

Little Chalfont Area Dementia Support

Charity no. 1205241

Greenleas, Village Way, Little Chalfont, Bucks, HP7 9PU

Annual Report for the period from 17th October 2023 to 31st January 2025

Structure and Governance

Little Chalfont Area Dementia Support ("LCADS") was registered as a Charitable Incorporated Organisation (CIO) on 17th October 2023

Board of Trustees

Rev Dr B P Ludlow (Chairperson)

Mr P R Redington (Secretary)

Mrs A J L Hilton (Treasurer)

Mrs J L Herrera

Mrs L J Harrington

Mr R A Clift (appointed 9th December 2024)

Mrs H Tyers (retired 16th October 2024)

The charitable objects, are set out in our constitution and can be summarised as follows:

To relieve the needs of people with dementia and/or memory impairment, their families and carers in Little Chalfont and the surrounding areas.

How we achieve our objectives:

We support those living with dementia and their carers in our local area, by providing memory cafés and other activities which help to relieve isolation and to signpost people to the appropriate support services.

We also work to raise awareness of the issues faced by people living with dementia and their carers, and to increase understanding amongst the wider community to support their interactions with those living with dementia.

The Board of Trustees meet at least four times a year. In addition to the Trustee Board the Charity has a Management Committee for each of the cafés. These are accountable to the Board of Trustees and report or escalate issues to the Board. Both Management Committees have representation at the Trustee Board meetings.

LCADS seeks out trustees from our local community to form a Board with a broad and diverse skill set. Trustees are appointed by interview and Board election with a simple majority.

All volunteers undertake basic dementia awareness training and safeguarding training. The lead volunteers are first aid trained. We operate on a ratio of one volunteer to every two persons with dementia (guests) to maximise social interaction.

Each guest attends the cafés with their carer. The carer remains responsible for the social and medical needs of the guest.

In planning activities, the trustees keep in mind the Charity Commission's guidance on public benefit.

The trustees are satisfied that the charity's risk management policy and procedures adequately address the risks to LCADS arising from its activities.

Activities

We established LCADS on 17th October 2023. Our core activities are centred around the 2 memory cafés that we operate, in Little Chalfont and Amersham, where we offer refreshments, musical performance, art and craft, gentle exercise and social interaction. We supplement this with external experiences in the local area, including museum visits, nature walks and outdoor trips. We also work to raise awareness of dementia in the community through information sharing and support for related initiatives.

Achievements and performance

Our experience with opening Café 22, in February 2022 and in seeing the number of people hoping to join our café grow steadily, prompted us to open a second café, Café 23 in November 2023. As at the end of the period we were pleased to be welcoming 58 guests and carers across the 2 cafes, on a regular basis.

During the year we set out to broaden the scope of activities through our "Expanding Horizons" initiative. We wanted to take guests beyond the experience of the regular café

agenda, with a focus on connecting with nature and with the local community. We are pleased to have brought a range of musical performers to the cafés, and particularly delighted to have welcomed children from local schools to perform and chat with guests, as we believe the intergenerational interaction is beneficial to both age groups. We are grateful to the charity Intergenerational Music Making for facilitating this.

Externally, we have enjoyed trips to Chenies Manor, the Chiltern Open Air Museum, Restore Hope Farm and nature walks, incorporating fun quizzes, in Little Chalfont Nature Park and Amersham Old Town. The benefits, to those with dementia, of experiencing nature are well documented. We have been fortunate to bring animals into our cafés with visits from therapy dogs, search and rescue dogs and even micro pigs.

Whilst our focus has often been on our guests, we recognised a need for greater support to carers. To address this, we established monthly carer sessions where there is an open forum to discuss day-to-day issues the carers are facing, within the group and with our volunteers. We try to help find solutions or ways to improve the problems they are dealing with, either from our own resources or by directing them towards the appropriate experts.

We have built good relationships with other local charities and voluntary groups and social prescribers, have access to an advisor from the Alzheimer's Society, who offers guidance where required, and we work with voluntary organisations to foster relationships. One of our objectives is to increase understating of dementia within our community. We were delighted to support the Amersham & Villages Community Board in the organisation of a Dementia Immersive Experience to carers and members of the public for a two-day training and awareness event.

Financial Review

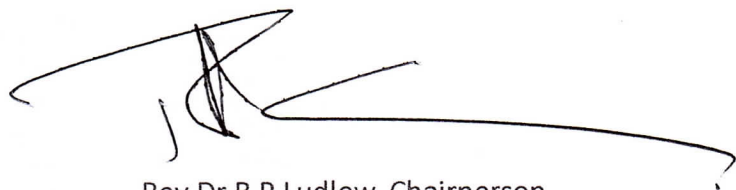
The focus during the period has been to consolidate and strengthen our financial position, to build on the seed funding and grants received through the Little Chalfont Community Association, prior to being registered as a charity. These totalled £9,663 at the date of transfer. We have worked hard to generate cash reserves that not only ensure the medium-term viability of the charity but also put us in a position to expand our offering to a greater number of people living with dementia, since we believe there to be many more local people who could benefit.

We have generated over £14,000 from fundraising events and from the generous donations of individuals and organisations. In addition, we have been successful in securing grant contributions of nearly £15,000, although it should be noted that some of these grants, in

particular a grant of £10,613 from the National Lottery, are for a term exceeding the current period (2 years in total).

Expenditure has been tightly monitored, to ensure that the Charity lives within its means. Total expenditure for the period was £13,283 leaving a surplus of £26,431. Of this, £6,000 has been allocated to a Continuity Reserve, to be accessed in the event of all other reserves being exhausted, and designed to cover operational costs for about 6 months whilst other funding opportunities are explored. A further £6,000 has been allocated to an Expansion and Relocation Reserve, reflecting the fact that Cafe 22 will need to find new premises, either temporarily or permanently, owing to the planned refurbishment of the existing church from which the Cafe operates. This reserve also anticipates the ambition to expand our offering to more local people living with dementia, and the inevitable additional costs that will accompany such expansion. Of the remaining reserves, £7,862 is restricted and £6,569 is unrestricted.

The Treasurer monitors short-term and medium-term cash requirements and makes use of deposit accounts of varying days' access, to generate interest income. This totalled £375 in the period.

A handwritten signature in black ink, appearing to be 'B P Ludlow', with a long horizontal stroke extending to the right.

Rev Dr B P Ludlow, Chairperson

3rd March 2025

For and on behalf of the Trustees

Little Chalfont Area Dementia Support

Independent Examiner's Report

For period 17th October 2023 to 31st January 2025

I report to the trustees on my examination of the accounts of Little Chalfont Area Dementia Support for the period ended 31 January 2024.

Responsibilities and basis of report

As the charity trustees of Little Chalfont Area Dementia Support, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

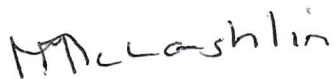
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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:

- 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 order to enable a proper understanding of the accounts to be reached.



Mari McLoughlin

18 April 2025

Little Chalfont Area Dementia Support
Receipts and Payments Account
For the period from 17th October 2023 to 31st January 2025

	Unrestricted Funds 31/1/2025	Restricted Funds 31/1/2025	Total Funds 31/1/2025
	£	£	£
Receipts			
Transfer in of cafe reserves at 1st December 2023	8,356.62	1,306.66	9,663.28
Government grants	-	1,500.00	1,500.00
Grants from organisations	-	13,363.00	13,363.00
Donations from organisations	1,927.32	-	1,927.32
Donations from individuals	9,054.41	-	9,054.41
Sale proceeds	1,694.20	-	1,694.20
Raffles	2,136.00	-	2,136.00
Bank interest	375.38	-	375.38
	-	-	-
Total receipts	<u>23,543.93</u>	<u>16,169.66</u>	<u>39,713.59</u>
 Payments			
Hall hire cost	2,248.95	3,371.05	5,620.00
Entertainment, therapy and talks	350.69	1,117.60	1,468.29
Kitchen supplies	764.29	569.31	1,333.60
Training and awareness	277.24	1,008.41	1,285.65
Printing and stationery	453.31	747.43	1,200.74
Board games and craft materials	267.03	359.98	627.01
Purchase of assets	305.70	538.96	844.66
Insurance	120.89	209.30	330.19
Sundry	150.25	145.64	295.89
Christmas hampers	-	239.42	239.42
Transaction charges	37.45	-	37.45
	-	-	-
Total Payments	<u>4,975.80</u>	<u>8,307.10</u>	<u>13,282.90</u>
 Net receipts for the period	<u><u>18,568.13</u></u>	<u><u>7,862.56</u></u>	<u><u>26,430.69</u></u>
 Opening bank balance	-	-	-
Net income for the period	<u>18,568.13</u>	<u>7,862.56</u>	<u>26,430.69</u>
Closing bank balance	<u><u>18,568.13</u></u>	<u><u>7,862.56</u></u>	<u><u>26,430.69</u></u>

Little Chalfont Area Dementia Support
Statement of Assets and Liabilities as at 31st Januray 2025

As at
31/01/2025
£

Assets Retained for Charity's Own Use

Equipment	1,104.66
Donated assets	359.98
	<u>1,464.64</u>

Current Assets

Greetings cards	97.00
Tax reclaims due	2,067.00
	<u>2,164.00</u>

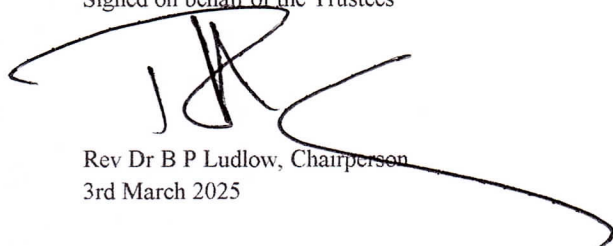
Monetary Assets

95 Day Notice account	19,260.57
Deposit account	6,627.81
Current account	542.31
	<u>26,430.69</u>

Liabilities

Current and long term liabilities	-
	<u>-</u>

Signed on behalf of the Trustees



Rev Dr B P Ludlow, Chairperson
3rd March 2025