



MEMORY CLUB UK ANNUAL REPORT PERIOD 1st April 2024 to 31st March 2025
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Charity's principal address

Unit R1C/ 1-9 Barton Road

C/O My Homecare

Bucks Business Park, Milton keynes

Postcode

MK2 3HU

Description of the charity's trusts

Type of governing document

Charitable Incorporated Organisation [CIO]

How the charity is constituted

Association

Trustee selection methods

Appointed by the members

Memory Club UK is a local charity based in Milton Keynes, dedicated to supporting people living with dementia and Alzheimer's disease and their carers. Our mission is to improve the quality of life for those affected by dementia and provide support and information to their families and carers.

Currently, Memory Club UK operates on a part-time basis with fortnightly sessions offering group activities, opportunities to reminiscence, social interaction and peer support. The importance of music and gentle movement to help with memory is also a key focus and part of the club's ethos.

Demand for our services has steadily grown, and we now have a consistent member base who are eager to join more regular sessions. Our sessions are currently led by a Trustee and supported by a team of dedicated volunteers.

OUR KEY OBJECTIVES FOR THE YEAR INCLUDED

- Continuing to generate engaging fun activities for the members
- Reaching out to the surrounding dementia community and raising awareness
- Small fundraiser events from local connections

HOW WE FUNCTION AS A CHARITY

Currently Memory Club UK are hiring a space in a local community church hall venue and host the sessions once a fortnight.



Donations from members assist to maintain the ongoing hire costs. Currently these small donations assist in helping to keep this space for the regular activities once a fortnight which does help to sustain some resources. This year we have received pledges from local businesses and individuals helping us strengthen reserves with the aim of building a website in the coming year.

The main achievements for the Memory Club during the year have been the maintenance and the continuum of support from the members/carers and families who use the club alongside the support of the volunteers to ensure the sessions continue to be adequately resourced with engaging activities.

Memory Club UK continues to hold the 2.5 hr session each fortnight. In the year 1st April 2024 – 31st March 2025 the charity held 25 planned sessions during this period. Each session well planned with information to guide and promote the value of the sessions.

On average the session has been used by 10-14 members each time.

The sessions are supported by 7-10 volunteers who support in varying capacity.

The Charity continues to have referrals from the local connections of the social care team and the Admiral Nurses and Memory Services.

GOVERNANCE AND MANAGEMENT

The charity currently has five trustees who continue to work in the charities interests to see its functionality continue and thrive for the community.

The trust looks at the policies annually for the charity and will be responsible for the delivery of the training and support of the volunteers to ensure the policies and procedures are understood by those who support.

Policies in place for Memory Club UK are

- Equality, Diversity & Inclusion
- First Aid
- Health & Safety
- Safeguarding

There are annual updates for volunteers and new volunteers will be inducted.

Risk Management

The risks associated with the Charity and the subsequent use of venue are risk assessed ongoing and updated annually.



The Charity governs the risks associated with the planning and the actual activity planned sessions. Risks at each session are identified and control measures taken to minimise harm and promote safe environments.

The main risks identified are:-

- Ratio of volunteers to members. Numbers are monitored to maintain safety.
- Risk of falls due to the age and members being aged 65years+
- The environmental temperatures of the facility being used and ensuring adequate heating or cooler temperature in warmer seasons.
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Memory club an inclusive charity serving our local community and society

Memory Club UK is committed to ensuring that our sessions are welcoming, accessible and inclusive for all. Everyone who attends (including members, carers, volunteers etc.) receives equal treatment regardless of age, disability, gender reassignment, marital or civil partnership status, pregnancy, race or nationality, religion or belief, sex or sexual orientation.

As a people centred service, we aim to create an environment which reflects the diverse and inclusive community we represent. We reach out and welcome people from all backgrounds across Milton Keynes. We are currently focusing on diversifying our member and volunteer base through the website and partnerships with other local community and faith groups.

Our sessions primarily support older people, but there are no age restrictions. People of all ages are welcome and we design activities that respect different generations and encourage intergenerational participation where appropriate.

The activities are inherently designed to be accessible and adapted to meet varying physical and cognitive abilities. The venue is wheelchair accessible, and support is adapted for some of our members with other disabilities, e.g. loss of hearing or sight and varying mobility challenges. We also have a member who has lost the ability to speak English due to the progression of her dementia and has reverted to her mother tongue. Our activities are modified to enable her to continue to participate, with lots of pictorial references.

By continuing to run sessions in Water Eaton, we are geographically well placed to support families living in nearby underfunded communities. Sessions are free to attend but with a small, suggested donation of £5 to cover the premise costs, consumables and refreshments. The donation is voluntary and not everyone contributes, thereby removing financial obstacles for those already under strain.

The sessions are run from Water Eaton Church Centre but are not religious in nature. The sessions are open and welcoming to people of all religions or none. We respect and accommodate different faiths and beliefs and cultural practices.

Memory Club invites and welcomes anyone who would benefit from sessions, and we do our best to ensure that the activities are sensitive and meets their differing needs.



The Positive Changes

The impact of Memory Club UK will be measured using a combination of attendance data, feedback and wellbeing outcomes. We will collect information around our key objectives, such as reducing stress and social isolation and increases in wellbeing, confidence and quality of life.

Currently the people who attend Memory Club give testimonials on how the service has supported them and made positive changes to their lives. We will continue to do this, on a more structured basis, and share these testimonials on our website / social media pages once set up.

Memory Club UK support carers, who often feel isolated and under strain, by providing regular opportunities for connection and peer support. We will look to hold carer support groups under this project enabled by the additional resource. This will help families continue caring at home for longer, delaying the need for more intensive services and reduce their isolation and stress levels.

It is vital that people living with dementia remain active – physically, mentally and socially. Our extended activities programme will help individuals to maintain their confidence, achieving independence and emotional wellbeing. Research shows that when people are supported to remain in their familiar homes and neighbourhoods, they benefit cognitively, physically and emotionally. Our community-based sessions play an important role in making this possible.

More broadly, the project will contribute to a more inclusive and dementia-friendly Milton Keynes, strengthening the fabric of the local community by building compassion and resilience. By supporting individuals and families consistently, we will help people living with dementia remain active, included, and connected within their communities for as long as possible.

Surveys for members and their families will be introduced, to capture insight into how the sessions are being received, what difference they are making, where improvements can be made and what they would like to see for future sessions. We will share any common themes arising from the surveys and our response with the club members.

We keep attendance records allowing us to monitor growth including the number of new members we have reached.

Feedback from local health and social care partners will be sought to evidence how our work complements existing services and addresses unmet needs in the community.

All this information will be reviewed by the Trustees to ensure the project is meeting its aims and to guide any adjustments. This information will be made available to beneficiaries and partners to ensure accountability, transparency and a clear demonstration of the positive changes achieved. Going forward an Annual General Meeting is planned to remain connected to the local Community.

Financial

Memory Club UK relies exclusively on donations and small fundraising events

Accounts for the year see annual returns

**Trustees**

Trustee Name	Trustee role
Diane Broadbent	Volunteer and trustee associate club coordinator. Events and grants
Richard Evans	Volunteer and trustee. Coordinates a music and exercise session for the sessions
Dominique Forbes- Wright	Club Trustee and treasurer
Elaine Forbes	Club trustee
Olive Sturridge	Club trustee and club coordinator.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Memory Club UK

No (if any)
1204339

Receipts and payments accounts

For the period from	Period start date 1st April 2024	To	Period end date 31st March 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 £
A1 Receipts				
Donations and grants	1,820	-	-	1,820
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	1,820	-	-	1,820
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	1,820	-	-	1,820
A3 Payments				
Expenditure	1,378	-	-	1,378
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	1,378	-	-	1,378
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	1,378	-	-	1,378
Net of receipts/(payments)	442	-	-	442
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	415	-	-	415
Cash funds this year end	857	-	-	857


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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Petty cash	644	-
	Cash at bank	212	-
		-	-
	Total cash funds	857	-
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds to nearest £	Restricted funds 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



Dominique Forbes-Wright

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CC16a

Last year

to the nearest £

1,887
-
-
-
-
-
-
-
1,887

-
-
-

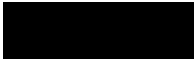
1,887

1,885
-
-
-
-
-
-
-
-
1,885

-
-
-

1,885

2
-
-
2



**Endowment
funds**

to nearest £

-
-
-
-

OK

**Endowment
funds**

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of approval

30/01/2025

