

# **Wendover Dementia Support**

Charity no. 1182184

Contact address: 19a Wharf Road, Wendover, Bucks, HP22 6HA

## **Annual Report for the year ending 22 February 2023**

### **1. Structure and Governance**

The constitution was adopted on 22 February 2019 as a Charitable Incorporated Organisation.

Trustees during the year:

Dr Philippa W Moreton (Chair)

Dr C S Trower

Mrs S Chattle

Mr R H Duggan

Mr M H S Thomas

The charitable objects, as set out in the constitution, are “to help people with a diagnosis of dementia and also their carers/families who are resident primarily, but not exclusively, in the Wendover area”.

The charity achieves these objects by:

- helping people with a diagnosis of dementia, and their carers/families, to adjust and live well with the condition which can be disruptive to a normal family life and stressful for those involved;

- providing specialist advice from professionally trained volunteers as well as signposting and support both on a one-to-one basis and through group activities;

- working in conjunction with medical professionals and other support groups to enhance the quality of life for all involved;

- providing opportunities for people with a diagnosis of dementia and their carers/families to meet on a social basis and learn from each other's experiences.

Trustees and all volunteers are DBS-checked.

The Trustees confirm they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the public benefit guidance.

The trustees are satisfied the charity's risk management policy and procedures adequately address the risks to Wendover Dementia Support arising from its activities.

## **2. Finances**

Our finances are sound. Funding during the year came from donations from local organisations, the public and a local government grant from Buckinghamshire Council (£3,000).

## **3. The charity's vision:**

We have always believed in a positive approach to dementia where every person living with dementia can be helped to live with a sense of wellbeing and contentment. We believe this is more likely if the family are given the right information, help and advice. That is why much of what we do is helping and coaching families in understanding their loved one, and helping them find the best way to communicate, stimulate and support.

We have learnt a lot about the challenges facing our families which are currently exacerbated by the recognised deficiencies in Adult Social Care, the NHS and the minimal presence of national dementia charities locally. There are often complex relationship difficulties for family carers and we understand that it is not unusual for family carers to experience even more distress than the person with dementia.

When they come to us, many of our family carers are feeling so isolated and dispirited that they find it difficult to be open to advice and coaching. It is therefore essential that our first step is to develop relationships of trust in a warm, safe, enjoyable place – our Monday Club café. We understand that every person and family is unique and the support we offer can be adjusted once we know and understand them through home visits, 1:1 sessions at the café and the involvement of the sons and daughters in a Family Support Group. There is no charge for the Monday Club café or any other service.

## **4. Activity during the year**

### **Our current service**

Since we started we have supported 110 families. In the last four years some visitors have been admitted to care homes, moved away or sadly died but we are currently actively supporting 52 families and continue to accept new referrals most weeks. Currently 40 people with dementia and their family carers attend our weekly Monday Club café but we also provide support for families at home if attendance at the Monday Club café is not appropriate. We continue to provide short term support for families where the person with dementia has been admitted permanently into a care home or sadly died.

**Home visits.** Most of our referrals come from the Westongrove Partnership, usually the Complex Care Team, and our first phone call is to arrange to do a home visit. Two of our volunteers from the home visiting team go on the visit, one to spend time with the person with dementia and the other to speak separately to the family carer. The purpose of the visit is to introduce ourselves, offer any information, help and advice and to get to know them well enough to plan the best introduction to activities in the café. Further home visits are offered as required – usually when the family has a dilemma, or they need help to plan ahead.

**Our Monday Club café** is split into two sessions in order to accommodate everyone. We continue to provide a warm welcoming place where individuals and couples can get advice and support each other. Visitors not only have coffee and cake, but are able to take part in a whole range of enjoyable



activities – from painting and crafts, to knitting and flower arranging while others enjoy a variety of games such as dominoes.

Monday mornings have evolved from being a café to being more of a club. It is very important to our families that they develop friendships with others going through a similar experience and some of our visitors arrange further meetings outside the café. Many of our families appreciate being part of a community group that cares, where birthdays, holidays and achievements are shared and there is sympathy and understanding for their many challenges. Our programme now includes group visits to museums, and other local charities such as Road Farm and Lindengate. Our volunteers also organise memory trails at our local church St. Marys together with the regular tea dances which are hugely popular.

Some volunteers have had training in Cognitive Stimulation Therapy and the activities are designed to stimulate, boost confidence and enhance competence. We have been lent an interactive Magic Table and every session includes live music, singing and often spontaneous dancing. Many families are astonished to see their loved ones joining in, smiling and laughing and they take away many ideas about how to provide stimulation at home.

Our volunteers attend extensive briefing and de-briefing sessions before and after the café. They are trained to communicate effectively with people who have dementia and know how to encourage and prompt them when doing activities. The layout of the room, the activities and the topics of conversation are carefully planned for each individual and their family carer, so they have the best experience possible.

Many of our visitors do not have transport of their own and this contributes to their social isolation. We have a team of voluntary drivers who bring visitors to the Café and for our visitors, the Monday morning experience starts when a familiar voluntary driver knocks on their door. Several of our visitors live alone and the confidence provided by that familiar face is essential.

The Monday Club café provides a weekly opportunity for people with dementia to receive advice and everyone has an opportunity for a private 1:1 session with a senior volunteer. Many people with dementia who live alone appreciate an opportunity to talk about things that concern them such as their medication and possible side effects or additional help they need at home. The senior volunteer can provide written information and advice and can offer to liaise with their family or paid carers if they wish. It is also an opportunity for senior volunteers to alert family and carers to new symptoms or a need for a medical assessment.

### **Family Support**

This is an increasingly important aspect of our work and our understanding of the challenges facing families has grown and developed since we started. We are learning so much from every family we are involved with, and this is the aspect of our charity that is rapidly evolving. There are a number of dementia cafes and local initiatives such as Singing for the Brain in the country – but very few of them are focused on the needs of the family carers. This is what makes our charity different.

Our support for families is provided by a service which includes a range of different options so that each family can choose the most appropriate type of help and support at different times.

These are the established support options available:

1. Website. [www.wendoverds.org.uk](http://www.wendoverds.org.uk) This provides a wide range of information about WDS for families before they contact us. It is also a source of reference for everything to do with dementia, including an FAQ section giving advice, links and suggestions for the common everyday dilemmas and situations most families face at some time or another. Our supporters and funders will find all the information they need about our governance and the bulletin



board on the front page is updated regularly with news of local resources and dementia friendly events.

2. Factsheets. These are A4 sheets on a variety of dementia topics currently in development. We have found that many family carers are overwhelmed by books and websites and prefer to take home simple written advice about the issue that is currently concerning them. They will be displayed and available to take home from the Café and will also be on the website
3. Home visits
  - a. Initial assessments usually last about 2 hours
  - b. Activity coaching
  - c. Family meetings and ongoing support and planning (home visit or Zoom)
4. Café discussions
  - a. Small groups of family carers to share experiences or discuss a common topic
  - b. 1:1 sessions are available every week and our side rooms are in constant use
5. Email and phone advisory service – although we are not an emergency service, our families know they can contact us at any time for advice.
6. Family Support Group
  - a. workshops for sons and daughters are run every six weeks on a Saturday morning to suit working people. They are well attended with usually 20 people attending from all over the country anxious to support their parents who are attending our Café.
  - b. WhatsApp – is useful to share resources and experiences.
7. Paid carer introduction and coaching. We offer an initial meeting and coaching session for new paid carers at the Café designed to enhance the prospect of a successful first visit for new paid carers.
8. Liaison with NHS, care agencies and local charities
  - a. Complex Care Team (Westongrove) – we have a monthly meeting to discuss our families and liaise over advice and management
  - b. Halton MS centre (for Parkinsons patients) – we are able to refer our Parkinsons patients directly there for physiotherapy
  - c. Lindengate – we have occasional joint events and many of our visitors also attend their Memory pathways.
  - d. Local care agencies – we have a working relationship with local care agencies.
  - e. Aylesbury Memory Clinic – we have had joint meetings and are developing ways to work more closely together.
  - f. NHS wellbeing coach – visits the Café once a month and offers 1:1 counselling for our family carers as required.

**Our volunteers** have formed a remarkable team who together provide meaningful support to an increasingly large number of families. We have 27 volunteers and 6 voluntary drivers all of whom have enhanced DBS checks. They have all received basic dementia and safeguarding training and undergo annual reviews. Ten senior volunteers have ongoing training to give more responsible family support advice, with three senior volunteers having qualifications as coach and practitioner with the Contented Dementia Trust and five have had training in Cognitive Stimulation Therapy. Two senior volunteers are currently receiving training to give basic financial advice to families.

**Our committee** is made up of 8 volunteers, 5 of whom are also Trustees. Each committee member has specific roles and responsibilities to ensure that funding, finances and legal issues are in place, together with a full range of correct guidelines and protocols. We pride ourselves that we keep to the highest standards of confidentiality, safeguarding practice and overall professionalism which is essential when supporting vulnerable adults. In particular all our visitors sign a consent for us to keep their records on a confidential database.

## **Fundraising**

We would like to thank the following for their financial support.

- Buckinghamshire Council
- The Lionel Abel-Smith Trust
- Wendover Celebrates
- Wendover Women's Institute
- Friends of Wendover Health Centre
- Individuals, many of whom are members of our visitor families.

## **5. Our future plans**

Our immediate plans include:

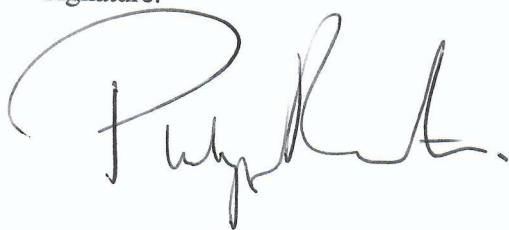
- Develop further factsheets
- Train families to make then most of the music players through regular use and personal playlists
- Promote families ability to plan ahead
- Upgrade our database
- Replace the storage shed

## **Declaration**

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

Signed on behalf of the Charity's trustees

Signature:



Full name: Philippa Wren Moreton

Position: Trustee and Chairman

Date:

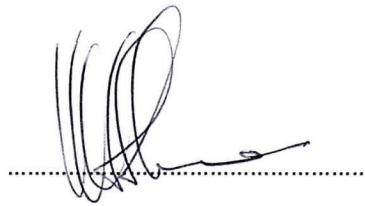
9/6/2023

# WENDOVER DEMENTIA SUPPORT

REGISTERED CHARITY No 1182184

## INCOME AND EXPENDITURE ACCOUNT

YEAR ENDING 22 FEBRUARY 2023

A handwritten signature in black ink, consisting of several loops and a trailing line, positioned above a horizontal dotted line.

Martin Thomas

Treasurer

I have examined the records and believe that the accounts are an accurate representation of the financial status of the charity.

A handwritten signature in black ink, appearing to read 'S. K. Bishop', positioned above a horizontal dotted line.

S K Bishop

Independent Examiner

Date : 16/03/2023



# Wendover Dementia Support - Accounts

For year ending 22 February

2023

2022

## Income

	£	£	£
Grants BC3, LAST3, WPC1	9,000	9,513	
Corp donations	-		
Café donations	875		
Personal donations	1,085	316	
Memorial donations	1,908	715	
Other donations inc FoWHC 500	2,857	480	
Monthly giving	640	580	
Gift Aid	541	502	
Bank interest	18		
AmazonSmile	37	29	
Memory Giving	254		
Just Giving	771	160	
Christmas Cards	-	268	
Refund from St Anne's		30	
PayPalGivingFund	183		
Social, Team Bldg	821		
<b>Income</b>	<b>18,989</b>		<b>12,593</b>

## Expenditure


Training	55	648	
	<b>55</b>		<b>648</b>
Café Free Church	3,099	1,237	
shed & base		1,895	
Chairs		595	
Supplies, other	996	931	
Music players			
<b>Café total</b>	<b>4,095</b>		<b>4,658</b>
Comms Publicity, banners	201		
Website	1,845	1,900	
Zoom	144		
<b>Comms total</b>	<b>2,190</b>		<b>1,900</b>
Database	730	865	
Admin Phone	176	285	
Bank charges	70	96	
Insurance	383	357	
DBS checks	558	92	
Office, stat'y	581	175	
Zoom		174	
Marley Admin	3,873		
Marley Design	600		
<b>Admin total</b>	<b>6,242</b>	<b>Admin</b>	<b>2,044</b>
Mileage	72		
Social, Team Building	1,448		
Tea dance	120		
From 21/22 for AGM social	518	-	
	<b>2,158</b>		
<b>Expenditure</b>	<b>15,469</b>		<b>9,249</b>
<b>Surplus/Deficit</b>	<b>3,520</b>		<b>3,344</b>

# RECEIPTS AND PAYMENTS ACCOUNT FOR FINANCIAL YEAR ENDED 22 FEBRUARY 2023

	2023	2022
<b>Funds B/Fwd(opening balances)</b>		
Café cash	£ 75.00	£ -
CAF Bank current a/c 00032499	£ 16,813.23	£ 13,469.66
	<u>£ 16,888.23</u>	<u>£ 13,469.66</u>
<b>Net movement in funds 23 Feb to 22 Feb</b>		
Café cash	£ 3,519.95	£ 3,343.57
	-£ 27.59	£ 75.00
Balance as at 22/02/2023	<u><u>£ 20,380.59</u></u>	<u><u>£ 16,888.23</u></u>

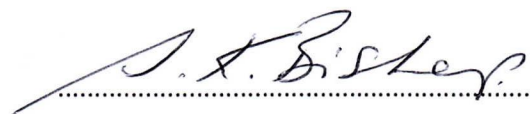
## Represented by:

Café Cash	£ 47.41	£ 75.00
CAF Bank current a/c 00032499	£ 20,333.18	£ 16,813.23
Chq pres to bank, not yet in a/c	£ -	£ -
<b>Total</b>	<u><u>£ 20,380.59</u></u>	<u><u>£ 16,888.23</u></u>

  
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Treasurer

Date 1/3/2023

  
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Independent Examiner

Date 16/03/2023