the Alexander Suite in Sunderland Royal Hospital.

They will be greatly missed, and we wish them a happy retirement.

We have however, now appointed two new staff to our team who will in due course be attending the groups and providing some home visits.

Looking forward, we aim to increase the support offered throughout our services in line with an increased need and hopefully the success of securing the necessary funding to do so.

I would like to take this opportunity to offer my sincere thanks to our staff Jean, Steve, Les and Sue who throughout the ENTIRE pandemic have maintained their commitment and motivation to continue in what ever way possible to support our clients and uphold the work of Action on Dementia Sunderland.

Finally I would also like to offer my heart felt thanks to the Committee and Chair for their continued valuable support which they have shown towards me.

Treasurer's Report

INCOME

As in every year since we were formed in 2010, the generosity of local individuals and organisations has played a major role in enabling us to develop and maintain our service provision, making up 44.5% of our total income during the year ending 31st March.

Although, overall income at £41,902 was up slightly on last year, it did not keep pace with the increase in expenditure.

It is disappointing that some funding bodies will not consider charities that have over 50% of their annual turnover in reserve (The figure suggested by the Charity Commission) This would seem to discourage prudence and make it more difficult to do other than operate services on a year by year basis.

EXPENDITURE

The increase of £8,011 over the previous financial year, was mainly due to the increase in staffing costs of £7,014.

This was due to the fact that we operated without a full complement of staff for a number of weeks during that period. And also due to an inflation rise in line with "Living Wage" recommendations.

The other significant increase was Outings and Activities £3,675 compared to last year £2,416 made possible by the increased staffing. Likewise, the increase in Printing, Stationery and I.T., resulted from the increase in staff and service delivery.

The Trustees are extremely grateful to all those who donated their time and money to our cause. In addition to the Gentoo Group and Allan Surtees, these included The National Lottery (Awards For All) The Ballinger Charitable Trust and many individuals and groups, with particular heartfelt thanks going to those who made donations in memory of loved ones.

Such support enable us to continue to provide much needed support to those affected by dementia.

We remain optimistic that those who have supported us in the past will continue to do so and will be complemented by new individuals and organisations will join our efforts to offer comfort and support to dementia sufferers and their family carers. And that we will succeed in securing the funding we are now seeking, given our record of delivering support services, and on delivering on our funding commitments.

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

ACTION ON DEMENTIA SUNDERLAND
BALANCE SHEET
YEAR ENDED 31ST MARCH 2023

	Notes	2023	2022
Fixed Assets			
Tangible Assets	8	60	80
Current Assets			
Cash at bank and in hand		46970	66822
Debtors		500	200
Total Current Assets		47470	67022
Current Liabilities			
Creditors:Amounts falling due within one year	9	8254	7758
Deferred Income		0	8250
Total Current Liabilities		8254	16008
Net Current Assets		39216	51014
Net Assets		39276	51094
Funds of the Charity			
Restricted funds	11	0	0
Designated funds	11	9000	9000
Unrestricted funds	11	30276	42094
Total Charity Funds		39276	51094

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 2023, 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 9th August 2023

..... Ernest Thompson
TRUSTEE

..... Maurice Surtees Errington
TRUSTEE

ACTION ON DEMENTIA SUNDERLAND
INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31ST MARCH 2023

APPENDIX

	2023 £	2022 £
INCOME AND EXPENDITURE		
Incoming resources		
Donations	8860	12724
Just Giving Donations	2898	6134
Gentoo Donation	6894	11000
Job Retention Scheme Grant	0	2424
National Lottery Awards For All	0	1650
National Lottery Awards For All Deferred From Previous Years	8250	2400
Bring Joy	0	3070
Edward Gostling Foundation	0	833
Newcastle Building Society	0	723
The Ballinger Charitable Trust	15000	0
Total Incoming Resources	41902	40958
Resources Expended		
Wages and salaries	44678	37664
Pension contributions	960	960
Staff Training	240	0
Outings and activities	3675	2416
Fundraising	216	216
Insurance	316	420
Staff Mileage	770	696
Accountancy	1026	978
PAYE recording	336	484
Printing, stationery & I.T.	1266	1058
Advertising	0	556
General expenses	217	235
Depreciation - Office equipment	20	26
	53720	45709
Net Movement in Funds	-11818	-4751