

Dementia Friendly Communities Ltd
Report of the Trustees
For the Year Ended 30th September, 2018

Dementia Friendly Communities Ltd (DFC), formerly Dementia Friendly Communities CIC, was established in 2012.

The aim of the company was to address the distinct lack of services and support available to people with dementia and their carers in our remote, rural community in East Sutherland, Scottish Highlands. However, since receiving a funding boost in 2015, DFC has become a successful provider of a range of socially inclusive services and activities aimed at the whole community, not only for people with dementia.

From 2017, DFC and NHS Highland have worked together to roll out DFC's *Circle of Support* model to other remote, rural communities under the *Highland Compassionate Communities* programme.

Objectives and Aims

DFC's objectives and aims are to provide socially inclusive programmes to support older folk - irrespective of their health - within the community by:

- raising awareness and challenging the stigma and misconceptions about the frailties of old age, including dementia, as well as identifying and addressing the needs of those folk in the community as well as their carers;
- working in partnership within the community to increase the opportunities for older people in order that they may remain engaged in their desired lifestyle for as long as possible;
- delivering programmes of activities in the community for the benefit of older people, including those with dementia;
- providing carer respite, support and practical assistance in the home;
- exploring new ideas and the use of technology to improve the lives of those affected by old age and dementia; and
- carrying out similar projects, initiatives or activities to advance the company's charitable purpose.

Achievements and Performance

Our work over the past year has centred on the follow key areas of work:

- *Helmsdale Village Hub* operates three days a week for those aged 55+ who could be frail, lonely or perhaps simply want to blether. Activities are centred on creativity, cognitive work, and get up and go (including excursions, exercises and a weekly walking group). A popular addition to the Hub this year has been our monthly Cream Tea Café which not only provides sought after home baking, but also uses the event to fundraise. This year we also introduced a weekly walking group as well as a crochet group.

- *Dinner To Your Door* is a modern meals on wheels service providing three-course freshly cooked nutritious hot meals to people in their own homes. Over the past year our client base has increased and we are now delivering to around 100 clients every week in Helmsdale, Brora, Golspie and outlying areas. We have two chefs and our delivery driver is a support worker who offers a listening ear to those who have little social interaction.
- *Bridge Over Troubled Waters* offers tailored short-term support to families at times of illness, injury, moving home or change in circumstance by filling immediate gaps when statutory services are unavailable. The service has provided support to a small number of individuals and their families during the year.
- *Art 'n Blether* gives folk not only a place to relax and learn a new skill, but also an opportunity to share issues with peers over a cuppa and home baking. The project has grown in success throughout the year with the introduction of a second class in Golspie. Each class is well-attended, and participants have found multiple benefits.
- *Window to the World* - our rural interactive screen project - allows older folk to get used to interactive technology in a community setting while also benefitting from community interaction and cognitive stimulation. There are presently 5 linked screens in East Sutherland with more planned for the future. The Hub screen regularly connects with another of the screens via Skype and it is planned to extend this activity to include all the screens.
- *Highland Compassionate Communities* - in partnership with NHS Highland – has successfully rolled out our *Circle of Support* model to other rural communities in remote rural Highlands. During this year we developed strong relationships with communities in Appin, Milton, Tongue and Lochinver and are working with them towards developing and implementing their own *Circles of Support*.
- *Helmsdale Men's Shed* offers a facility for local men in particular to socialise and share their skills. This year, a person with dementia was welcomed as the project lead, not only giving him a sense of worth, but also providing respite for his carer wife.
- Our *socially inclusive events* bring the whole community together. Events this year included a successful Open Day in March and a Dog Show in June.

Principal funding sources

In March 2018, funding from the Life Changes Trust – which enabled us to establish our various programmes – came to an end and from May 2018, BIG Lottery took over the core funding required to sustain the programmes for a further 3 years.

The NHS Highland continues to support the Well-being Hub in Helmsdale enabling us to match fund by way of donations and regular fund raising. We also received smaller grants from the William Grant Foundation for the *Art 'n Blether* programme and the second year of funding from SSE for the *Men's Shed* enabled us to get that programme established.

Future plans

Over the next year we plan to expand our work in the following ways:

- Our *Helmsdale Hub* Project Lead will continue to introduce new ways of encouraging new members to the Hub.
- The introduction of a grab bag to our *Dinner to your Door* service, which will enable people to order a packed lunch-style meal for the weekend.
- We hope to examine ways in which our *Bridge Over Troubled Waters* service can be made more widely available to those local families struggling to access support.
- With the success of *Art 'n Blether*, we hope to introduce the art classes to another community within our area as well as providing online workshops for those unable to attend live classes.
- We plan to launch a new YouTube channel via *Window to the World* with locally produced content from each of our communities as well as professional content from NHS Highland. We will also introduce a number of new interactive screens to more rural communities via the Highland Compassionate Communities programme.
- We will continue to provide support for other remote rural communities, alongside NHS Highland, through *Highland Compassionate Communities*. A new website featuring details of how communities can use and work with the *Circle of Support* model will also be launched.
- We also plan to extend the use of the Helmsdale *Men's Shed* to encourage more folk into the Shed.
- We will again host an Open Day and Dog Show during 2019.

Recruitment and appointment of new trustees

New trustees are selected by the Board. Their appointment is governed by the company's Articles of Association and are guided and encouraged by existing trustees.

Reserves policy

In the current financial climate and the risk of uncertain funding, the trustees continue to consolidate the organisation's financial position through effective management and governance; and to ensure the viability of the Charity, the Board

recognises the importance of holding sufficient reserves to cover six months running and potential redundancy costs. This is regarded as essential in operating the organisation.

Principle risks and uncertainties

Ongoing funding for our work continues to be our largest risk and uncertainty as the various projects are currently not generating sufficient income to be completely financially self-sustaining. We have received financial support to develop and deliver our work to date and are making every effort to continue in this way until our project income is more in line with our outgoings.

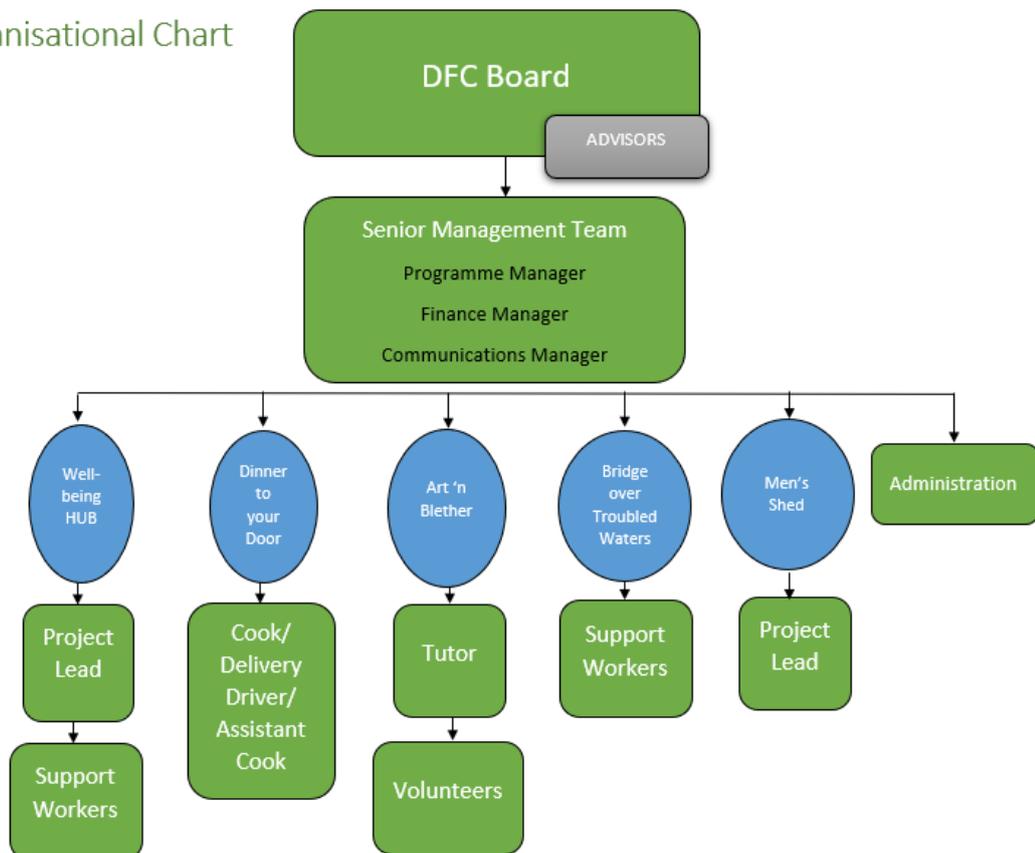
With an increase in work as our projects develop and areas of work increase, we are looking to ensure staff workloads are manageable.

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Organisational structure

DFC Organisational Chart
September 2018



Reference and Administrative Details

Charity name: Dementia Friendly Communities Ltd

Trustees: Ann Pascoe, Chair
Lee Bright
Agnes Houston
Nancy McAdam
Sarah Muir

Registered Charity #: SC047864
Registered Company #: SC431830 (Scotland)

Registered office: Helmsdale Community Centre
Dunrobin Street
Helmsdale
East Sutherland
KW8 6JA

Company Secretary: Sarah Kerr