

DEMENTIA ACTION MARLOW

England & Wales - Charity number 1197610

Details

Status Registered

Legal form CIO

Registered 2022-01-21

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

Contact

Address Flint Cottage
Lower Woodend
Medmenham
Marlow
SL7 2HN

Phone 07771982903

Email contact@dementiaactionmarlow.org

Website www.dementiaactionmarlow.org

Activities

Objects: FOR THE PUBLIC BENEFIT, TO PRESERVE AND PROTECT GOOD HEALTH AND WELLBEING AMONG PEOPLE WITH DEMENTIA THEIR FAMILIES AND CARERS IN MARLOW AND THE SURROUNDING AREA PARTICULARLY, BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF A WEBSITE AND REGULAR MEETINGS PROVIDING OPPORTUNITIES FOR SOCIAL INTERACTION, INFORMATION, PRACTICAL AND EMOTIONAL SUPPORT, HELP AND ADVICE.

Activities: Dementia Action Marlow runs weekly social support sessions for those living with dementia and their carers. We run occasional group outings too. We keep in contact with those unable to come along to our sessions by telephone, email or newsletter.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Area of benefit: LOCAL
- Buckinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-01	£59,896	£14,024	-	-
2024-06-01	£14,537	£13,260	-	-
2023-06-01	£30,016	£8,029	-	-

Trustees

Name	Role	Appointed
Janet Elizabeth Sambrook	Chair	2020-12-02
David MacDougall Edwards		2025-10-13
Helen Mee		2026-01-31
Jane Louise Hills		2025-03-18
Jennifer Miles		2020-12-02
William Murphy		2022-06-22

DEMENTIA ACTION MARLOW

England & Wales - Charity number 1197610

Accounts



**Dementia
Action
Marlow**

Trustees' Annual Report

and consolidated financial statements



Support & friendship for people living with dementia

**For the year ended
31 May 2025**

Chair's Report

Dementia Action Marlow started about five years ago and has been registered as a charity for nearly three years. To start I would like to thank all our volunteers and all our supporters, without whom we would not exist. We call ourselves Dementia Action Marlow (DAM) as we want to be active and to see action.

There are about 7,500 people living with dementia in Bucks. The present wait for a diagnosis is about 6 – 9 months.

We continue to learn about the challenges facing those we support. Even if one has the same diagnosis, their symptoms, behaviour patterns etc. will be different.

There are difficulties in getting support and information about this cruel disease, with minimal presence of charities locally. There continues to be a lack of understanding and knowledge about dementia although with more media coverage there is a greater awareness. Dementia does not just impact the person with the diagnosis – everyone around them is impacted in some way. Families often have to take on caring responsibilities that push them to their physical, financial and emotional limits, struggling to know where to turn.

Sadly, we have lost many friends who came to us in the beginning and this year itself has been particularly tough. But we are pleased to say that we have welcomed many new friends from Marlow and the surrounding area. We presently support about 200 people and continue to offer three sessions a week and the monthly Carers Group is providing much support for those who care. Our Let's Get Moving session is as popular as ever and it is amazing to see how everyone has progressed. We also offer two sessions with singing and a T'ai Chi class. Our Wednesday groups are quieter with tea and chat and sometimes some art, puzzles, and music and this group also continues to grow. We keep in contact with a number of people who are unable to come along to our regular meetings at the Pugin Rooms or Age Concern but they welcome our contact as the opportunity for them to get out is limited due to the mobility problems of their other half, or indeed themselves.

Many friends have no access to transport which contributes to their isolation. A friendly knock on the door to come to our sessions makes a huge difference. We rely on volunteer drivers and on a Tuesday the use of the Wye Valley Volunteer mini bus. Thank you to all.

Our outings to Fawley Railway Museum, Lindengate Community Garden, and Accessible Boating are hugely popular. We thank all these organisations for their help in making these events happen. They are all great fun days – as you will see from some of the photos! That's without mentioning the coffee mornings and pantos! Also popular are the Christmas and Fish & Chip Lunches, visiting musicians, with St Peter's School children coming to sing to us – the magic thing about the children visiting is that they are very good at socialising with our Friends too.

Our Website offers an introduction into what we do and a range of information.

www.dementiaactionmarlow.org.uk

Impact of Dementia

1 in 14 people over the age of 65 have dementia in the UK

Two-thirds of unpaid carers for those with dementia are women.

By the age of 60, 1 in 5 women will have provided unpaid care to an elderly friend or relative.

The economic impact of dementia is expected to more than double by 2040, rising from £42.5bn in 2024 to over £90bn in 2040.



Fundraising – Marlow Santa Fun Run, December 2024

Our Strategy & Vision

We have worked hard to raise funds with local organisations, receiving many generous donations and a grant from the National Lottery. We started with nothing, having self-funded at the beginning, and now find ourselves in a very different place. We thank all those who have given, in whatever way – every single donation is very much appreciated.

We recently conducted a survey amongst our friends and volunteers to develop our strategy for the future and decide how best to use these funds. We are aware that we need to be sustainable for the future as we have grown. We plan to develop two roles.

The first role will strengthen and organise how we deliver our sessions and support our volunteer team while also providing additional support with the coordination of our day-to-day activities. It will focus on developing a clearer structure for volunteering, helping us to grow and sustain the team and ensuring we continue to meet the evolving needs of our community.

The second role will provide professional wellbeing support and advice to our friends, offering more personalised help to those navigating life with dementia.

These will take time to put into place and we are getting help and advice on how best to do this.

We continue to actively campaign for better services and understanding. We try to work with those administering and delivering services. We attend the Bucks CC Dementia Strategy Group, the newly formed Bucks Dementia Networking Group set up for voluntary groups. The contract for Dementia Support Services for Bucks has recently been awarded to a partnership between Age UK and Carers Bucks who are already in contact with us and we look forward to working closely with them.

Trustees

There is an enormous amount of work that goes on behind the scenes by the team of Trustees:- Jan Sambrook, Jenny Miles, Bill Murphy, Mike Pringle, Jane Hills. Tina Blumfield resigned earlier this year, but still volunteers and helps with our Website and Flyers. We thank her for all she has done and her ongoing support of DAM.

We are pleased to welcome Jane Hills who has recently joined us and we value her input already.

Jan Sambrook
Chair of Trustees

Our Carers

Our monthly carers meeting has been very successful. Around two thirds of carers of people with dementia experience loneliness. Carers who feel lonely tended to have lower well-being, smaller social networks and more stress as care givers. A poor quality relationship with the person with dementia is also linked to higher levels of loneliness (Research by National Institute for Health and Care).

Our Carers group allows them to share experiences and talk freely in a non-judgmental environment. We invite speakers from other organisations to give information on things like finance, aids for living, social services support, living with someone who is denial of their diagnoses, etc.



Whilst the Carers Group meets, we offer an activity in a nearby room so that the person being cared for is being occupied safely too. If we did not do this, Carers would struggle to attend. We also set aside a quiet area at our regular sessions for carers to step back and chat with others.

Bonds and friendships are formed between carers, and they contact and support each other outside the DAM environment. This aspect has been very important, improving upon their social isolation.

Our Impact

There are well over 100 different types of dementia – Alzheimer’s being the most common and well-known. All forms of dementia affect people differently. 1 in 2 people will be affected whether by caring for someone with diagnosis, developing it themselves – or both.

We presently have around 200 people (Friends and Carers) that we are in contact with in Marlow and the surrounding areas.

People with dementia often develop co-ordination problems and sometimes spend too much time not doing anything. Our weekly “Let’s Get Moving” classes run with Horizon Rehabilitation are fun sessions designed to help address this problem – working the body and the brain. We can see that those attending these classes leave with their spirits lifted. A monthly T’ai Chi session is also helpful in this direction. Engaging with music by singing, dancing and playing musical instruments evokes happy memories and stimulates.

Many of our friends can be very isolated and coming along to our sessions where they can engage with others, play a game, do a puzzle, an occasional game of bingo etc. lifts their spirits and brings a smile to their faces and some laughter into their lives. Our friends can enjoy themselves in a relaxed atmosphere.

We continue to raise the profile of dementia and the difficulties faced. We link in with a number of local organisations, including the local doctors’ surgery, library and the local council. We had a 3-day presence in Marlow during Dementia Awareness week.

The feedback we receive from Friends, Carers and Families has shown us that DAM is doing a worthwhile job and gives everyone something to look forward to each week.

Financial review

The Trustees present their report and Independently Examined financial statements for the year ended 31st May 2025.

Financial position

This report covers the year ending 31st May 2025. DAM prepares Receipts and Payments accounts which are Independently examined by local Accountants Richardson-Jones.

We end the year in a healthy financial position with cash in hand to both meet anticipated expenditure and to allow us to expand the scope of our operations.

	YE 31 May 2025	YE 31 May 2024
Money received	59,896	14,537
Money spent	14,024	13,260
Surplus for year	45,872	1,277
Balance at bank	£69,137	£23,265

The charity had a balance on the unrestricted fund as at 31st May 2025 of £69,137 (2024: £23,265). The unrestricted funds are spent at the discretion of the trustees to further any of the charity's purposes. As at 31st May 2025 the charity did not hold any restricted funds (2024: None).

Expenditure is broadly the same year on year. We ran roughly the same number of events as in the previous year, with the only significant increase being in the cost of room hire.

Receipts are significantly up on the previous year. We have received incredible generosity from so many people and organisations, so many that there isn't room here to mention you all. We thank you sincerely and we want you to be proud of the difference you help us to make. We must raise a note of caution though, much of the donations we received this year is a result of a one-off donation or event that won't come around again so these levels of funding are not guaranteed in future years. However, we have looked for other sources of funds this year e.g. a Grant from the National Lottery, and we will seek new sources of funding in future years.

We will need to be mindful of the Financial Service Compensation Scheme (FSCS) compensation limits in the coming year and consider which banks to hold money with.

Reserves policy

We hold a reserve that allows us to continue our operations for a period in the event of funding drying up. This provides continuity for both our friends and volunteers.

Investments and Grants

DAM has made no investments nor grants in this period. We received a National Lottery Grant that will fund some weekly activities for two years. DAM has transferred cash funds into low-risk, short-term deposit accounts.

Principal funding sources

DAM has relied mainly on donations from the public and other local organisations this year to finance our activities and support our future plans. As well as direct donations we have benefitted from fundraising activities carried out by local individuals and organisations e.g. Marlow Bottom Lights; Marlow Tastes and Santa Fun Run that have resulted in significant donations being made to DAM. We appreciate the donations we have received in Memoriam of friends who we have sadly lost this year.

RECEIPTS	YE 31 May 2025	YE 31 May 2024
Donations	52,039	14,348
Grants	7,044	-
HMRC Gift Aid	293	178
Bank interest received	520	11
Total	£59,896	£14,537

Objectives and activities

The charitable objectives as per our governing document are: 'For the public benefit, to preserve and protect good health and wellbeing among people with Dementia their families and carers in Marlow and the surrounding area particularly, but not exclusively through the provision of a website and regular meetings providing opportunities for social interaction, information, practical and emotional support, help and advice.' The trustees have had regard to the guidance issued by the Charity Commission on public benefit, structure, governance and management.

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO) as defined by the Charities Act 2011. The trustees meet regularly and oversee the governance and management of the charity. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Trustees

Janet Sambrook – Chair
(appointed 2nd December 2020)

Jennifer Miles
(appointed 2nd December 2020)

William Murphy – Treasurer
(appointed 22nd June 2022)

Mike Pringle
(appointed 4th June 2024)

Jane Hills
(appointed 18th March 2025)

Fundraising and Donations


Dementia Action Marlow would like to extend its deepest gratitude to all our donors and fundraisers for their unwavering support. Their generosity and commitment have made an incredible impact on the lives of those we serve. The funds raised, donated, or time volunteered and actions taken have directly contributed to positive change in our community. It is because of this generosity we are able to continue our vital work and reach even more people in need. The kindness inspires us every day, and together, we're creating a brighter future for so many. We would like to thank all donors for being a vital part of our mission—the support truly makes all the difference. We've listed just a few below.

Barn Club	Tin Town Cafe
Valley Plus	Crown Golf Society
Paypal Giving Fund	David Ransome
Marlow Musicmakers	Artxtra
Prince of Wales	Carl Bradshaw
Marlow Rotary Club	De Facto Research
KI Insurance Group	Marlow 41 Club
Margaret and Joe Jones	
Charities Aid Foundation	
In Memoriam Ronald Shedden	
In Memoriam Patricia Knight	
In Memoriam Roy Finch	
In Memoriam George Parfett	
Temple Ladies Golf Club	
National Lottery Community Fund	
Andy and the team at Meathook	
Marlow Donkey Quizzers	
Tony and Jancis Shepherd, Heidi Blacker, Naomi Eggleton and Imogen Huggett	
Marlow Thames Rotary Club	
In Memoriam Nora Hampshire	
In Memoriam Fran Newth	
In Memoriam Colm Harty	
In Memoriam Joyce Merrett	
The Methodist Church Marlow	
Santa Fun Run runners, especially Carlos, Yovanni & Ann	

Declaration

The trustees declare that they have approved the trustee's report.

Signed on behalf of the charity's trustees:

Signature(s)	
Full name(s)	Janet Sambrook
Position	Chairperson
Date	29/08/2025



Dementia Action Marlow		1197610
Receipts and payments accounts		
For the period from	01/06/2024	To 31/05/2025

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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					
Donations	52,039	-	-	52,039	14,348
Grants	7,044	-	-	7,044	-
HMRC Gift Aid	293	-	-	293	178
Bank interest received	520	-	-	520	11
Sub total (Gross income for AR)	59,896	-	-	59,896	14,537
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	59,896	-	-	59,896	14,537
A3 Payments					
Cost of charitable activities	10,020	-	-	10,020	10,533
Volunteers expenses	1,203	-	-	1,203	888
Hire of rooms	1,200	-	-	1,200	180
Insurance	210	-	-	210	270
Telephone and internet	43	-	-	43	51
Printing, postage, stationery and computer supplies	916	-	-	916	827
Statutory	60	-	-	60	50
Independent Examiners Fees	372	-	-	372	462
Sub total	14,024	-	-	14,024	13,260
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	14,024	-	-	14,024	13,260
Net of receipts/(payments)	45,872	-	-	45,872	1,277
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,265	-	-	23,265	21,987
Cash funds this year end	69,137	-	-	69,137	23,265

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	Lloyds Treasurers Account	8,604	-	-
	Lloyds Instant Access Savings account	20,096	-	-
	Lloyds 32 Day Notice account	20,297	-	-
	Lloyds 95 Day Notice account	20,140	-	-
	Total cash funds	69,137	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Signature Bill Murphy Print Name William Murphy Date of approval 09/08/2025

Independent Examiner's Report on the accounts

Report to the trustees of Dementia Action Marlow (Charity no 1197610) on accounts for the year ended 31 May 2025 set out above.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 May 2025.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the "Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect: the accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: Kevin Ellerby Date: 08/08/2025

Name: Kevin Ellerby
 Relevant professional qualification(s) or body (if any): FCA Institute of Chartered Accountants in England and Wales (ICAEW)
 Address: Richardson Jones Ltd, Mercury House, 19-21 Chapel Street, Marlow, Buckinghamshire, SL7 3HN



DAM Outing – Fawley Railway Museum, June 2024

Dementia facts

982,000 people are estimated to be living with dementia in the UK.

The number of people living with dementia will reach **1.4 million** by 2040.

1 in 14 people over the age of 65 have dementia in the UK.

Someone in the UK develops dementia every **3 minutes**.

52% of carers say they do not receive sufficient support

Dementia Action Marlow has created a tailored **support guide** that consists of local and national organisations to provide help and guidance for people living with dementia. The guide is divided into three sections:



Information

Useful organisations; health advice, transport, social activities.



Care

Care at home, domiciliary care, care homes and day centres.



Benefits

Guidance on the benefits to which you are entitled.



**Dementia
Action
Marlow**

Dementia Action Marlow is a registered charity in England & Wales – 1197610



DEMENTIA ACTION MARLOW

England & Wales - Charity number 1197610

Accounts



**Dementia
Action
Marlow**

Trustees' Annual Report

and consolidated financial statements

For the year ended 31 May 2024



Support & friendship for people living with dementia

Chair's Report

Dementia Action Marlow (DAM) continues to support those living with dementia and their Carers from Marlow and the surrounding areas. It is estimated that there are around 7,500 people living with dementia in Buckinghamshire. The number that contact us grows weekly.

We are committed to providing support and friendship to those living with dementia and to their carers. Those living with dementia benefit from socialising with others, seeing friendly faces, participating in or watching activities etc. - all good stimulation.

Caring for someone with dementia, 24 hours a day, 7 days a week, often with disrupted nights, sundowning, challenging behaviour, incontinence, and little support, can be exhausting and isolating. Our carers tell us that we are a lifeline. It is vital that they have somewhere where they can relax, talk openly, and form their own friendship groups.

As our charity name suggests (Dementia Action Marlow), we campaign for improved services. We listen to the stories of the struggle for support, the difficulties in getting appointments and the lengthy wait for them. It can be bewildering if carers are not told or do not understand 'the process', lack of help with getting benefits and advice. Too often people are left to cope alone with ever-changing and relentless challenges. We try to help where we can, be it ourselves or through networking that we continue to work on.

DAM runs two weekly social sessions on Tuesday and Wednesday comprising a mixture of singing, Tai Chi, or a good old chat. For many, we are their only social outing of the week. Additionally, every Thursday afternoon we run Let's Get Moving with Horizon rehabilitation - a mainly seated exercise class which works on co-ordination - good for the body and the brain. And it is such fun!

We recently launched a monthly Carers Group. This offers a secluded space for carers to chat about their problems and share tips and strategies. We will often bring in professionals. We also run an annual Dementia Information Training afternoon with Dementia Adventure.

Our website provides information about our work and activities, including our Information Guides containing comprehensive information about local and national services.

We also run outings to Fawley Railway, Lindengate Community Gardens, and Accessible Boating in the summer plus afternoon tea outings, a Fish and Chip lunch and a Christmas special. These are great fun and popular. We thank all organisations that support us.

We do our best but NONE of this would happen without the wonderful band of volunteers that we have. They are dedicated, supportive, enthusiastic and caring. They help with our regular sessions, our one-off sessions and they drive us to and from!

Dementia is a loss of thinking, remembering, and reasoning skills. It is not a normal part of ageing.

By 2025 it is estimated that over 1 million people in the UK will have a diagnosis of dementia.

More specialist support is urgently needed to help support this growing health crisis. DAM is committed to supporting the campaign for more specialist dementia nurses and improved local support services.



Trustees

Our Trustees work very hard behind the scenes and more often than not in front of the scenes and comprise:

Jan Sambrook, Jenny Miles, Tina Blumfield, Bill Murphy, Mike Pringle.

Very sadly Bernie Hunter died earlier this year. He was with DAM almost from the start. He was a loyal friend and we miss his humour and commitment to DAM. Jeannette Mason recently decided to step down as a Trustee. Jeannette was part of DAM from the very beginning. We thank her sincerely for all that she did in getting DAM started and her continued commitment as a volunteer.

We would be grateful to hear from anyone who has skills to offer us either as a Trustee or as a Volunteer. Our charity has grown considerably and dedicated help in various areas is welcome, with leading roles to run the group.

Jan Sambrook
Chair of Trustees

Our Strategy & Vision

Looking to the future, we are very keen to maintain what we currently offer for which we have ever growing numbers; possibly expanding with art sessions and other entertainment.

We will continue with our quest to raise awareness of the challenges faced and support needed from social and health care services. We will highlight gaps and are passionate about our desire to have nurses qualified in dementia in Buckinghamshire such as Admiral Nurses. Bucks is one of the few counties without the support of Admiral Nurses. Our carers would benefit hugely.

Our dream would be to have our own home where we can have permanent displays, storage, some control and preferably some outside space.

We continue to canvass and listen to our friends and their carers about what they want from us to develop and grow, i.e., is it more sessions, different types of sessions, nursing support, different locations, more counselling, lobbying etc.

Financial review

The Trustees present their report and Independently Examined financial statements for the year ended 31st May 2024.

Objectives and activities

The charitable objectives as per our governing document are: 'For the public benefit, to preserve and protect good health and wellbeing among people with Dementia their families and carers in Marlow and the surrounding area particularly, but not exclusively through the provision of a website and regular meetings providing opportunities for social interaction, information, practical and emotional support, help and advice.' The trustees have had regard to the guidance issued by the Charity Commission on public benefit, structure, governance and management.

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO) as defined by the Charities Act 2011. The trustees meet regularly and oversee the governance and management of the charity. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Charity's principal address:

Flint Cottage
Lower Woodend
Medmenham
Marlow
SL7 2HN

Trustees

Janet Sambrook – Chair
(appointed 2nd December 2020)

Jennifer Miles
(appointed 2nd December 2020)

Tina Blumfield
(appointed 1st January 2022)

William Murphy – Treasurer
(appointed 22nd June 2022)

Mike Pringle
(appointed 4th June 2024)

About Dementia

982,000 people are estimated to be living with dementia in the UK.

The number of people living with dementia will reach **1.4 million by 2040.**

1 in 14 people over the age of 65 have dementia in the UK.

Someone in the UK develops dementia every **3 minutes.**

Financial position

This report covers the year ending 31st May 2024. DAM prepares Receipts and Payments accounts.

We end the year in a healthy financial position with cash in hand to meet anticipated expenditure. Expenditure has increased year on year as we have increased the number of events we run and we have introduced more activities at these events. We have found it more difficult to attract grants.

	YE 31 May 2024	YE 31 May 2023
Money received	14,537	30,016
Money spent	13,260	8,029
Surplus for year	1,277	21,987
Reserve	10,011	0
Balance at bank	£13,254	£21,987

Reserves policy

In 2023/24 we introduced a reserve that allows us to continue our operations for a period in the event of funding drying up. Introducing this will provide continuity for both our friends and volunteers.

Investments and Grants

DAM has made no investments nor grants in this period.

Support

DAM has relied solely on donations from the public and other local organisations this year to finance our activities and support its future plans.


Principal funding sources

	YE 31 May 2024	YE 31 May 2023
Donations	14,348	23,054
Grants	0	3,900
Fundraising	0	2,627

Declaration

The trustees declare that they have approved the trustee's report.

Signed on behalf of the charity's trustees:

Signature(s)	
Full name(s)	Janet Sambrook
Position	Chairperson
Date	24/07/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Dementia Action Marlow		1197610	
Receipts and payments accounts			
For the period from	01/06/2023	To	31/05/2024

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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 £
A1 Receipts					
Donations	14,348	-	-	14,348	23,054
Grants	-	-	-	-	3,900
Receipts from fundraising activities	-	-	-	-	2,627
HMRC Gift Aid	178	-	-	178	435
Bank interest received	11	-	-	11	-
Sub total (Gross income for AR)	14,537	-	-	14,537	30,016
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	14,537	-	-	14,537	30,016
A3 Payments					
Cost of charitable activities	10,533	-	-	10,533	4,748
Volunteers expenses	888	-	-	888	720
Hire of rooms	180	-	-	180	504
Insurance	270	-	-	270	89
Telephone and internet	51	-	-	51	55
Printing, postage, stationery and computer supplies	827	-	-	827	1,812
Statutory	50	-	-	50	100
Independent Examiners Fees	462	-	-	462	-
Sub total	13,260	-	-	13,260	8,029
Total payments	13,260	-	-	13,260	8,029
Net of receipts/(payments)	1,277	-	-	1,277	21,987
A6 Cash funds last year end	21,987	-	-	21,987	-
Cash funds this year end	23,265	-	-	23,265	21,987

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 £
B1 Cash funds	Lloyds Treasurers Account bank balance	13,254	-	-
	Lloyds Reserve Account bank balance	10,011	-	-
	Total cash funds	23,265	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Signature

Print Name

Date of approval

Bill Murphy

William Murphy

24/07/2024

Independent Examiner's Report on the accounts

Report to the trustees of Dementia Action Marlow (Charity no 1197610) on accounts for the year ended 31 May 2024 set out above.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 May 2024.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the "Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

the accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Kevin Ellerby

Date: 24/07/2024

Name: Kevin Ellerby

Relevant professional qualification(s) or body (if any): FCA Institute of Chartered Accountants in England and Wales (ICAEW)

Address: Richardson Jones Ltd, Mercury House, 19-21 Chapel Street, Marlow, Buckinghamshire, SL7 3HN

Dementia Music & Movement



Dementia is a progressive condition that affects memory, thinking and behaviour. It is often viewed in 3 stages, early, middle and late. The way in which people progress varies with each individual. Listening to and engaging with music by singing, dancing, and playing instruments can help reduce anxiety and stress, as well as maintaining speech and language. It evokes happy emotions and memories, stimulating and reaffirming personal identity and social connectedness.

We have two Tuesday sessions a month with singing and music - and we are never surprised to see our Friends up and dancing!

We are grateful to the Marlow Arts Society for the donation of some musical instruments, which are enjoyed by the group.

Last September we sang at the Dementia Information day with BOPAG. We also entertained at the South West Chilterns Community Board's Health and Wellbeing day in July with our Choir.

It is important for people with dementia to stay physically well and remain as active as possible as people can develop weakness in the arms and legs, and coordination can be affected. We have teamed with Horizon Rehabilitation to run a weekly "Lets Get Moving Session" which is a fun, mainly seated exercise class. It has proved to be both enjoyable and useful. And there is some music there too.

Fundraising

DAM is a charity run exclusively by Volunteers and Trustees for the benefit of people in Marlow and the surrounding areas. None of our team are paid for their involvement and they give of their time freely.

We are reliant on the local community and fund giving bodies for the funds to pay for the premises we rent, transportation, outings, printing, general overheads and to pay for the professionals that support our group activities.

We need to raise £13,000 per annum to continue to offer the services we currently provide.

We are seeing an increasing demand for our services, and our base cost will undoubtedly increase to meet this need.

We are able to provide support to any individuals or organisations that wish to help us by raising funds by organising events such as sponsored walks/runs/bike rides, pub quizzes or bring and buy sales. Those interested in raising funds should email contact@dementiaactionmarlow.org.

Individual contributions and donations can also be made via our website www.dementiaactionmarlow.org. We can also claim gift aid.

We are also working towards applying for grants from major charitable trusts, but it may take some time for us to be successful.

What our Carers say ...

"I much prefer the DAM Carers Support Group where carers can also talk amongst each other and learn from other experiences. The various speakers that attend each session are approachable for any further questions."

"Having developed relationships at DAM he now benefits from Let's Get Moving. He finds that the exercises help him to concentrate, plus he enjoys the company."



"We are so grateful that Dementia Action Marlow is available and always welcoming to everyone and I hope that this continues."

"The Carer Support groups from County are not close enough to home. I think the carer support group that has been initiated by DAM is very useful as we see each other anyway and I certainly am gaining so much from just getting to know the people in DAM - it is so valuable to gain insight into the variety of issues affecting those with Dementia - everyone is different. We get so much excellent support from DAM- you all manage to include so much each week."



**Dementia
Action
Marlow**



Registered with
**FUNDRAISING
REGULATOR**

contact@dementiaactionmarlow.org
dementiaactionmarlow.org

DEMENTIA ACTION MARLOW

England & Wales - Charity number 1197610

Accounts



**Dementia
Action
Marlow**



Support & friendship for people living with dementia

Trustees Annual Report

Year ended 31 May 2023

Chair's Report

Prior to the forming of Dementia Action Marlow (DAM) there was limited support for those living with dementia and their carers in Marlow and the surrounding areas. Marlow has an older population profile, and it is estimated that there are around 7,500 people living with dementia in Buckinghamshire.

We are committed to providing support and friendship to people in the local area, living with dementia and also to their carers and families. We also fight for better services so that those in the local community do not have to face dementia alone. Caring for someone with dementia, 24 hours a day, 7 days a week, with disrupted nights, challenging behaviour, incontinence, and little support, as people back away, is exhausting and isolating.

The Covid-19 period was especially hard and isolated many. Where other groups including those commissioned to provide services did little, we carried on using Zoom, and met in small groups when rules allowed, even in Gazebos outside in the rain, whatever we could do – we did! This has been our story from the beginning and how we will continue.

We now run 3 social sessions every week (up from 2 last year). The purpose of these meetings is to provide support and facilitate social interaction, both for the person living with dementia and their carer. For many in our group this is their only outing of the week.

Within these sessions we run 'Let's get Moving' once a week to encourage better movement and coordination. As well as addressing the "not moving enough" problem we have fun! We also have two sessions a month that include music, singing and sometimes dancing for those who wish to express further, with Tai Chi once a month.

As well as the scheduled sessions we run outings to local attractions - Accessible Boating, Fawley Railway Museum/Steam Train Ride, Lindengate Community Gardens, and Parmoor Kitchen Gardens. The Fish and Chip Lunch is always popular, as is the Christmas Pantomime, Afternoon Teas, culminating with a packed Christmas Lunch!

Our outings are immensely popular. We are very grateful to those organisations for welcoming us. We also thank Wye Valley Volunteers for the use of their minibus. Our weekly sessions are also dependent on the generosity of St Peter's Church and Age Concern for their space.

We support carers by enabling friendships and support groups, and by providing information. Too often our friends have not received the information or advice they need and want in an easy format. They have found the Information guides we produce invaluable.

Dementia is a loss of thinking, remembering, and reasoning skills. It is not a normal part of ageing.

By 2025 it is estimated that over 1 million people in the UK will have a diagnosis of dementia.

More specialist support is urgently needed to help support this growing health crisis. DAM is committed to supporting the campaign for more specialist dementia nurses and improved local support services.



We provide a voice to improve services and pathways and raise awareness of the considerable problems faced by those living with dementia and their hard-working carers.

We also keep in contact with a number of people, who are unable for different reasons to come along to the group sessions, currently we have over 120 on our list. The contact, mutual support, understanding and friendship means a lot. And our list and number of contacts grows and grows.

Our website provides information about our group, when we meet and the activities and outings organised throughout the year. We frequently receive contact from new friends via the website.

It also provides comprehensive information about local and national services, specifically tailored to people living with dementia. It also includes details of local care services and support organisations and outlines benefits which those people living with dementia are entitled to claim.

www.dementiaactionmarlow.org

Our volunteers

We could not do what we do without our wonderful volunteers – we cannot thank them enough. Their friendship, warmth, dedication, encouragement and support encourages everyone to participate.

We understand that being a volunteer for DAM carries a responsibility which we take seriously. Regular safeguarding training is provided for all our volunteers and DBS checks are carried out for all regular volunteers.

Our achievements

Since we formed in 2020, we have become recognised within the local area as a successful charity supporting the community. We are regularly invited to contribute at a local community and government level. We won a "Proud of Bucks" award in 2022 and value the network of support we have from other local community groups.

Our risks and dreams

DAM needs ongoing support. Our fundraising activities have been sufficient to provide the service levels that we want, as summarised in the Financial Review below. As we expand, we will need to grow these activities.

The challenges and risks we face to sustain and grow the charity:

- Recruiting additional volunteers to take on more responsibility and trustee roles.
- No security of tenure in the accommodation that we use.

We would love a home to call our own. We are constantly moving equipment in cars and have limited secure storage at our venues. We are mindful that we have to fit in around others all the time. We are happy to share but would like some control.



Dementia Action Marlow has created a tailored support guide that consists of local and national organisations that can provide help and guidance for people living with dementia. The guide is divided into three sections:



Information

Useful organisations; health advice, transport, social activities.



Care

Care at home, domicilliary care, care homes and day centres.



Benefits

Guidance on the benefits to which you are entitled.

Dementia & Music

Dementia is a progressive condition that affects memory, thinking and behaviour. It is often viewed as 3 stages; early, middle and late. The rate at which people progress through these stages vary by individual.

It is important for people living with dementia to stay physically well and remain as active as possible.

We have found that Music has been extremely beneficial to our group. Our fortnightly sessions have allowed those people impacted by dementia and their carers to engage in music by singing, dancing, playing instruments or just listening.

Research shows music can help reduce heart rate and blood pressure, relieve muscle tension and help people manage pain. It can also trigger feel-good hormones called endorphins, which may help with depression, anxiety and agitation.



Financial review

The Trustees present their report and Independently Examined financial statements for the year ended 31st May 2023.

Objectives and activities

The charitable objectives as per our governing document are:

'For the public benefit, to preserve and protect good health and wellbeing among people with Dementia their families and carers in Marlow and the surrounding area particularly, but not exclusively through the provision of a website and regular meetings providing opportunities for social interaction, information, practical and emotional support, help and advice.'

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Structure, governance, and management

The charity is controlled by its governing document, a constitution, and constitutes a Charitable Incorporated Organisation (CIO) as defined by the Charities Act 2011.

The trustees meet regularly and oversee the governance and management of the charity. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Charity's principal address:

Flint Cottage
Lower Woodend
Medmenham
Marlow
SL7 2HN

Trustees who have been in office since 1st June 2022 are:

Janet Sambrook – Chair
(appointed 2nd December 2020)

Jeannette Mason
(appointed 2nd December 2020)

Frederick 'Bernie' Hunter
(appointed 2nd December 2020)

Jennifer Miles
(appointed 2nd December 2020)

Tina Blumfield
(appointed 1st January 2022)

William Murphy – Treasurer
(appointed 22nd June 2022)



Financial position

Our financial year covers the period from 21st January 2022 when DAM became a CIO to our year end date 31st May 2023 and financial figures herein are for this period. DAM prepares receipts and payments accounts which are set out on pages 7&8.

The charity is in a healthy financial position. Cash in hand can meet our anticipated expenditure.

Money received	£30,016
Money spent	£8,029
Balance at bank on 31/05/2023	£21,987

We have no funds in deficit and no uncertainties about the charity's ability to continue as a going concern.

Reserves policy

DAM does not currently have a policy for holding reserves as the trustees have decided that holding reserves is unnecessary with our current commitments. The reason behind this decision is that our costs could be scaled back, if necessary, e.g., we could reduce the activities held at our meetings and we are not in any long-term contracts that require ongoing funding.

In 2023/24 we intend to introduce a reserve that will sustain our operations for a period in the event of funding drying up. Introducing this will provide continuity, for both our friends and volunteers.

Declaration

The trustees declare that they have approved the trustee's report.

Signed on behalf of the charity's trustees:

Signature(s)	
Full name(s)	Janet Sambrook
Position	Chairperson
Date	25/01/2024

Investments and grants

DAM has made no investments nor grants in this period.

Support

DAM relies primarily on donations from the public and other local organisations to finance our activities and support future plans.

We were greatly honoured that three individuals undertook huge challenges to raise funds for DAM. Richard Livesey ran the London Marathon in September 2022, Alex Dawson, from the Meat Hook, Marlow, ran the Rob Burrow, Leeds Marathon in April and Pauric Surlis, cycled 100 miles in Ride London in May. Together they raised a staggering £7,000!

In addition, we have successfully applied for grants to assist in funding some of our activities such as monthly singing.

Principal funding sources

Our principal sources of funds are as follows:

Donations	£23,054
Grants	£3,900
Fundraising	£2,627



Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees Charity Name
Dementia Action Marlow

On accounts for the year ended 31 May 2023 **Charity no (if any)** 1197610

Set out on page 9

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 05 / 2023**.

Responsibilities and basis of report As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:  **Date:** 09/01/2024

Name: Kevin Ellerby

Relevant professional qualification(s) or body (if any): FCA
Institute of Chartered Accountants in England and Wales (ICAEW)

Address: Richardson Jones Ltd, Mercury House, 19-21 Chapel Street
Marlow, Buckinghamshire, SL7 3HN



Dementia Action Marlow 1197610

Receipts and payments accounts CC16a

For the period from 21/01/2022 To 31/05/2023

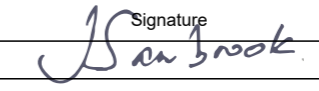
Section A Receipts and payments

	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					
Donations	23,054	-	-	23,054	-
Grants	3,900	-	-	3,900	-
Receipts from fundraising activities	2,627	-	-	2,627	-
HMRC Gift Aid	435	-	-	435	-
Sub total (Gross income for AR)	30,016	-	-	30,016	-
A2 Asset and investment sales, (see table).					
Sub total	-	-	-	-	-
Total receipts	30,016	-	-	30,016	-
A3 Payments					
Cost of charitable activities	4,748	-	-	4,748	-
Volunteers expenses	720	-	-	720	-
Hire of rooms	504	-	-	504	-
Insurance	89	-	-	89	-
Telephone and internet	55	-	-	55	-
Printing, postage, stationery and computer supplies	1,812	-	-	1,812	-
Statutory	100	-	-	100	-
Sub total	8,029	-	-	8,029	-
A4 Asset and investment purchases, (see table)					
Sub total	-	-	-	-	-
Total payments	8,029	-	-	8,029	-
Net of receipts/(payments)	21,987	-	-	21,987	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	21,987	-	-	21,987	-

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	Lloyds Treasurers Account bank balance	21,987	-	-
	Total cash funds	21,987	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
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: Janet Sambrook Date of approval: 25/01/2024

Fundraisers

We could not achieve what we have without the incredible efforts of our supporters and fundraisers.

Many local organisations and individuals have very generously contributed to DAM and this year three very brave young men each took on an amazing physical challenge and donated all the proceeds to DAM.



London Marathon September 2022

Richard ran the Marathon in memory of his much loved, lovely Mother Margaret. She and her husband came along to our friendly sessions until she sadly died. We remember Margarets lovely smile and gentle nature



Rob Burrows Leeds Marathon 14 May 2023

Alex ran the Rob Burrows marathon training hard in between working hard at the Meat Hook in Marlow.



Ride London, 28 May 2023

Pauric is the husband of Colleen, one of our lead volunteers at DAM. He is always there to support us, and trained hard in the nearby Chiltern Hills.



Supporting the local community

We presently meet on three afternoons per week. Please check our website or contact us to check as sometimes we have outings, or there are changes. We also like to know who may be coming.

Tuesday afternoons at the Pugin Rooms have singing two afternoons per month and a movement session once a month. But there is always a quiet area for those who prefer to opt out. Wednesdays afternoons at Age Concern are informal and social with plenty of friendly chat.

Thursday afternoons we work with Horizon Rehabilitation to run a mainly seated exercise and coordination fun session.

From Tuesday February 27th we will be starting a monthly Carers Group. This is planned to run on the fourth Tuesday of every month. This will be a friendly group for carers. A chance to chat, share experiences, ideas and strategies in a safe, understanding and supportive environment. After the initial sessions guest speakers/organisations will be invited.

Carers Support Group 1.45pm-3.15pm

Friendly group for Carers of those supporting someone with dementia. Held at The Pugin Rooms, St Peter's Church, Marlow.

Every 4th Tuesday in the month.



Thanks!

We are incredibly grateful to everyone who has supported us throughout the past year; from our friends, local individuals and organisations within the community.

And a big THANK YOU to our amazing volunteers who make it all possible.



**Dementia
Action
Marlow**