

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