



**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)

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

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

Valley Plus

Paypal Giving Fund

Marlow Musicmakers

Prince of Wales

Marlow Rotary Club

KI Insurance Group

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
- Tin Town Cafe

Crown Golf Society

David Ransome

Artxtra

Carl Bradshaw

De Facto Research

Marlow 41 Club



Dementia Action Marlow		1197610		CC16a
Receipts and payments accounts				
For the period from	01/06/2024	To	31/05/2025	

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	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	Restricted funds	Endowment funds
		to nearest £	to nearest £	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

Print Name

Date of approval

William Murphy

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:

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



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, domicilliary care, care homes and day centres.



Benefits

Guidance on the benefits to which you are entitled.



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

