

Namaste Care Education and Resources

Scotland · Charity number SC052410

Details

Known as	NEAR
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2023-03-16
Register	View on the OSCR register

Contact

Address	24 Hillhouse Wynd Kirknewton EH278BU
Website	www.namastecare-near.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of health', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: NEAR educates people who care for those with Advanced dementia in how to support them to achieve their best quality of life. This includes, understanding their unique changing needs, Namaste Care as a model of stage appropriate care, and providing tools to connect and communicate with each other, long after words are no longer available.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: 3 The organisation's purposes are: (a) Advancement of education (and its sustainability) for staff and family caring for people with advanced dementia in care homes, community orientated organisations and 'at home' formal/informal carers. NEAR will provide an education programme and supporting resources that will meet all of the needs set out below. - To provide education and resources to professional health and social care staff supporting people with advanced and end-stage dementia within institutional settings (such as care home, hospices or hospital), or at home. In time we hope to extend educational support to unpaid carers of people with advanced and end-stage dementia. - Raise awareness of the Namaste Care programme for people with advanced and end-stage dementia - a system of care demonstrated through research to improve experiences of people living and dying with advanced and end stage dementia. (b) Improving the health (physical, psycho-social, spiritual and emotional) of people with advanced dementia living and dying in care homes/care at home communicating through the senses, nutrition, hydration, connection with others, which all underpin the programme (c) Providing a programme designed to promote

equality and diversity for people with advanced dementia through involvement within their community to overcome the inability to participate in normal activities. NEAR will promote equality, diversity and inclusion for people with advanced and end-stage dementia through raising awareness around people living with advanced dementia being amongst the highest population of inequality and discrimination globally. Having a cognitive disability that is not yet widely understood has led to the fundamental psycho-social and spiritual needs of people with advanced dementia currently not being met. By educating the people that care for those living with advanced dementia, NEAR's programme educates staff and unpaid carers in this cognitive disability, raising awareness. of the level of discrimination currently afforded to those living with advanced dementia and provides valuable information, resources and tools to be able to provide equality and inclusion to them. Also, there are inequalities within palliative and end of life care for this group, and improving knowledge and skills of professional health and social care staff to change practices around under-recognition and treatment of pain and agitation, communication challenges and lack of appropriate care in the last phase of life. (D) The programme provides relief of isolation and loneliness for those with advanced dementia through daily interaction with people providing Namaste Care

Geography

- **Main operating location:** City of Edinburgh
- **Geographical spread:** Scotland and other parts of the UK

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£4,246	£3,300	-	0
2024-03-31	£1	£0	-	0

Namaste Care Education and Resources

Scotland - Charity number SC052410

Accounts



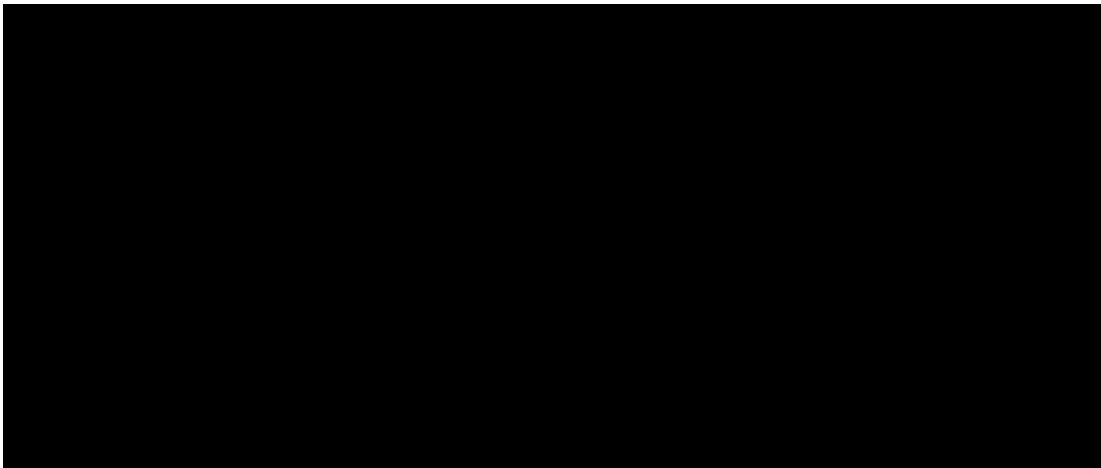
Namaste Care Education and Resources Trustees' Annual Report

1st April 2024 to 31st March 2025

Charity contact information

Your charity's name: Namaste Care Education and Resources

Scottish Charity Number: SC052410



Charity Trustees

Objectives and activities

The organisation's purposes are:

(a) To advance education in Namaste Care for staff and family caring for people with advanced dementia in care homes, community orientated organisations and at home:

- Raise awareness of the Namaste Care programme for people with advanced and end-stage dementia - a system of care demonstrated through research to enhance the quality of life of people living and dying with advanced and end stage dementia.
- Provide education and resources to enable professional health and social care staff supporting people with advanced and end-stage dementia within institutional settings (such as care home, hospice or hospital), or at home to deliver Namaste Care. In time we hope to extend educational support to unpaid family carers of people with advanced and end-stage dementia.

(b) To improve the health (physical, psycho-social, spiritual and emotional) of people with advanced dementia living and dying in care homes/care at home: the Namaste Care programme supports communication through the senses, especially touch and music; enables improved nutrition and hydration; and seeks to create connection with other people.

(c) To promote equality, diversity and inclusion for people with advanced and end-stage dementia through raising awareness that people living with advanced dementia are treated unequally and discriminated against globally. Having a cognitive disability that is not yet widely understood often means that the fundamental psycho-social and spiritual needs of people with advanced dementia are not met. Namaste Care provides a practical redress to this inequality through raising awareness and education.

(d) To provide information, resources and tools to enable care staff/family carers to meet the fundamental physical, psycho-social and spiritual needs of people living and dying with advanced dementia.

(e) to improve the knowledge and skills of professional health and social care staff in order to change practices around under-recognition and treatment of pain and agitation, and communication challenges.

(f) To provide relief from isolation and loneliness for people with advanced dementia through Namaste Care offering a calm, welcoming environment and daily interaction dedicated to the wellbeing of the group.

Activity Summary

NEAR gained charitable status on the 16th of March 2023.

Our objectives for the **April 2024 – March 2025** year were:

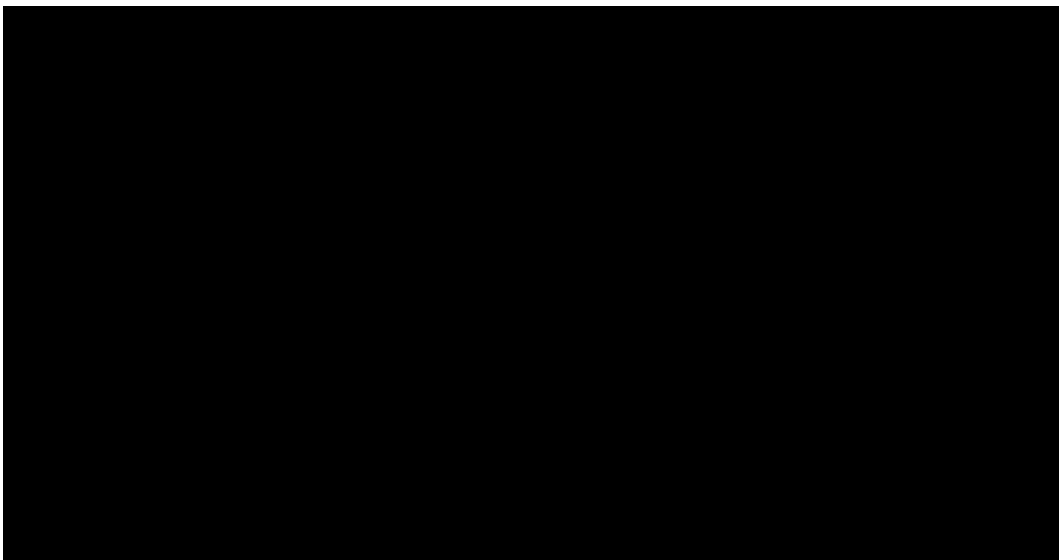
1. To continue to develop the NEAR website adding information about various resources

2. To undertake monthly on-line reflections for the 1st cohort of NEAR students to provide a supportive programme for the implementation and sustainability of Namaste Care in their setting
3. To begin to collect data evaluating 1st cohort of NEAR students
4. To continue collaboration with Worcester University and develop course material.
5. To continue to establish relationships with the Namaste Care community including Prince & Princess of Wales Hospice, Glasgow and the Ayreshire Hospice
6. To develop content for NEAR in-person training in care homes and on-line course for 'at home family carers'

Achievements and performance

The trustees of the charity are delighted to report that we successfully met all of the above objectives.

- Following our 1st cohort of Namaste Care students across six care homes in Edinburgh, we commenced the NEAR online supportive implementation and sustainability programme. Four of the six care homes attended monthly online sessions for the year. (No other Namaste Care training programme includes any on-going implementation and sustainability support – and without it many care homes fail to sustain Namaste Care).



- The Association of Dementia Studies at Worcester University was awarded a grant from Marie Curie together with NEAR to develop an online Namaste Care course. NEAR trustees helped to shape the course through the steering and created content for their on-line course. [REDACTED] produced a film on “Recognising pain in people with advanced dementia”; [REDACTED] a film on “Top-tips for implementing the Namaste Care programme”
- Opened negotiations for joint working with Worcester University for NEAR to provide on-going Namaste Care implementation and sustainability support for their course students. A financial agreement will be established.

Structure, governance and management

Type of governing document

Namaste Care Education and Resources (NEAR) is a Scottish Charitable Incorporated Organisation (SCIO) – single tier.

Trustee recruitment and appointment

We have tried to engage people (CQC, universities, care home managers, educators) regarding becoming a trustee but this is a slow process. We are conscious that we also need trustees with lived-experience of dementia alongside those with a background in accountancy, legal work, fund-raising.

It has proved difficult to recruit people with lived-experience of dementia (including carers of people with dementia) as trustees. As NEAR’s work takes us into care homes we anticipate recruiting relatives to support our work in an advisory capacity.

An induction programme for all new trustees will include: attending a training day, observing Namaste Care sessions in a care home, being given a copy of [REDACTED] book (*“The End of Life Namaste Care Program for People with Dementia”*).

Appointment: The board may at any time appoint any person to be a charity trustee – by way of a resolution passed by a unanimous vote at a board meeting.

Trustees can be re-elected after a three-year period but will leave the charity after maximum of nine years as a trustee

Financial review

We had a successful first year as a very new small charity with a turnover of £4,246. Most of which came from collaborating with Worcester University in creating content for their university Namaste Care course and being a part of a collaborative steering group for 12 months to guide and shape the course. We also educated 6 care homes in Namaste Care. After expenses we have an end of financial year balance of £915 which will go supporting the ongoing background administrative costs and to purchasing merchandise for several conferences in late 2025. We hope these conferences will continue to generate wider awareness into Namaste Care and as a result, provide finances for NEAR to continue to provide this much needed education and awareness to everyone who is involved in the care of someone with advanced dementia.

Donated facilities and services

The NEAR trustees have generously continued to donate their time to all stages of the charity set up including, all website creation, accounting, creating the course content for NEARs course, providing three in-person education days, holding monthly implementation and sustainability support sessions, providing in person implementation support and additional training.

Future plans

Our goals for April 2025 – March 2026 financial year are to:

1. Recruit additional trustees and steering group especially people with lived experience of dementia
2. To establish a financial agreement with Worcester University, and Prince and Princess of Wales Hospice to support their engagement with the NEAR sustainability initiative.

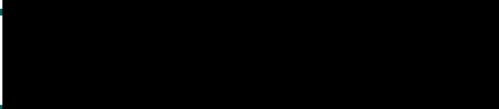
3. Analyse data from 1st and 2nd cohort of the 12-month implementation and sustainability pilot programme
4. Set up a “community of practice” for all those who have completed a Namaste Care course and taken part in the NEAR on-line supportive implementation and sustainability reflections.
5. Advertise NEAR’s sustainability programme with other providers of Namaste Care education
6. Produce and distribute an infographic and short video about Namaste Care for care homes and community centres
7. Attend and present at conferences and develop merchandise to advertise NEAR
8. Develop the content for NEAR’s bespoke Namaste Care programme for:
 - a. *Staff in care homes* that includes ‘sustainability and ongoing support’.
 - b. Family carers ‘*at home*’ caring for relatives who have advanced dementia

Declaration

Signed on behalf of the charity trustees:



Print name

		
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Designation

Director

Date

17 th November 2025

Namaste Care Education and Resources (NEAR)

SC052410



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	1	April	2024		31	March	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	226				226	1
Legacies						
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	4,020				4,020	
A1 Sub total	4,246	-	-	-	4,246	1
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	4,246	-	-	-	4,246	1
A3 Payments						
Expenses for fundraising activities	883				883	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,201				2,201	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts	102				102	
Legal costs					-	
Other					-	
A3 Sub total	3,186	-	-	-	3,186	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	144				144	
Purchase of investments					-	
A4 Sub total	144	-	-	-	144	-
Total payments	3,330	-	-	-	3,330	-
Net receipts / (payments)	915	-	-	-	915	1
A5 Transfers to / (from) funds						
Surplus / (deficit) for year	915	-	-	-	915	1

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	1				1	
	Surplus / (deficit) shown on receipts and payments account	915				915	1
						-	
						-	
	Cash and bank balances at end of year	916	-	-	-	916	1
	(Agree balances with receipts and payments account(s))	0	-	-	-	0	-

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
Total			-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
	Printer	Unrestricted	144	72	-
Total			144	72	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
	Amounts due to trustees for expenses	Unrestricted funds	95	-
Total			95	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
Total			-	-

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

Signature	Print Name	Date of approval

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

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C2 Grants

	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	X
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
Trustee	Expense reimbursement	95	95

C6 Other information

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
General donations	226				226	1
					-	
					-	
					-	
Total	226	-	-	-	226	1
	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	-
			-	
			-	
			-	
Total	-	-	-	-
	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	reference error	-	-	-	reference error	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Marie Curie Research Project	2,520				2,520	
Training programmes	1,500				1,500	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	4,020	-	-	-	4,020	-
	reference error	-	-	-	reference error	-

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
	Unrestricted fund					
Receipts						
Donations	226				226	1
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	4,020				4,020	-
Sub total	4,246	-	-	-	4,246	1
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	4,246	-	-	-	4,246	1
Payments						
Expenses for fundraising activities	883				883	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,201				2,201	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts	102				102	
Legal costs					-	
Other					-	
Sub total	3,186	-	-	-	3,186	-
Payments relating to asset and investment movements						
Purchases of fixed assets	144				144	
Purchase of investments					-	
Sub total	144	-	-	-	144	-
Total payments	3,330	-	-	-	3,330	-
Net receipts / (payments)	915	-	-	-	915	1
Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	915	-	-	-	915	1

Nature and purpose of funds

Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of	Charity name	NAMASTE CARE EDUCATION AND RESOURCES (NEAR)						
Registered charity number		SC052410						
On the accounts of the charity for the period	Period start date				Period end date			
	Day	Month	Year	to	Day	Month	Year	
	01	04	2024		31	03	2025	
Set out on pages	1 to 6						(remember to include the page numbers of additional sheets)	
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.							
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.							
Independent examiner's statement	In the course of my examination, no matter has come to my attention							
	<ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations 							
	have not been met, or							
	<ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 							
Signed:	[Redacted]			Date:	24 NOVEMBER 2025			
Name:	[Redacted]							
Relevant professional qualification(s) or body (if any):	CHARTERED ACCOUNTANT INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES							
Address:	[Redacted]							

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose