

REFLECTIONS

England & Wales · Charity number 1190466

Details

Status Registered

Legal form CIO

Registered 2020-07-20

Register [View on the Charity Commission register](#)

Contact

Address 57 Fair oak Drive
London
SE9 2QQ

Phone 07981741499

Email reflectionsgreenwich@gmail.com

Website reflectionsgreenwich.com

Activities

Objects: 1. TO RELIEVE THE NEEDS OF PEOPLE WITH DEMENTIA FOR THE PUBLIC BENEFIT BY: A) PROVIDING THEM WITH SUPPORT SO THAT THEY CAN REMAIN IN THEIR OWN HOME FOR AS LONG AS POSSIBLE B) WORKING TO REDUCE SOCIAL ISOLATION AND PROMOTE EQUALITY AND WELLBEING FOR PEOPLE WITH DEMENTIA AND THEIR CARERS IN THE LONDON BOROUGH OF GREENWICH AND IN SUCH OTHER PARTS OF LONDON OR KENT AS THE CHARITY TRUSTEES MAY FROM TIME TO TIME THINK FIT 2. TO FULFIL SUCH OTHER PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AND ARE CONNECTED WITH THE CHARITY WORK OF THE CHARITY.

Activities: Reflections runs groups for people with dementia and their carers at Shrewsbury House community centre (London SE18). Reflections provides stimulating social based activities, education and signposting to other local services and sources of information.

Classification

- **How:** Provides Services
- **What:** Disability

Geography

- Bexley
- Greenwich
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,603	£5,508	-	-
2024-03-31	£3,432	£5,135	-	-
2023-03-31	£3,760	£5,449	-	-
2022-03-31	£2,941	£3,921	-	-
2021-03-31	£2,415	£2,806	-	-

Trustees

Name	Role	Appointed
Peter Ley	Chair	2020-06-08
Deborah Anne Wallis		2020-06-08
Janet Ley		2020-06-08
Marc Carroll		2020-06-08
Mihaela Sonei		2020-06-08
Sarah Carroll		2020-06-08

REFLECTIONS

England & Wales - Charity number 1190466

Accounts

1 The objects of the Reflections CIO are:

1. To relieve the needs of people with dementia for the public benefit by:
 - a) Providing them with support so that they can remain in their own home for as long as possible
 - b) Working to reduce social isolation and promote equality and wellbeing for people with dementia and their carers in the London Borough of Greenwich and in such other parts of London or Kent as the charity trustees may from time to time think fit
2. To fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected with the charity work of the charity.

2 Operational details

2.1 Trustees

Peter Ley – Chair
Deb Wallis - Treasurer
Sarah Carroll – Secretary

Tatiana Sonei (nee Florea)
Marc Carroll
Janet Ley

2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

This year Reflections has continued to maintain a consistent service with the average attendance at the Friendship Group increasing on the previous year. This report therefore closely mirrors last year's report. The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm.

Average attendance 45, an increase from the 39 of the previous year. Pool of 13 volunteers working across three rooms.

The first hour has the group in two rooms where the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. This year we have also run more physical activities for those who want them in our largest room (The Library) these include archery, bean bag tossing, darts and reminiscence sessions using the Call to Mind game. The second hour has people come together in the largest room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we have continued to have a representative from the Greenwich Carers Centre at each session to offer advice for individuals and families.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 5. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet and supported by Tatiana. A 3rd volunteer attends to take notes of the meeting. Over the past year very few referrals were received and numbers of people accessing the group were low. Average attendance from April 2024 until January 2025 was 3. In our previous report we stated due to low attendance, we would keep the group under review. With the cost of annual zoom membership to run the sessions increasing with payment due at the end of January 2025, we took the difficult decision to announce to the members in December 2024 that the last session for this group would be held in January 2025.

All regular members attended the session in January which was our highest turnout of the year at 6 people. Those present said how much the group had meant to them.

4.3 General issues arising from Groups.

The popularity of the Friendship Group is such that we have held a waiting list for places since January 2024, which has grown. The health professionals who refer to us have all been made aware of the situation. To meet demand, we have adopted a different approach regarding attendance with the aim of bringing new people in as soon as possible.

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 14 volunteers for the two groups. Two new volunteers have joined our Friendship Group with health-related skills, a retired nurse and a retired occupational therapist.

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. One of our trustees steps in to support the Friendship group at particularly busy times.

6 Premises

Shrewsbury House

Reflections runs the Friendship Group in our local community centre. The management and staff are welcoming and supportive. The café manager has continued to offer the group teas and coffee at £1 as well as a tempting selection of delicious food and drinks.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

7.1 Oxleas memory clinic

Oxleas provides a dementia assessment and diagnosis service. Referrals are received from some of the team members.

7.2 The Greenwich Carers Centre

The Greenwich Carers Centre has had regular representation at the Friendship Group. They have offered consultation and advice sessions as an option at our meetings.

7.3 Rotary Club of Greenwich

The club has continued to provide annual funding to Reflections.

7.4 ASDA Community Life Champion, Pearly Queen and Kent Spiritualist Teaching Group

Reflections was supported by our local ASDA Community Life Champion for part of the year. She provided occasional sundries to the group such as soft drinks, cakes and stationery items. Christmas lunch was funded by donations from the Pearly Queen of Greenwich and the Kent Spiritualist Teaching Group.

7.5 BLG Mind

Reflections is supported by BLG Mind who signposts people and makes referrals to our groups.

7.6 Reflections website

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The website is an ongoing record of our activity, designed for any user. It is run to raise our visibility and ensure transparency of our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.7 Memory books

We continue to take photos at Friendship Group sessions which are used to fill Memory Books for enjoyment for group members, and as a reminder of the activities that have taken place. These books are also used to showcase the group to visitors.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with Pfl is a good fit with the Charity's aim. We continue to promote Pfl ideas with members and on our website.

8.3 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

As part of our commitment to DIG, we put up dementia friendly signage in Shrewsbury House when the group meets, such as the direction for the toilets and finding the way back to the Library (the main group room).

8.4 Cognitive Stimulation Therapy Group (CST)

The local memory service runs CST groups several times a year. These groups held over a number of weeks are designed to provide stimulation for people with dementia. On the last session family members are invited along as is Reflections, so we can promote our group and encourage the people to attend, in order they can continue the friendships they have made at the CST group

9 Budget

Income £3,603.50

c/f from last year £8,160.87

Expenditure £5,508.82

Balance £6,255.55

See appendix 1 for breakdown of income and expenditure.

9.1 Income highlights

Reflections has benefitted from two organizations and many in memoriam donations.

- Greenwich Rotary Club £1,100
- Asda £400
- Pearly Queen £241
- Kent Spiritualist Group £200

Two Friendship Group carers have also set up regular donations to the group via their banks.

9.2 Expenditure key costs

- Entertainers £1,910
- Room hire & Centre affiliation £1,576
- Consumables £76
- Volunteer expenses £415
- Online presence £91
- Annual management cost (storage & mobile phone) £192
- Insurance (2 years) £419
- Events food £650

9.3 Commentary on budget

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during the current economic climate.

10 Issues affecting the running of the charity

Peter, the chair of trustees, continued with his cancer treatment.

11 Future plans

Reflections will aim to continue to run the Friendship Group to its capacity, pushing the average per session closer to 50 members. Our aim remains to run a relatively small charity to a very high professional standard.

11.1 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group and Cognitive Stimulation Therapy Group. We are grateful to the Greenwich Carers Centre, BLG Mind and Oxleas who refer people to our services. We also circulate posters and leaflets in the local memory service and to key organisations and locations.

Report prepared by Peter Ley (Chair of Trustees)
Report agreed by the Reflections trustees on 1st October 2025

Website: www.reflectionsgreenwich.com
Mail: reflectionsgreenwich@gmail.com
Call: 07981 741 499



Appendix 1

In year expenditure and income (rounded)					
Expenditure		Income			
£1456	Room hire	£400	Grants		
£120	Centre affiliation fee + storage	£3203	Donations & fund raising		
£1910	Entertainment & speakers	£0	Gift Aid (will claim next year)		
£415	Volunteer expenses incl. training				
£50	Subscriptions				
£101	Paper & printing				
£76	Consumables: stationery, pens +				
£20	Activities				
£8	Books, DVD, Music, Puzzles				
£419	Personal liability insurance [2 years]				
£0	DBS checks				
£650	Events food & drink +				
£0	IT, electronics & machines				
£192	Management & administration				
£91	Online presence				
£5508	Expenditure for current year			£3603	Income for current year

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2 Operational details

2.1 Trustees

Peter Ley – Chair
Deb Wallis - Treasurer
Sarah Carroll – Secretary

Tatiana Sonei (nee Florea)
Marc Carroll
Janet Ley

2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

This year Reflections has continued to maintain a consistent service. This report therefore closely mirrors last year's report. The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm.

Average attendance 39. Pool of 12 volunteers. Across three rooms

The first hour has the group in two rooms where the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. This year we have also run more physical activities for those who want them in our largest room (The Library) these include archery, bean bag tossing and darts.

The second hour has people come together in the largest room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we have continued to have a representative from the Greenwich Carers Centre at each session to offer advice for individuals and families.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 5. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet and supported by Tatiana. A 3rd volunteer attends to take notes of the meeting. We have a core of long-standing members with some new joiners. This group is very well established and provides considerable mutual support. The

members wish to continue meeting on Zoom, as this is easier to fit-in with their caring and work responsibilities.

The referrals into this group are considerably lower than the Friendship Group. As the costs to run this group are low it will continue for the time being, albeit under regular review. Those who do attend, feedback on its high value to them. Two sessions which were highly attended were when we partnered the Time to Talk Greenwich, who are part of a national programme called NHS Talking Therapies. In November 2023 they provided a session on “Building Resilience” and in February 2024 they provided a session on “Worry”. These sessions were in place of the regular monthly Carers Support Group.

4.3 General issues arising from Groups.

The popularity of the Friendship Group is such that we have held a waiting list for places since January 2024, which has grown. The health professionals who refer to us have all been made aware of the situation. To meet demand we have adopted a different approach regarding attendance with the aim of bringing new people in as soon as possible.

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 13 volunteers for the two groups. Two new volunteers have joined our Friendship Group with health-related skills, a retired nurse and a retired occupational therapist.

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. The trustees step in and support groups at particularly busy times.

6 Premises

Shrewsbury House

Reflections runs the Friendship Group in our local community centre. The management and staff are welcoming and supportive. The café manager has continued to offer the group teas and coffee at £1 as well as a tempting selection of delicious food and drinks.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

7.1 Oxleas memory clinic

Oxleas provides a dementia assessment and diagnosis service.

7.2 The Greenwich Carers Centre

The Greenwich Carers Centre has had regular representation at the Friendship Group. They have offered consultation and advice sessions as an option in our meetings.

7.3 Rotary Club of Greenwich

The club has continued to provide annual funding to Reflections.

7.4 Reflections website

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The website is an ongoing record of our activity, designed for any user.

It is run to raise our visibility and ensure transparency of our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.5 ASDA Community Life Champion

Reflections is supported by our local ASDA Community Life Champion who provides occasional sundries to the group such as soft drinks, cakes and stationery items.

7.6 BLG Mind

Reflections is supported by BLG Mind who signposts people and makes referrals to our groups.

7.7 Memory books

We have books filled with photographs of Friendship Group sessions. These books are primarily for the use and enjoyment of group members though also used to showcase the group to visitors.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with PfL is a good fit with the Charity's aim. We continue to promote PfL ideas with members and on our website.

8.3 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

As part of our commitment to DIG, we put up dementia friendly signage in Shrewsbury House when the group meets, such as the direction for the toilets and finding the way back to the Library (the main group room).

8.4 Cognitive Stimulation Therapy Group (CST)

The local memory service runs CST groups several times a year. These groups held over a number of weeks are designed to provide stimulation for people with dementia. On the last session family members are invited along as is Reflections, so we can promote our group and encourage the people to attend, in order they can continue the friendships they have made at the CST group

9 Budget

Income £3,432

c/f from last year £9,863

Expenditure £5135

Balance £8,160

See appendix 1 for breakdown of income and expenditure.

9.1 Income highlights

Reflections has benefitted from two organizations and many in memoriam donations.

- Greenwich Rotary Club £500
- Pearly Queen £200

Two Friendship Group carers have also set up regular donations to the group via their banks.

9.2 Expenditure key costs

- Entertainers £1,885
- Room hire & Centre affiliation £1,568
- Consumables £153
- Volunteer expenses £675
- Online presence £175
- Annual management cost (storage & mobile phone) £192

9.3 Commentary on budget

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during the current economic climate.

10 Issues affecting the running of the charity

Peter, the chair of trustees, continued with his cancer treatment.

11 Future plans

Reflections will aim to continue to run the Friendship Group to its capacity. We aim to run a relatively small charity and run it to a very high professional standard.

11.1 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group and Cognitive Stimulation Therapy Group. We are grateful to the Greenwich Carers Centre, BLG Mind plus the Admiral Nurses (their service started with Oxleas in November 2023) who refer people to our services. We also circulate posters and leaflets in the local memory service and to key organisations and locations.

Report prepared by Peter Ley (Chair of Trustees)
Report agreed by the Reflections trustees on 18/9/2024

Appendix 1

In year expenditure and income			
Expenditure		Income	
£1568	Room hire	£0	Grants
£120	Centre affiliation fee + storage	£3205	Donations & fund raising
£1885	Entertainment & speakers	£228	Gift Aid
£675	Volunteer expenses incl. training		
£50	Subscriptions		
£147	Paper & printing		
£153	Consumables: stationery, pens +		
£0	Activities		
£0	Books, DVD, Music, Puzzles		
£0	Personal liability insurance [paid last year]		
£0	DBS checks		
£107	Events food & drink +		
£63	IT, electronics & machines		
£192	Management & administration		
£175	Online presence		
£5135	Expenditure for current year		

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Sarah Carroll – Secretary

Tatiana Florea
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2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm.

Average attendance 30. Pool of 14 volunteers

The first hour has the group in two rooms: the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. The second hour has people to move to the largest room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we had a representative from the Greenwich Carers Centre at each session to offer advice for individuals and families.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 7. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet and supported by Tatiana. A 3rd volunteer attends to take notes of the meeting. We have a core of long-standing members with some new joiners. This group is very well established and provides considerable mutual support. The members wish to continue meeting on Zoom, as this is easier to fit-in with their caring and work responsibilities.

4.3 General issues arising from Groups.

Numbers at the Friendship Group continue to grow slowly. Members are not always able to attend due to a variety of, often health related, issues.

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 15 volunteers for the two groups.

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. The trustees step in and support groups at particularly busy times.

6 Premises

Shrewsbury House

Reflections runs the Friendship Group in our local community centre. The management and staff are welcoming and supportive. The café manager has continued to offer the group teas and coffee at £1 as well as the tempting selection of delicious food and diverse drinks.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

7.1 Oxleas memory clinic

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7.2 The Greenwich Carers Centre

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7.3 Rotary Club of Greenwich

The club has continued to provide annual funding to Reflections.

7.4 Reflections web site

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The web site is an ongoing record of our activity, designed for any user. It is run to raise our visibility and ensure transparency for our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.5 ASDA Community Life Champion

Reflections is supported by our local ASDA Community Life Champion who provides occasional sundries to the group such as soft drinks, cakes and stationery items.

7.6 BLG Mind

Reflections is supported by BLG Mind who signposts people and makes referrals to our groups.

7.7 Memory books

We have books filled with photographs of Friendship Group sessions. The books have continued to be updated with weekly additions from our online group. These books are primarily for the use and enjoyment of group members though also used to showcase the group to visitors.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with PfL is a good fit with the Charity's aim. We continue to promote PfL ideas with members and on our website.

8.3 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and included; they need to feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

8.4 Cognitive Stimulation Therapy Group (CST)

The local memory service runs CST groups several times a year. These groups held over a number of weeks are designed to provide stimulation for people with dementia. On the last session family members are invited along as is Reflections, so we can promote our group and encourage the people to attend, so they can continue the friendships they have made at the CST group

9 Budget

Income £3,760

c/f from last year £11,552

Expenditure £5,449

Balance £9,863

See appendix 1 for breakdown of income and expenditure.

9.1 Income highlights

Reflections has benefitted from two organizations and many in memoriam donations.

- Greenwich Rotary Club £500
- Pearly Kings and Queens £300

9.2 Expenditure key costs

- Entertainers £1,900
- Room hire & Centre affiliation £1,610
- Consumables £170
- Volunteer expenses £411
- Zoom subscription £144
- Insurance £205
- Annual management cost £ (storage & mobile phone) £192

9.3 Commentary on budget

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during this difficult period.

10 Issues affecting the running of the charity

The chair of trustees/joint leader continued with his cancer treatment. Peter continues to be Chair of trustees.

11 Future plans

Reflections will expand its Friendship Group numbers. We aim to run a relatively small charity, and run it to a very high professional standard.

11.1 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group and Cognitive Stimulation Therapy Group. We are grateful to the Greenwich Carers Centre and BLG Mind who refer people to our services. We also circulate posters and leaflets in the local memory service and to key organisations and locations.

Report prepared by Peter Ley (Chair of Trustees)
Report agreed by the Reflections trustees on 11 December 2023

Appendix 1

In year expenditure and income					
Expenditure		Income			
£1600	Room hire	£0	Grants		
£152	Centre affiliation fee + storage	£3760	Donations & fund raising		
£1900	Entertainment & speakers	£0	Gift Aid*		
£411	Volunteer expenses incl. training				
£50	Subscriptions				
£130	Paper & printing				
£170	Consumables: stationery, pens +				
£0	Activities				
£0	Books, DVD, Music, Puzzles				
£205	Personal liability insurance (2years)				
£12	DBS checks				
£399	Events food & drink +				
£0	IT, electronics & machines				
£192	Management & administration				
£219	Online presence				
£5449	Expenditure for current year			£3760	Income for current year

*Gift Aid claim held over to 2023-24

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2.1 Trustees

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Sarah Carroll – Secretary

Tatiana Florea
Marc Carroll
Janet Ley

2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

The year was affected by the restrictions imposed due to the pandemic and the need for caution regarding infections. We continued to run two groups for the whole year. The Reflections Friendship Group continued on Zoom until 3 August and the Carers Support Group remains on Zoom (at the request of its members). The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm.

- i. On Zoom - Average attendance 13. Pool of 7 volunteers
The group had a committed core of attendees. The meeting format was Janet leading the group in: a theme for the week; one or two quizzes; a couple of old songs; jokes; one or two poems from group members; a craft session; and a reflection piece.
- ii. Community Centre - Average attendance 23 (Centre's Covid maximum limit of 36). Pool of 10 volunteers
Following our return to Shrewsbury House: The group has had an influx of new members, mainly referred by BLG Mind. The meetings have returned to the pre-pandemic format: The first hour has the group in two rooms: the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. The second hour has the option for people to move to the large room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we had alternating representative from the Greenwich Carers Centre and BLG Mind, to offer advice for individuals and families at each session.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 7. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet, supported by Tatiana. We have a core of long-standing members with some new joiners. This group is now very well established and provides considerable mutual support. The members wished to continue on Zoom, as this is easier to fit-in with their caring and work responsibilities.

4.3 General issues arising from Groups.

We have had fluctuating numbers at the Friendship Group. This has been due to continuing health issues of the members, both covid relating and other general maladies. We limited numbers at the group to half its former maximum to enable spacing. We also asked for proof of vaccinations; temperature checks on arrival; the wearing of face masks (members could buy one from us at cost price of £1); and the use of hand gel.

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 10 volunteers for the two groups. One additional volunteer makes regular keep-in-touch calls to two of our group members. We welcomed an ex-carer as a volunteer. Previously an art teacher, he has set up the second craft group focusing on painting and clay pictures.

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. The trustees step in and support groups at particularly busy times.

6 Premises

Shrewsbury House

Reflections has returned to our favourite community centre for the Friendship Group. The management and staff have been very welcoming and supportive. The new café manager has continued to offer the group teas and coffee at £1 as well as the tempting selection of delicious food and diverse drinks.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

7.1 Oxleas memory clinic

Oxleas has started to provide a limited service as the pandemic restrictions have eased. We have had no referrals from them.

7.2 The Carers Centre & BLG Mind

The Carers Centre and BLG Mind have had alternating fortnightly presence at the Friendship Group. We have offered consultation and advice sessions as an option in our meetings.

7.3 Rotary Club of Greenwich

The club has continued to provide annual funding to Reflections.

7.4 Reflections web site

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The web site is an ongoing record of our activity, designed for any user. It is run to raise our visibility and ensure transparency for our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.5 Memory books

We have books filled with photographs of Friendship Group sessions. The books have continued to be updated with weekly additions from our online group. These books are solely for the use and enjoyment of group members.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Community Makers (Alzheimer's Society initiative)

Reflections was part of this initiative to provide high quality support for people with dementia and their carers across the country. We have dropped out of the initiative as it was not producing timely workable solutions to issues raised during the pandemic.

8.3 Greenwich Voluntary and Community Sector (VCS) Network

Reflections continues to input to this network.

8.4 Playlist for Life (Pfl) Help Point

Music is an integral part of what Reflections does. Working with Pfl is a good fit with the Charity's aim. We continue to promote Pfl ideas with members and on our website.

8.5 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and included; they need to feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

9 Covid-19: The coronavirus

In March 2020 we started to run our groups online. We have maintained a cautious approach to returning to face-to-face meetings. We have consulted with our members and played close

attention to government guidelines. Our return to Shrewsbury House Community Centre On 3/8/21 was carefully considered and fully discussed with the Centre management.

10 Budget

Income £2,941
c/f from last year £12,531
Expenditure £3,921
Balance £11,552

See appendix 1 for breakdown of income and expenditure.

10.1 Income highlights

Reflections has benefitted from one organization and many in memoriam donations.

- ASDA Foundation (Charlton) £375
- Greenwich Rotary Club £250
- Gift Aid (from HMRC) £290

10.2 Expenditure key costs

- Entertainers £1,275
- Room hire & Centre affiliation £905
- Consumables £316
- Volunteer expenses £257
- Zoom subscription £144
- Insurance £205pa (paid for 2 years in this reporting year)
- Annual management cost £192 (storage & mobile phone)

10.3 Commentary on budget

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during this difficult period.

11 Issues affecting the running of the charity

The chair of trustees/joint leader continued with his cancer treatment. Peter continues to be Chair of trustees, but has ceased to be joint leader – Janet is now the sole group leader.

12 Future plans

Reflections will expand its Friendship Group numbers. We aim to run a relatively small charity, but run it to a very high professional standard.

12.1 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group. We also circulate posters and leaflets to key organisations and locations.

12.5 Post virus restart

We have commenced the return to “normal”, i.e. pre-pandemic, provision.

Report prepared by Peter Ley (Chair of Trustees)

Report agreed by the Reflections trustees at their meeting on 26 September 2022

Appendix 1

In year expenditure and income					
Expenditure		Income			
£816	Room hire	£375	Grants		
£89	Centre affiliation fee + storage	£2276	Donations & fund raising		
£1275	Entertainment & speakers	£290	Gift Aid		
£257	Volunteer expenses incl. training				
£50	Subscriptions				
£100	Paper & printing				
£316	Consumables: stationery, pens +				
£0	Activities				
£0	Books, DVD, Music, Puzzles				
£409	Personal liability insurance (2years)				
£0	DBS checks				
£258	Events food & drink +				
£0	IT, electronics & machines				
£192	Management & administration				
£159	Online presence				
£3921	Expenditure for current year			£2941	Income for current year

REFLECTIONS

England & Wales - Charity number 1190466

Accounts

1 The objects of the Reflections CIO are:

1. To relieve the needs of people with dementia for the public benefit by:
 - a) Providing them with support so that they can remain in their own home for as long as possible
 - b) Working to reduce social isolation and promote equality and wellbeing for people with dementia and their carers in the London Borough of Greenwich and in such other parts of London or Kent as the charity trustees may from time to time think fit
2. To fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected with the charity work of the charity.

2 Operational details

2.1 Trustees

Peter Ley – Chair
Deb Wallis - Treasurer
Sarah Carroll – Secretary

Tatiana Florea
Marc Carroll
Janet Ley

2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

Since 31 March 2020 Reflections has run two groups online using Zoom. This is in response to the restrictions arising from the coronavirus. We have maintained lines of contact via telephone and email with those members who wishes to stay in contact but could not use Zoom. The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm. Average attendance 14. Pool of 8 volunteers
The group has a committed core of attendees and some occasional visitors (mainly those requiring relatives to help them get online). We have alternating representative from the Greenwich Carers Centre and BLG Mind, to offer advice for individuals and families at each session. The Group has welcomed a variety of visitors and speakers from relevant groups.

The meeting format has settled into Janet leading the group in: a theme for the week; one or two quizzes; a couple of old songs; jokes; one or two poems from group members; a craft session; and a reflection piece. Additional input has included: yoga sessions; advice on “Homes for wellbeing”; and services from Greenwich council.

We were very pleased to celebrate Reflections fourth birthday on the 14th July. Mayor Linda Bird was our guest of honour. We also had live entertainment from Emma.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 7. Regular team of 3 volunteers

This is a self-help group facilitated by Janet. There has been a clear and encouraging ongoing journey for our long-standing members. We have welcomed several new members. This group is now very well established and provides considerable mutual support.

4.3 Reminiscence Project

The reminiscence project has effectively become part of the Friendship Group since it became a weekly event. The weekly themes, often suggested by group members, regularly have elements of reminiscence, as do the choice of songs.

4.4 General issues arising from Groups.

None

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 9 volunteers for the two groups. One additional volunteer makes regular keep-in-touch calls to two of our group members (one of whom also joins our Friendship Group online).

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. Since becoming a CIO we have coopted a highly experienced dementia professional as an external “critical friend”. This role is to give unbiased feedback on our work and offer suggestions on the way forward. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issue. The trustees step in and support groups at particularly busy times.

6 Premises

Shrewsbury House

Since the pandemic arose Reflections has ceased to use Shrewsbury House, as we felt it was not appropriate to run sessions for people at risk in a confined face-to-face environment.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Friendly Greenwich.

7.1 Oxleas memory clinic

Oxleas has ceased to provide a comprehensive service since the pandemic. We have had no referrals from them

7.2 The Carers Centre & BLG Mind

The Carers Centre and BLG Mind have had alternating fortnightly presence at the Friendship Group. We have offered consultation and advice sessions as an option in our Zoom meetings.

7.3 Rotary Club of Greenwich

The club have continued to provide periodic funding to Reflections.

7.4 Reflections web site

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The web site is an ongoing record of our activity, designed for any user. It is run to raise our visibility and ensure transparency for our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.5 Memory books

We have books filled with photographs of Friendship Group sessions. The books have continued to be updated with weekly additions from our online group. These books are solely for the use and enjoyment of group members.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Community Makers (Alzheimer's Society initiative)

Reflections was invited to join this initiative to provide high quality support for people with dementia and their carers across the country. The group of activists, academic institutions and the Alzheimer's Society aim to share good practice, encourage innovation and provide an online resource.

8.3 Greenwich Voluntary and Community Sector (VCS) Network

Reflections continues to input to this network.

8.4 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with PfL is a good fit with the Charity's aim. In October we ran an online Musical Tea session for the Friendship Group. Our local PfL representative came along and gave a short presentation.

8.5 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG.

9 Covid-19: The coronavirus

Since March 2020 we have run our groups online. We asked members if they would like to return to Shrewsbury House in the summer, but the majority view was that meeting would be too risky. A few members made a visit to the Carers Centre but, in spite of their careful precautionary measures, they decided not to return. Reflections now has a core of members who join on Zoom every week and a number who join when they can.

10 Budget

Income £2,415
c/f from last year £12,922
Expenditure £2,806
Balance £12,531

See appendix 1 for breakdown of income and expenditure.

10.1 Income highlights

Reflections has benefitted from one organization and several in memoriam donations.

- Greenwich Rotary Club £1,000

10.2 Expenditure key costs

- Zoom subscription £175
- Laptop £1,192
- Insurance £205
- Annual management cost £192 (storage & mobile phone)

10.3 Commentary on budget

Reflections' finances have benefitted from a dramatic drop in costs in our four major areas of expected expenditure. We no longer pay for rooms in Shrewsbury House and we do not pay for entertainers. Consumables and volunteer expenses have fallen to close to zero. We have not looked for funding, as this is not necessary. However, we are very grateful for the donations that have come to Reflections during this difficult period.

[NB: Gift Aid was not claimed in this year. A claim for this, and additional periods, was made in 2021-22.]

11 Issues affecting the running of the charity

Towards the end of 2020 the chair of trustees/joint leader was told his cancer had returned and, from that point, treatment continued up to a major operation in March 2021. He is now in recovery period. This did not affect the running of the charity, beyond some limited reduction in discretionary community group activity.

12 Future plans

Reflections will continue to provide more of the same provision. We aim to run a relatively small charity, but run it to a very high professional standard.

12.1 More of the same

The continuing pandemic means that Reflections will continue online for the foreseeable future. BLG Mind are referring potential customers to us, for which we are very grateful.

12.4 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group.

12.5 Post virus restart

The return to “normal” is unlikely in the near future and it is difficult to plan for any phased return until there is more clarity. We will be taking the opportunity to review our stock of activities for the group. We have started to build on our broad library of paper quizzes, colouring and other popular items.

Report prepared by Peter Ley (Chair of Trustees)

Report agreed by the Reflections trustees at their meeting on 28/6/2021

Reflections: Report to Charity Commission 2020-21



Appendix 1

In year expenditure and income			
Expenditure		Income	
£131	Room hire	£0	Grants
£0	Centre affiliation fee + storage	£2,415	Donations & fund raising
£50	Entertainment & speakers	£0	Gift Aid
£320	Volunteer expenses incl. training		
£40	Subscriptions		
£105	Paper & printing		
£65	Consumables: stationery, pens +		
£0	Activities		
£30	Books, DVD, Music, Puzzles		
£205	Personal liability insurance		
£0	DBS checks		
£0	Events food & drink +		
£1,326	IT, electronics & machines		
£192	Management & administration		
£343	Online presence		
£2,806	Expenditure for current year	£2,415	Income for current year



Receipts and payments accounts

For the period from	Period start date 4/1/2020	To	Period end date 3/31/2021
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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					
Grants	-	-	-	-	7,684
Donations & fund raising	2,415	-	-	2,415	4,355
Gift aid reclaimed	-	-	-	-	68
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,415	-	-	2,415	12,107
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,415	-	-	2,415	12,107
A3 Payments					
Charity activities (appendix 1)	2,806	-	-	2,806	5,775
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,806	-	-	2,806	5,775
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,806	-	-	2,806	5,775
Net of receipts/(payments)	- 391	-	-	- 391	6,332
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,923	-	-	12,923	6,591
Cash funds this year end	12,532	-	-	12,532	12,923

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank current account	12,535	-	-
	Petty cash	3	-	-
		-	-	-
	Total cash funds	12,532	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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
	Peter Ley	6/28/2021

Accounts checked and agreed by Peter Ley (chair) and Deb Wallis (treasurer)
 Approved by the Reflections trustees at their meeting on 28/6/2021