

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

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

Reflection 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	