



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, domiciliary 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

Responsibilities and basis of report

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

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		CC16a
Receipts and payments accounts				
For the period from	21/01/2022	To	31/05/2023	

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 £
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	Restricted funds	Endowment funds
		to nearest £	to nearest £	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
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				

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

Signature	Print Name	Date of approval
	Janet Sambrook	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 Margaret's 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**