



**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS**

FOR THE PERIOD ENDED 31 MARCH 2026

FOR

RUSHCLIFFE DEMENTIA ACTION NETWORK

REGISTERED CHARITY NUMBER: 1210657

FOR THE PERIOD ENDED 31 MARCH 2026

CONTENTS

Page

Letter from the Chair of Trustees	3
Report of the Trustees	7
Statement of Financial Activities	9
Balance Sheet	10
Notes	10

Letter from Chair of Trustees

This is an exciting milestone: to be writing our first annual report since becoming a registered charity in October 2024. Now, almost two years on, we continue to build on the legacy of the Rushcliffe Dementia Project (2022–24). This project demonstrated the power of collaboration, joining up all that is good in terms of dementia support in Rushcliffe and being able to work in partnership to improve that support where gaps are identified. RDAN was formed to ensure that the project's successes would remain sustainable long after its formal end in December 2026.

At the heart of our work is a simple belief: action networks are powerful. When organisations, services, community groups, businesses, and individuals come together with a shared purpose, the impact is far greater than any one group could achieve alone. Our shared aim remains to improve the support available for people living with dementia, and their carers, across Rushcliffe.

We know as a network we have much to celebrate: the Dementia Directory, the Roadshow, the Green Memory Café to name but a few. We have been able to continue with these, but behind the scenes, for the new board of trustees, there has been a lot of hard work to ensure the charity is established on firm foundations for the future. Much of our time has needed to focus on the operational aspects of running a charity, but the hope moving forward is we can share more of this with network members in the shape of focussed subgroups. Running though all that we do is the need to fulfil our charitable aims, from our constitution, outlined here:

Our Charitable Aims

RDAN exists to relieve the needs of those with dementia and their families/carers in the Rushcliffe community. We do this by:

- Ensuring access to support, information, and knowledge that helps minimise the challenges of dementia.
- Signposting to local dementia services, resources, and guidance.
- Coordinating events and bringing groups and organisations together to improve the lives of those affected by dementia.
- Working with a wide range of partners so families can explore a broad range of support and advice.
- Enhancing provision and support for those living with dementia and their carers.

These aims guide every project, partnership, and conversation we undertake.

Growing a Strong and Diverse Network

Our membership has continued to grow and now includes health and social care professionals, local businesses, charities and voluntary groups, individuals with lived experience of dementia, and carers and family members. This diversity ensures that our work is shaped by real experiences, professional insight, and community priorities. We have welcomed and proactively invited people to join the network if they share our vision in wanting to improve the support available for people living with dementia in Rushcliffe. Shared insights and a willingness to contribute either with ideas, further discussion or being practical and volunteering time for some of our projects- everyone is welcome! We have continued to hold quarterly network members meetings, in person, in community settings, with the aim to share news and updates but also to identify initiatives and projects to work on together that will further the charity's aims. By meeting face to face, relationships continue to be strengthened between representatives from organisations, groups and individuals, all building on the desire to feel a part of something with more impact. Stronger together and all that!

Our projects have a cost implication and so we are aware that as a charity we need to be strategic to remain sustainable. We are so pleased, that on several occasions we've been nominated as the chosen charity by various fundraisers, from marathon runners, cake sales, community clubs and donations in memory of loved ones. Receiving money from anyone, has been such an encouragement, and further inspiration to continue our work; we feel honoured and are so grateful. Going forward, as we develop our longer-term strategy, we hope to be able to secure larger pots of funding to not only continue with our current projects but explore ways of keeping RDAN sustainable. Over the course of the last 18 months, RDAN has set up its own website, containing the headline information for our charity and we hope to build on this as a resource in the future.

Green Memory Café

The Green Memory Café has become one of RDAN's flagship initiatives. It truly reflects what a network can achieve, gathering people from Rushcliffe Country Park, FarmEco, our local Memory Cafés, care agencies, and the NHS. This all began as a creative seed (hope you enjoy the pun!) from Jill Langridge back in 2022, and by collaborating with network members, in particular Kristina from FarmEco, we began the bi-monthly Café. This is now well established, with creative nature-based activities, harnessing all the benefits that nature brings, from being outside, whether a simple walk or rejoicing in the seasons – so much that we can utilise for our wellbeing. We have recently welcomed new leadership, with Fiona and Clare, but with the same creative team and well-planned resources right behind them.

RDAN and indirectly, the Green Memory Café, has also played a pivotal role in a two-year national research bid exploring how green spaces (parks, forests, and other outdoor environments) can be made more dementia-friendly. The Heritage Lottery Funding bid was successful, and the national project launched in January 2026. It has the potential to influence practice far beyond Rushcliffe, developing a Guide and Self-assessment Tool for green spaces to consider their accessibility and become more dementia friendly. We look forward to being further involved with this.

Dementia Directory

The Dementia Directory has always been regarded as a hugely important tool that reflects all the support available in our local community. Because of our network members, and in partnership with the Social Prescribing team, RDAN can take the lead in ensuring this is kept up to date and accurate. The Directory has become a trusted resource for both professionals and families, providing clear, comprehensive information about local services, support, and advice. Importantly we continue to ensure this is available both online, in a downloadable format but also to have hard copies in community spaces across Rushcliffe.

We have been able to share the template of the Directory with wider partners, and it has now been replicated in Broxtowe, Gedling and Hucknall, and Nottingham City, and has informed the development of the newly launched Your Notts Directory by Nottinghamshire County Council. This is a significant achievement and a clear example of RDAN's wider influence.

Dementia and Carers Roadshow

Our annual Roadshow continues to grow in scale and impact. Last year's event (April 2025) featured over 40 stallholders, a wide range of organisations offering practical advice and support, and breakout sessions on topics such as Lasting Power of Attorney, avoiding scams, and a Dementia Friends session. As we write, plans are well underway for another big event in April 2026

The Roadshow remains a vital opportunity for residents to discover what is available locally, and for us to listen. Feedback from attendees helps shape our future direction and ensures our work remains grounded in real community need.

Dementia-Friendly Toolkit and Community Support

RDAN has been developing a Dementia-Friendly Toolkit, now available on our website. This simple, practical guide is based around three themes: People, Place, and Resources. It is designed to help local groups, businesses, and venues make small but meaningful changes. These adjustments can make the difference between someone feeling able to continue living independently, whether that's as simple as going out to the shops or attending an activity or local group. As a charity we would like more people to access this downloadable Toolkit and be encouraged to start that journey of "working to become dementia friendly" so we can see a real transformation in Rushcliffe.

Part of the work of championing a dementia friendly Rushcliffe, has been raising the profile of the Hidden Disabilities Sunflower. This is a voluntary tool that helps people indicate that they may need a little extra support and hopefully prompts us all to be that bit more patient and kind. More patience and kindness always sound good to me! RDAN has actively promoted the Sunflower scheme among our members, recognising its

value in supporting independence and confidence. Our Primary Care Network (PCN) partners have signed up to a joint membership, and we hope to see the impact of this over the coming years in terms of people accessing the resources but also a shared understanding and commitment to inclusivity.

Promoting Brain Health and Dementia Prevention

As research into dementia advances, we now understand far more about the 14 modifiable risk factors associated with dementia. Building on the legacy of the Rushcliffe Dementia Project, and more recently the extension of this into South Notts, resources have been developed to highlight the importance of brain health. This raises the question of what can be preventable and/or modifiable, in terms of lifestyle choices, beginning with gentle information. The dementia prevention agenda remains an area of growing interest and opportunity for RDAN.

Looking Ahead

RDAN enters the coming year with optimism and determination. The trustees still have much to do from an administrative perspective but are inspired by what we have achieved together with all our members so far, and the testimonials of the impact of RDAN. Our network is strong, our partnerships are flourishing, and our community continues to inspire us. We remain committed to ensuring that people living with dementia, and those who care for them, have access to the support, information, and opportunities they need to live well.

Thank you to everyone who has contributed to our work this year: our members, partners, volunteers, fundraisers, and those who share their lived experience with honesty and courage. RDAN exists because of you, and we look forward to continuing this journey together.

Gwynneth Owen

Chair of Trustees

March 2026

REPORT OF THE TRUSTEES

FOR THE PERIOD ENDED 31 MARCH 2026

The trustees present their report with the financial statements of the charity for the period from 24 October 2024 to 31 March 2026. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

The Objects of RDAN are set out in the letter from the Chair of Trustees under the heading: Our Charitable Aims. That letter also includes a description of the activities of RDAN in meeting those aims for the public benefit and its achievements since its formation on 24 October 2024. The trustees have had regard to the Charity Commission's guidance on public benefit.

FINANCIAL REVIEW

Income of £5,481 was generated from a mix of grants and donations.

Expenditure of £2,216 primarily related to our Quarterly Meetings, Green Memory Café (held every two months), our Annual Dementia Roadshow and supporting our network.

At 31 March 2026 RDAN held a bank balance of £3,265

Reserves Policy

RDAN aims to maintain a minimum reserve £1,500, to cover our planned expenditure. This includes a Discretionary Fund for Trustees and enables us to respond to/cover unforeseen expenditure/costs and provide appropriate support to members of our network where deemed necessary.

STRUCTURE, GOVERNANCE AND MANAGEMENT

RDAN is a Charitable Incorporated Organisation which is controlled by its governing document which is a written constitution dated 24 October 2024.

RDAN is managed by a Board of Trustees comprising between five and nine trustees. Trustees are usually appointed by the Members (either at the Annual General Meeting ("AGM") or other general meeting) although they may also be appointed by the Board of Trustees for an interim period until the next AGM.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number

1210657

Registered Office

17 Western Fields
Ruddington
Nottingham
NG11 6JE

Trustees

The trustees who served during the period were as follows:

Gwynneth Owen (chair)

Graham Abbott

Layla Anderson

Susan Clayton

Elizabeth Hunt

Alice Kirby

Shelley Taylor

Emma Wass

Barbara Gaffney (resigned July 2025)

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature	Gwynneth Owen
Full name(s)	Gwynneth Owen
Position	Chair of Trustees
Date	09-04-2026

STATEMENT OF FINANCIAL ACTIVITIES**FOR THE PERIOD FROM 24 OCTOBER 2024 TO 31 MARCH 2026**

	Note	£
Income		
Donations		3,382
Grants		1,783
Fundraising events		316
Total income		5,481
Expenditure		
Raising funds		-
Charitable activities	1	1,947
Other	2	269
Total expenditure		2,216
Net Income		3,265

The financial statements have been prepared on a receipts and payments basis.

BALANCE SHEET AT 31 MARCH 2026

	£
Cash at bank and in hand	3,265
Net assets and net funds	3,265

The financial statements were approved by the Board of Trustees and authorised for issue on 16th April 2026 and signed on its behalf by:

Signature

Name: Gwynneth Owen (Chair of Trustees)

NOTES TO THE FINANCIAL STATEMENTS**FOR THE PERIOD FROM 24 OCTOBER 2024 TO 31 MARCH 2026****1. Expenditure on charitable activities**

Gift	300
Green Memory Café	932
Printing	367
Roadshow	348

Total Expense **£ 1,947**

2. Other expenditure

Insurance	169
Website	100

Total Expense **£ 269**