

Trustees' Annual Report for the period

From April 24

Period start date: April 24 – Jan 25

Charity name: Dignitate

Charity registration number: 1196886

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ul style="list-style-type: none">- Dignitate exists to relieve the needs of people with dementia and their carers, particularly within the South Asian community. Our goals are to build awareness of dementia's challenges and provide a platform for carers to share experiences, support each other, and access the best resources provided by local councils, social services, and community organisations.
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	<p>Summary of the Main Activities in Relation to the Charity's Purposes for Public Benefit</p> <p>Dignitate's activities in the past year have been instrumental in advancing our mission to relieve the needs of people with dementia and their carers, particularly within South Asian communities. Our work has focused on providing culturally tailored support, raising awareness, and fostering community resilience. Key activities include:</p> <p><i>Culturally Tailored Support Programs</i></p> <ul style="list-style-type: none">• Adaptation of the WHO's iSupport Program: In collaboration with UCL and the World Health Organisation, we adapted the iSupport program to cater to South Asian carers. This program, available in English, Bengali, Punjabi, and Urdu, equips carers with practical tools and culturally relevant guidance to support their caregiving journey while prioritizing their well-being.• Cultural Bereavement Focus

Group (Kingston Voluntary Action and Healthwatch Partnership):

As part of the South West London Bereavement Support and Services initiative, we facilitated a focus group to explore the unique needs of culturally diverse communities experiencing bereavement, particularly dementia carers. The session provided:

- o Insights into the role of cultural practices like Jamaican "Nine Nights" and Southeast Asian rituals in processing grief.
- o Recommendations for developing culturally competent bereavement support services.
- o A platform for carers to share experiences, fostering a sense of community and resilience.

Awareness and Engagement Initiatives

- **Dementia Action Week:**

- o **Online Event - Dementia Dialogues:**
This national and international event featured expert speakers who addressed diverse topics in dementia care, drawing participants from a wide range of cultural backgrounds.
- o **In-Person Event - Cultural Dementia:**
Held in collaboration with the BME Forum Croydon, this event included:
 - A panel discussion with the dementia lead nurse from Croydon University Hospital.
 - An arts session, "DementiaEase," by Saba Khan Arts, promoting creativity and self-expression.
 - A Tai Chi session to encourage physical and mental well-being.

		<p><i>Carer Support and Community Resilience</i></p> <ul style="list-style-type: none"> • Monthly Carers Hub: Our Carers Hub provides a consistent and supportive environment where carers can share experiences, access resources, and receive guidance. Attendance has steadily increased, and plans are in place to establish a permanent venue for the Hub. <p>Public Benefit:</p> <p>These activities directly align with Dignitate's purpose of providing culturally sensitive and accessible support to dementia carers and their families. By addressing the unique challenges faced by South Asian and other diverse communities, Dignitate has:</p> <ul style="list-style-type: none"> • Empowered carers to navigate their roles more effectively. • Fostered greater awareness and understanding of dementia within the broader community. • Provided holistic support that encompasses emotional, physical, and cultural dimensions. <p>Through these initiatives, Dignitate has made a significant and measurable difference in the lives of its beneficiaries, promoting equity and compassion in dementia care.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The trustees have duly considered and adhered to the guidance issued by the Charity Commission on public benefit. They have ensured that all activities and initiatives undertaken by the charity align with these guidelines, with the aim of delivering significant and tangible benefits to the public and our beneficiaries.</p>

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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	We have not recruited any volunteers so far.
Other		

Achievements and Performance

	SORP reference	
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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

Summary of the Main Achievements of the Charity

Dignitate has made considerable progress this year in supporting dementia carers, particularly those from South Asian and culturally diverse communities. Our initiatives have directly addressed cultural and systemic barriers, empowering carers and promoting societal understanding of dementia care. These achievements have significantly improved the circumstances of our beneficiaries while contributing to wider social benefits.

Empowering South Asian Carers

- **Adaptation of WHO's iSupport Program:**
In partnership with UCL and the World Health Organisation, we adapted the iSupport program for South Asian carers, ensuring accessibility through translations in English, Bengali, Punjabi, and Urdu. This culturally sensitive tool has empowered carers by providing practical guidance, emotional support strategies, and resources tailored to their unique needs.

Raising Awareness and Fostering Engagement

- **Dementia Action Week Initiatives:**
 - **Online Event - Dementia Dialogues:**
This international event brought together diverse experts who covered a broad range of dementia-related topics. Participants praised the event for its inclusivity and the quality of insights shared, with significant national and international reach.
 - **In-Person Event - Cultural Dementia:**
Collaborating with the BME Forum Croydon, this event included:
 - A panel discussion

		<p>featuring healthcare professionals.</p> <ul style="list-style-type: none">▪ Creative arts sessions, such as "DementiaEase" by Saba Khan Arts.▪ A Tai Chi session promoting holistic well-being. <p>These events enhanced local engagement, reduced stigma around dementia, and encouraged open dialogue within communities.</p> <p><i>Culturally Attuned Bereavement Support</i></p> <ul style="list-style-type: none">• Kingston Voluntary Action and Healthwatch Partnership: As part of the South West London Bereavement Support and Services initiative, we conducted a cultural bereavement focus group to address the grief experiences of diverse communities, particularly dementia carers. Key outcomes included:<ul style="list-style-type: none">o Recognition of anticipatory grief as a significant aspect of the dementia caregiving journey.o Recommendations for culturally competent bereavement services that honor traditions like "Nine Nights" and Southeast Asian mourning rituals.o A strengthened sense of community among participants, fostering resilience and shared understanding. <p><i>Sustained Support for Carers</i></p> <ul style="list-style-type: none">• Monthly Carers Hub: The Hub has continued to grow, providing a safe, supportive space for carers to access
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		<p>resources, share experiences, and build community. This year's increased attendance reflects its growing importance and impact on the community.</p> <p>Impact on Beneficiaries and Society</p> <ul style="list-style-type: none"> • For Beneficiaries: Dignitate's work has provided carers with essential tools, emotional support, and a culturally safe environment to address the challenges of caregiving and bereavement. Participants in our programs reported increased confidence, reduced isolation, and a stronger sense of community. • For Society: By addressing cultural stigma and systemic gaps in dementia care, our initiatives have fostered greater empathy and understanding within communities. Events like Dementia Dialogues and our focus groups have created awareness that can influence more inclusive policies and practices in dementia and bereavement support. <p>Through these achievements, Dignitate continues to create a meaningful and lasting difference in the lives of carers and their communities, while advancing broader societal understanding of dementia and caregiving.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Achievements Against Objectives Set</p> <p>Dignitate has made significant progress in achieving its objectives this year, with impactful activities and initiatives directly addressing the needs of dementia carers, particularly within South Asian and culturally diverse communities. Here is a summary of how our achievements align</p>
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		<p>with the objectives set at the start of the year:</p> <p><i>Objective 1: Provide culturally tailored support for dementia carers</i></p> <p>Achievement:</p> <ul style="list-style-type: none"> • Adaptation of WHO's iSupport Program: We successfully collaborated with UCL and the World Health Organisation to adapt the iSupport program for South Asian carers. This resource, now available in English, Bengali, Punjabi, and Urdu, provides culturally relevant tools to empower carers. <p>Impact:</p> <ul style="list-style-type: none"> o Carers are better equipped with practical knowledge and emotional support tailored to their cultural contexts. o Barriers to accessing effective support have been reduced, enhancing carers' confidence and capability. <p><i>Objective 2: Raise awareness and reduce stigma around dementia in diverse communities</i></p> <p>Achievement:</p> <ul style="list-style-type: none"> • Dementia Dialogues (Online Event): This international event brought together leading experts to discuss diverse topics in dementia care, fostering dialogue and inclusivity. • Cultural Dementia (In-Person Event): Collaborating with the BME Forum Croydon, we hosted an event that combined professional insights, creative arts, and holistic wellness practices. <p>Impact:</p> <ul style="list-style-type: none"> o Increased public awareness of dementia, particularly within culturally diverse communities. o Reduction in stigma
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		<p>through education and open dialogue, empowering carers and community members.</p> <p><i>Objective 3: Enhance support for carers through regular community-driven initiatives</i></p> <p>Achievement:</p> <ul style="list-style-type: none"> Monthly Carers Hub: Our Carers Hub has steadily grown in attendance and engagement, providing carers with resources, peer support, and a sense of community. Plans are underway to secure a permanent venue to enhance the Hub's impact further. <p>Impact:</p> <ul style="list-style-type: none"> Carers have access to consistent support and resources, reducing isolation and improving their overall well-being. <p><i>Objective 4: Address bereavement challenges, including anticipatory grief</i></p> <p>Achievement:</p> <ul style="list-style-type: none"> Cultural Bereavement Focus Group (Kingston Voluntary Action and Healthwatch): This focus group explored the unique bereavement needs of diverse communities, particularly carers of people with dementia. Key outcomes included actionable recommendations for culturally competent support services. <p>Impact:</p> <ul style="list-style-type: none"> Enhanced understanding of anticipatory grief and cultural nuances in bereavement. Development of insights to inform equitable bereavement policies and services. <p><i>Objective 5: Foster community resilience and engagement</i></p> <p>Achievement:</p> <ul style="list-style-type: none"> Through collaborations with partners like the BME Forum, Kingston Voluntary Action, and
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		<p>Healthwatch, Dignitate has strengthened its role as a trusted community resource. Events and focus groups have engaged diverse participants, encouraging shared learning and collective action.</p> <p>Impact:</p> <ul style="list-style-type: none"> o Increased community participation in dementia-related initiatives. o Strengthened networks of carers and stakeholders, building resilience and mutual support. <p>Conclusion</p> <p>Dignitate has effectively delivered on its objectives for the year, creating meaningful impact for carers and their communities while setting a strong foundation for future growth. By addressing cultural, emotional, and systemic challenges, we continue to fulfill our mission of empowering carers and raising awareness about dementia in an inclusive and compassionate way.</p>
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Please see attached PDF statements
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our charity's policy on reserves is designed to safeguard our financial health, ensure the sustainability of our operations, and uphold our commitment to effective stewardship and transparency. By maintaining reserves, we strive to balance prudent financial management with our overarching mission to make a positive impact in the lives of those we serve.
Amount of reserves held	Para 1.22	Please see attached PDF statements
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	No deficits
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No concerns

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	We have been receiving donations. The past year has been about raising awareness of the charity and our cause.
Investment policy and objectives including any social investment policy adopted	Para 1.46	

A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		Our charity's trust is governed by a board of trustees who are responsible for overseeing its management and ensuring compliance with the trust deed and regulatory requirements. The trustees are committed to upholding the highest standards of governance and financial stewardship
Type of governing document (trust deed, royal charter)	Para 1.25	Memorandum and articles of association
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	Our trustee selection process is designed to ensure effective governance, transparency, and alignment with our charitable objectives. We strive to build a board that embodies a broad range of skills and experiences to support the charity's mission and enhance our impact.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	

Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Dignitate
Other name the charity uses	
Registered charity number	1196886
Charity's principal address	13 Rossetti Apartments 4 Saffron Sq Croydon CR0 2FS

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	Amalia Basile	Chair	2/10/2021	
2	Ben Clarke	Trustee	14/03/2023	
3	Malcolm Gill	Trustee	3/08/2024	
4	Brett Garcia	Trustee	18/10/2024	
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

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Position (eg Secretary,
Chair, etc)

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Date

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Interim Statement of Account

DIGNITATE
FLT 13 ROSSETTI APARTMENTS 4
CROYDON
CR0 2FS
GB

Account Summary

Date : 20 Jan 2025

Account No : 47535840

Sort Code : 23 - 05 - 80

Currency : GBP

Your Transactions

Date	Transaction	Transaction Amount	Running Balance
	Balance at Period Start		368.13
01 MAY 24	FT24122R4NXG Inward Payment BYROO JS PLF J. BYROO DONATION	20.00	388.13
02 JUN 24	FT24152DVNZR Inward Payment BYROO JS PLF DONATION	20.00	408.13
02 JUL 24	FT241848J140 Inward Payment BYROO JS PLF DONATION	25.00	433.13
03 OCT 24	FT242771N5KD Inward Payment BYROO JS PLF DONATION	20.00	453.13
01 NOV 24	FT24306W434F Inward Payment BYROO JS PLF DONATION	20.00	473.13
03 DEC 24	FT243387MVBH Inward Payment BYROO JS PLF DONATION	25.00	498.13

Your Transactions

Date	Transaction	Transaction Amount	Running Balance
13 DEC 24	FT24348W6NB8 Inward Payment KINGSTON VOL ACT C KVA CEGGRANT	850.00	1,348.13
18 DEC 24	FT243531JN12 Outward Faster Payment Community Alliance Broxbourne and E Dignitate	-87.50	1,260.63
18 DEC 24	FT243530QD6Y Outward Faster Payment verity smith Dignitate	-50.00	1,210.63
18 DEC 24	FT24353374WL Outward Faster Payment Caroline Townsend Dignitate	-400.00	810.63
20 DEC 24	Card Purchase GBR 18 DEC 24 1387 LIDL GB CROYDON LIDL GB CROYD GBR 18 DEC 24 1387 LIDL GB CROYDON	-22.28	788.35
20 DEC 24	Card Purchase GBR 18 DEC 24 REAL FLAVOUR CARIBBEAN CROYDON GBR 18 DEC 24 REAL FLAVOUR CARIBBEAN	-90.00	698.35
20 DEC 24	Card Purchase GBR 18 DEC 24 MARKS SPENCER PLC CROYDON GBR 18 DEC 24	-200.00	498.35

Your Transactions

Date	Transaction	Transaction Amount	Running Balance
	MARKS SPENCER PLC		
	Balance at Period End		498.35