



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

**Trustees' Annual Report for the period**

**From** November 2021 **Period start date** **To** March 2023 **Period end date**

**Charity name:** Dementia Prevention UK

**Charity registration number:** 1196521

**Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Dementia Prevention UK is a registered charity providing education to the public on dementia risk factors and practical tools to delay or prevent dementia through lifestyle modification.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Non-Pharmacologic Interventions delivered on community level to prevent or delay dementia. Our range of services if from 1 hour talk to long projects. Our long projects are a few weeks long working with communities on modification of lifestyle behaviour.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Thee trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We are a grant making Charity- N/A
Policy on social investment including program related investment	Para 1.38	We do not have social investment - N/A
Contribution made by volunteers	Para 1.38	We didn't get any Contribution made by volunteers - N/A

Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><u>The first year of operation delivery:</u>  56 Brain health talks to the general public delivering an impact on 1000 individuals  3 Brain coach workshops- delivering an impact on 15 individuals  1 Brain health talk to a commercial organisation- delivering an impact on 400 individuals  4 brain health awareness talks- delivering an impact on 150 individuals  1 brain health workshop for volunteers- delivering an impact on 50 individuals</p> <p><u>Second year of operation delivery:</u>  3 Brain health talks to the general public delivering an impact on 50 individuals  56 Brain health talks to public health professionals- delivering an impact on 40 individuals  5 brain health workshops delivering an impact on 250 individuals</p> <p>Our impact is by delivering information about modifiable lifestyle behaviours that can lower the risk of developing dementia.</p> <p>Before and after each intervention we provide a questionnaire to measure our impact. After completing our workshops participants reported:  92% - "I feel empowered to take control of my health"  98% - "I understand how to keep my brain healthy"  95% - "I know how to maintain a positive mental health"  92% - "I plan to incorporate ideas from the course into my life"  96% - "I started implementing changes to my lifestyle"</p> <p>We encourage our participants to share the knowledge they receive at the workshops with the wider community.</p>

--	--	--

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<ul style="list-style-type: none"> <li>• Total income- £28367</li> <li>• Total payments- £10086</li> <li>• Cash funds end of year- £18281</li> </ul>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The policy allocates money from unrestricted fund balances, which are not invested in fixed assets, to several designated funds. These funds are:</p> <p><u>Continuity Fund</u></p> <p>This fund is to be used to bridge any possible delays in receiving promised grants or managing payment in arrears contracts. This has been defined as a minimum of a two months budgeted trading activity.</p> <p><u>Restructuring Fund</u></p> <p>This fund is to be used to cover essential trading/activities whilst sourcing income to a maximum of 6 months budgeted trading activity.</p> <p><u>Dissolution Fund</u></p> <p>This fund provides for the costs of dissolution should the charity be unable to continue. It is only to be used in the event of the Trustees' deciding the charity should cease to exist. It will be used to pay notice periods, redundancies and the expenses of running Dementia Prevention UK until closure of the organisation.</p>
Amount of reserves held	Para 1.22	£2000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

## Structure, Governance and Management

Description of charity's trusts:		Advancement of religion, education, health or saving of lives
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	We recruit our trustees via Volunteers websites. They go through 3 rounds of interview. First round of interview with the founder Michelle Reshef, second round of interview is with Chair of Trustees and third round of interview again with the Founder.

## Reference and Administrative details

Charity name	Dementia Prevention UK
Other name the charity uses	N/A
Registered charity number	1196521
Charity's principal address	39 Rossington Ave,  WD64JX  Borehamwood

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sofia Levine	N/A	26/1/2022	N/A
2	Francina Stobart	N/A	27/1/2022	N/A
3	Alison Carter Albert	N/A	20/05/2023	N/A

### Corporate trustees – names of the directors at the date the report was approved

Director name		
Sofia Levine		
Francina Stobart		
Alison Carter Albert		

### Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Sofia Levine	Chair	

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

N/A


**Other optional information**

N/A

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sofia Levine	
Position (eg Secretary, Chair, etc)	Chair	

Date	1/6/2023
------	----------





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Dementia Prevention UK

1196521

No (if any)

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
22 February 2022

To

Period end date  
31 March 2023

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donations	9,481	-	-	9,481	-
Grants	18,046	-	-	18,046	-
Services	840	-	-	840	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	28,367	-	-	28,367	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	28,367	-	-	28,367	-
<b>A3 Payments</b>					
Website	453	-	-	453	-
Hall hire	395	-	-	395	-
Fundraising costs	312	-	-	312	-
Zoom	129	-	-	129	-
Project costs	1,650	-	-	1,650	-
Consultancy	6,811	-	-	6,811	-
Postage and stationery	8	-	-	8	-
Membership	181	-	-	181	-
Insurance	147	-	-	147	-
<b>Sub total</b>	10,086	-	-	10,086	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	10,086	-	-	10,086	-
<b>Net of receipts/(payments)</b>	18,281	-	-	18,281	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	18,281	-	-	18,281	-

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Cash at bank	18,281	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>18,281</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval