

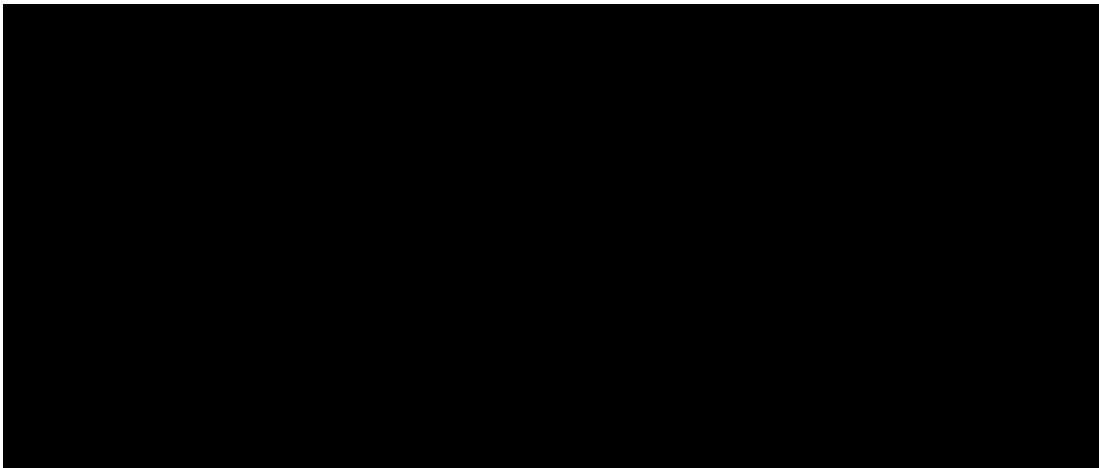
# Namaste Care Education and Resources Trustees' Annual Report

**1<sup>st</sup> April 2024 to 31<sup>st</sup> March 2025**

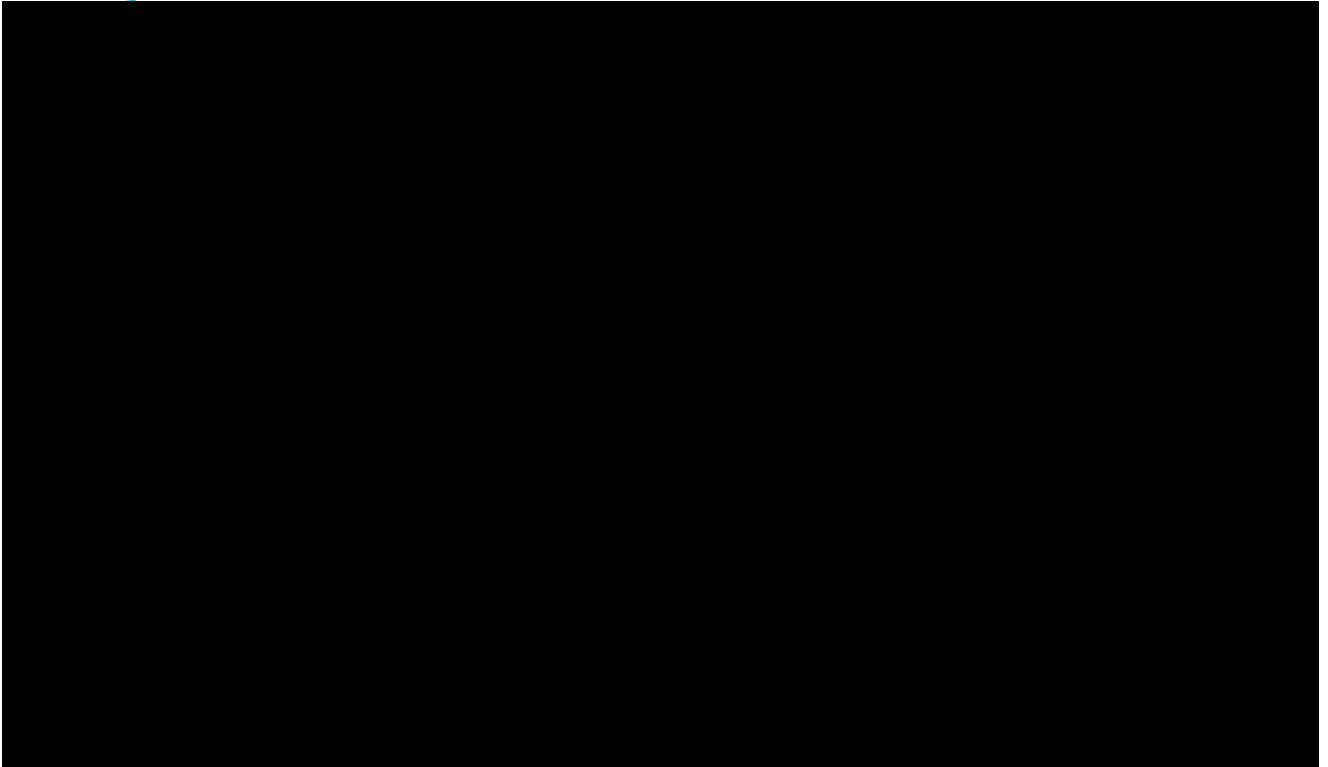
## **Charity contact information**

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:

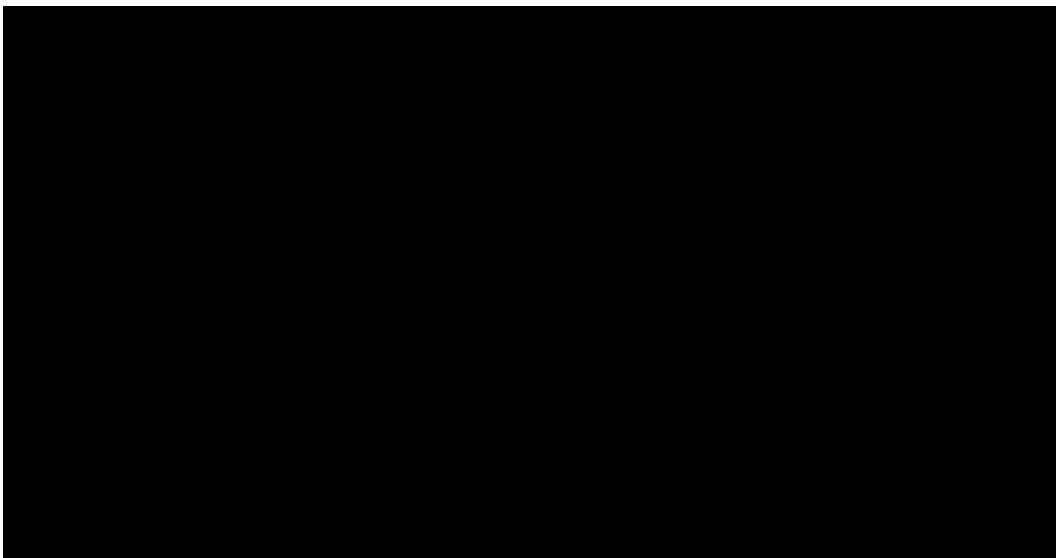
1. To continue to develop the NEAR website adding information about various resources

2. To undertake monthly on-line reflections for the 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> and 2<sup>nd</sup> 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

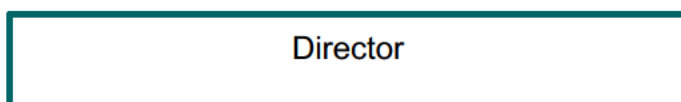
Signed on behalf of the charity trustees:



Print name



Designation



Date



## 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	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
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	
					-	
<b>A1 Sub total</b>	<b>4,246</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>4,246</b>	<b>1</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,246</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>4,246</b>	<b>1</b>
<b>A3 Payments</b>						
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					-	
					-	
<b>A3 Sub total</b>	<b>3,186</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,186</b>	<b>-</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets	144				144	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>144</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>144</b>	<b>-</b>
<b>Total payments</b>	<b>3,330</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,330</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>915</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>915</b>	<b>1</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>915</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>915</b>	<b>1</b>



## 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 £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	1				1	
	Surplus / (deficit) shown on receipts and payments account	915				915	1
						-	
						-	
	<b>Cash and bank balances at end of year</b>	<b>916</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>916</b>	<b>1</b>
	(Agree balances with receipts and payments account(s))	- 0	-	-	-	- 0	-

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

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

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

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

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)

--

**C2 Grants**

Type of activity or project supported	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
--	---

Authority under which paid

£

**C3b Trustee remuneration - details**


**C4a Trustee expenses**

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

Number of trustees

£

**C4b Trustee expenses - details**


**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
					-	
					-	
					-	
<b>Total</b>	<b>226</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>226</b>	<b>1</b>
	-	-	-	-	-	-

## 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	-
			-	
			-	
			-	
<b>Total</b>	-	-	-	-

### 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 £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	-	-	-	-	-	-
	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	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>4,020</b>	-	-	-	<b>4,020</b>	-

reference error

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-

-

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SC052410

## Additional analysis (2)

### 5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below  Unrestricted fund	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
<b>Receipts</b>						
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	-
<b>Sub total</b>	<b>4,246</b>	-	-	-	<b>4,246</b>	<b>1</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,246</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>4,246</b>	<b>1</b>
<b>Payments</b>						
Expenses for fundraising activities	883				883	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,201				2,201	
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Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts	102				102	
Legal costs					-	
Other					-	
<b>Sub total</b>	<b>3,186</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,186</b>	<b>-</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets	144				144	
Purchase of investments					-	
<b>Sub total</b>	<b>144</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>144</b>	<b>-</b>
<b>Total payments</b>	<b>3,330</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,330</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>915</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>915</b>	<b>1</b>
<b>Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>915</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>915</b>	<b>1</b>
<b>Nature and purpose of funds</b>						

## Namaste Care Education and Resources (NEAR)

SC052410

**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
<b>Receipts</b>						
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					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-	-
<b>Payments</b>						
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					-	
					-	
					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-	-
<b>Net receipts / (payments)</b>	-	-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	-	-	-	-	-	-
<b>Nature and purpose of funds</b>						

APPENDIX 3



	<b>Independent examiner's report on the accounts</b> v2						
<b>Report to the trustees/members of</b>	Charity name NAMASTE CARE EDUCATION AND RESOURCES (NEAR)						
<b>Registered charity number</b>	SC052410						
<b>On the accounts of the charity for the period</b>	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024	to	31	03	2025
<b>Set out on pages</b>	1 to 6					(remember to include the page numbers of additional sheets)	
<b>Respective responsibilities of trustees and examiner</b>	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.						
<b>Basis of independent examiner's statement</b>	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.						
<b>Independent examiner's statement</b>	In the course of my examination, no matter has come to my attention						
	1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"><li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li><li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li></ul>						
	have not been met, or						
	2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.						
<b>Signed:</b>					<b>Date:</b>	24 NOVEMBER 2025	
<b>Name:</b>							
<b>Relevant professional qualification(s) or body (if any):</b>	CHARTERED ACCOUNTANT INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES						
<b>Address:</b>							

\*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