

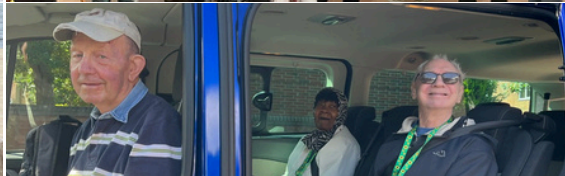


Together
Dementia
Support

A Year in Review

2022-2023





Welcome from Sally, CEO & Jeff, Chair of Trustees

2023 has been a fruitful year here at Together Dementia Support, with achievements, challenges – and a lot of hard work!



We have welcomed a 10% increase in the number of people we have supported over the course of the year, with more one-to-one support, trips out, more artist visits, more carer socials and expanding our Together at Home service. Our volunteer programme has gone from strength to strength, and we now have over 100 people regularly volunteering at our groups, in 1:1 support, or at our events and fundraisers. The total number of people we've worked with in 2023 is 999!

Whilst our members with dementia have been having a great time at their groups, thanks to the creativity and care of our staff and volunteers, we have helped carers with struggles to find residential care, get benefits and to manage confused behaviour.

Our involvement with the Manchester Dementia Alliance means that we have been working with carers to collate their ideas and wishes and are hopeful that we will all see improvements in services in the next few years.

By the end of the year, we had raised enough money for a new minibus to replace one of our failing vehicles. However, this doesn't detract from the ongoing struggle to meet the growing need for our services whilst relying only on grants and donations. We have reached a size that we need not only to deliver services but need to have dedicated staff who can fundraise and seek out contracts for us. That will be a key objective for the charity next year.

On a more positive note, our final fundraiser of the year was a wonderful celebratory concert at the cathedral, with singing and dancing from not just one TDS choir but two – a good reminder that our members are a great asset to the charity and should be celebrated at all times!

Our services are 5 star!

In our Annual Feedback Survey conducted in November 2023, 98% of respondents rated our services 4 or 5 stars

98%

The impact of Together at Home

99% of our members receiving 1:1 visits have improved or maintained their overall wellbeing. Only 1% feel their personal mood or wellbeing has decreased since their visits started

99%

Group attendances

We ticked 'present' on the register a whopping 8,616 times this year across our Friendship & Activity groups

8,616

The difference we make 2023

Perfect attendance

Of the 395 people who regularly attend our groups, 25% have a near-perfect attendance record

395

Information & Guidance

Everyone who responded to our Annual Survey rated the information and guidance they received from our staff 5/5

100%

A bumper year for donations!

We have received a total of £21,831 in donations this year from individuals and businesses. We are amazed by your generosity!

£21,831

999

Total people worked with

We worked with 999 people throughout the year, and welcomed 181 new referrals to our services

**ference
ade in
23**

193

Wellbeing

193 carers took part in their Wellbeing Reviews, where 90% of carers reported that their well-being had either improved or been maintained thanks to Together Dementia Support

110

Our Volunteer Team keeps growing!

We now have 110 people volunteering with us regularly, and in 2023 we had a total of 153 volunteers either help at our groups, Together at Home, or join us on trips or support us at events

£3,903

Gift Aid

Donations from UK tax payers were topped up by £3,903 this year. Thank you for choosing to Gift Aid your donations!

Meet the Team



Sally Ferris

CEO



Fiona Brown

Business Support
Manager



Claire Marrett

Service Delivery
Manager



Helen Milnes

PA to CEO



Cheryl Howarth

Finance Business
Support Officer



Mary Sharples

Volunteer
Co-ordinator



Anna Hulme

Service Delivery
Team Leader



Jo Brizland-Cullen

Dementia Support
Co-ordinator



Rukaiya Pandor

Dementia Support
Co-ordinator



Zsuzsi Földes

Dementia Support
Co-ordinator



Beth Langworthy

Carer Support
Co-ordinator



Mike Taylor

Dementia Support
Co-ordinator

Meet the Team



Daphney Thompson
Dementia
Support Worker



Anne
Sessional Worker



Vicky
Sessional Worker



Ali
Sessional Worker



Shabnam
Sessional Worker



Margaret Booth
Carer Champion



Colin
Driver



Steve P
Driver



Asif
Driver



Margaret
Driver




Michael
Driver




Karl
Driver


Our Year in Review




There were highlights in every month of 2023. In January all of our groups celebrated Burns Night, with kilted visitors, Auld Lang Syne, and Haggis and Cranachan to eat.




In February, Sally, our CEO appeared on BBC Breakfast, talking about activities that help families to connect with the person with dementia.



Our fundraising volunteers ran a wonderful afternoon Big Band concert in May. It was lovely to see familiar faces and new ones, enjoying a relaxed concert with delicious refreshments.



Over the Summer months we organised walks for carers in Heaton Park, Wythenshawe Park, RHS Bridgewater and Dunham Massey. These and the Tai Chi sessions were our ideas to support carers' health and were funded by Dementia United's Big Brain Health Fund.



Our popular Wythenshawe Dementia Café outgrew its venue and moved to St Andrew's church.

July saw our Gospel Choir performing at the Windrush Festival and another intrepid group of carers undertake adventurous activities at Ghyll Head Activity Centre in the Lake District.

In September we had a big coach trip to St Anne's and participated in the launch of Manchester's Dementia Alliance.

Through October and November we partnered with Manchester Camerata to deliver music therapy sessions at our South Manchester group whilst, at the North Manchester group, we brought in a singing leader to develop a new choir which the group decided would be called 'The Choir That Can!'

By December we were partying everywhere, with a very special Carers' Party at The Lowry, (thanks to John Lewis and Waitrose) where much dancing, singing and eating was done. Lovely celebrations to end the year!



Our Fundraising Year

First of all, we would like to thank those who donated to our 'Get Them to the Group' minibus fundraiser, and to the charitable trusts who supported us.

These include the Clothworkers Union, the Edward Gostling Foundation, the Beatrice Laing Foundation, the Elise Pilkington Charitable Trust, the EG Foundation, the Bernard Sunley Foundation, the Benefact Group and the Hospital Saturday Fund.

The minibus fundraiser also saw us receive donations from the following supporters, who collectively raised over £7,000 in match funding toward our new vehicle.

There were a number of successful funding bids that have enabled our charity to continue developing and growing. These include:

- Our Manchester
- WG Edwards
- Elise Pilkington
- EG Foundation
- Ann Rylands Foundation
- Masonic Charitable Foundation
- Bernard Sunley Trust
- Skipton Building Society
- Dowager Countess Eleanor Peel Trust
- Edward Gostling Foundation



CASE STUDY

Mr & Mrs Alam



Mr and Mrs Alam were referred to us by the Pakistani Resource Centre because both of them were very isolated, only going out of the house to do shopping or to medical appointments.

When our worker first visited them she found that Mr Alam, who has dementia and other illnesses, was very keen to chat about his life and his interests. His wife felt that she couldn't go out because her husband had become very anxious about being left alone at home. However, as she hadn't been long in the UK, she also hadn't built up any social networks or confidence to join groups.

Rukaiya, our South Asian Dementia Support Co-ordinator has made a big difference to both their lives as she has helped Mrs Alam to find friendship at the South Asian Carers' Wellbeing Sessions and she has helped to increase her confidence in caring by attending our Carer Training course. Our Support Worker also took her out on some walks in her local park, as part of our Brain Health project.

After one of the socials, this is what she had to say:

“I never get a break from caring, it's around the clock. I am so glad you encouraged me to come; I really enjoyed myself meeting with other carers and am feeling more relaxed than I ever have been.”

After much persuasion, Mr Alam started to attend the Pyaari Yaadein group. He particularly enjoyed the men's discussions and the social lunch. He said:

‘It’s really nice getting out of the house, I’m always sat at home and I have nothing much to do. I really feel happy meeting other people who share my background. To eat together really makes me feel happy.’

We helped Mr Alam get taxi vouchers, as he can't get in or out of a car, and a higher rate of Attendance Allowance which will help them manage financially. And we helped them to get a referral to the Community Mental Health Team for specialist advice about dealing with Mr Alam's distressed behaviour at night time.

All in all, a lot of positive benefits have flowed from that first visit by the TDS worker.



The things I learned from spending time with you

A poem by one of our carers, Kay, about the
Carers Weekend Away we had to Ghyll Head

**It's not just me that finds things hard
Even if it scares you, you should jump
Not only from a zipline
But jump into the next phase of our journey with
our loved one**

**Others have been where I am now
They've survived and moved forward
So keep going
Everyone gets sad and upset
It's normal**

**People who don't understand will judge
But people who get it
Will support you in ways you never thought
possible
And most importantly**

**When you are trying with all your might
To carry on and keep moving forward
When the wind is against you
And the waves are splashing in your face
People have my back
And will row for me**

**Others are stood in front with encouragement
Showing me the way**

I've got this! Thank you!



Carers' Comments

The group is so creative. I was admiring the vase what Stan brought home.

I am so proud of him for enjoying good quality time by doing meaningful activity at the group session.

Once again, thank you for the effort you are putting to the group.

Mum is doing better though, and the group really has helped her anchor her week as well as enjoying the company.

Just to say thanks very much for your visit and you taking those tasks from me has had a big impact.
I feel relieved as if a burden has gone all thanks to you.
Well done you for doing such a great job.

I like the Table Tennis
- I'm improving!!

~Dennis, who lives with
dementia

If I didn't like it, I
wouldn't come, would I?

I have not been coming to the
group very long, and at first I
didn't want to come, but since
I've been coming I have made
new friends, so I would like to
thank Mike and all the helpers
for everything they do. If I
didn't come to the group, I
wouldn't get out, so thank you
all!

I love it - the
whole experience.
I want to come
everyday

We're a dementia
family!

From our members living
with dementia

CASE STUDY

Bob & Mike



Bob is a 69 year-old man with dementia. He lives alone in an assisted living scheme. He was referred to TDS four years ago and has attended groups in the past. However, he became more irritable and unable to cope in a group setting. So, his sister referred him for our Together at Home service.

We knew that Bob's big loves are music and football. We also knew that he wanted more male company as he got fed up being bossed around by his sisters and by female carers. We were lucky to find Mike, a man of a similar age – who also loves music!

Mike has now been visiting Bob every single week for the past two years. Both of them really enjoy the time they spend together. Bob's sister, Eileen, is so pleased with the change she sees in Bob. She has peace of mind that his quality of life has improved and that he spends more time in meaningful activity.

Mike's skill and confidence has also grown and he is hoping to move into paid support work. He has learned how to respond to Bob's changeable moods, how to motivate him and how to make him laugh. He is very professional in writing up the visit record so that Bob's sisters know what activity they have done each time.

Eileen said:

“Bob has really built up a lovely relationship with Mike. He has never refused to see him or do the activities like he did with other befrienders. Mike is extremely professional and supportive of Bob and keeps a watchful eye on his progress. It is so reassuring for myself and my sister to know Bob enjoys the time spent in his apartment with Mike listening to music, working on a football sticker book and going to the local cafe for drink and a snack.

The pairing process of the Together at Home has been exceptional, finding a person who can motivate and encourage conversation with Bob about his interests, in a very natural way. Thanks for offering us this service!”



Fabulous Forgetful Friends



We're making life better for people like us - people living with dementia!

We are advocating for our rights, using our voices to advocate for ourselves and others



Our Fabulous Forgetful Friends are a group of people living with dementia who meet monthly to support one another, influence services, and deliver talks about living with dementia to the public and professionals.

Group members give speeches, attend board and groups meetings to influence local policy, and advocate for positive change, greater awareness, and better health and care services.

This year, they helped deliver our Don't Stop Me Now! dementia awareness training, spoke at an event for trainee nurses, and are influencing the Dementia Alliance with their contributions to the Dementia Changemakers meetings.

Partners

Together Dementia Support is proud to work with the following organisations through partnerships and projects:

The Manchester Dementia Alliance



Our corporate donors and sponsors

JOHN LEWIS
& PARTNERS



Project partners



CASE STUDY

Supporting the carer



Caroline, juggling life in full-time employment and with two small children made a referral to TDS in 2021, for herself and her grandma, Rachel.

Rachel, 81, is a retired social worker who lives on her own. She has been attending a Friendship & Activity group regularly for more than two years. She is always happy, enjoys the range of activities and rarely misses a week.

Although Rachel is happy, we have been aware of the decline in her cognition and unsteadiness on her feet over the last two years. Of course, her being at groups has been a tremendous help to the family but with the decline has come the need for more support for the family. Caroline attended our evening Carer Training course, has engaged with the TDS Carers' WhatsApp group, and accompanied Rachel on coach trips out.

Caroline started to worry increasingly about Rachel's safety at home as she lives alone. Rachel had locked herself out of the house, and then slept overnight with the front door open. Caroline also felt Rachel was not eating or washing well.

The TDS Dementia Support Co-ordinator (DSC) sent Caroline information sheets regarding personal care and eating & drinking tips. Caroline also found a mobile hairdresser by asking other

carers on the WhatsApp group.

The DSC suggested that a GP health review was requested as Rachel had not seen the GP in over a year. Caroline also asked her DSC for a meeting to discuss options around finding a carer to help support her grandma. A referral to Social Services was made and a home visit was arranged for the social worker to visit and assess Rachel's needs.

Caroline asked the DSC to attend with her as she was really struggling to cope with Rachel's deterioration and didn't want her to get upset during the assessment. It was a difficult meeting as Rachel refused to accept that she wasn't eating or washing but the DSC and Caroline together explained what was required and a care package was agreed and put in place. The carers started a few weeks later and, so far, the change to routine has gone smoothly.

Caroline is very thankful for all the support TDS has offered her and her whole family. With more help at home to get her ready, Rachel is able to continue attending her group and Caroline is able to continue juggling the different aspects of her busy life.





Thank you to our amazing volunteers

Abbey - Abubakar - Adam - Adrian - Alex - Ali - Alima - Anastasia
Annabel - Anne de R - Anne G - Anthony - Atiqah - Ayesha
Bernadette - Beth - Bob - Carol - Charlie - Christine - Danielle - Danny
Dennis - Edyta - Elaine - Eleanor - Liz - Emily - Filza - Fiona - Flora
Gay - Grace - Hamzah - Hannah - Hassan - Hazel - Haziq - Helen
Hiba - Igore - Iman - Israa - Jadz - Janet C - Janet D - Janet I
Jasmin - Jasmine - Jennifer - Jessica - Jiaqi - Joane - Karl
Karmen - Kate - Kath - Katie - Keeley - Kishwar - Kulthum - Laila
Lena - Lisa - Lucy - Luke - Madeleine - Madhu - Mahnoor
Margaret - Mark - Marlene - Mary - Maryam Al G - Maryam G
Muhammad Saad - Nargis - Niannu - Nicola - Noreen - Paul
Pauline - Philip - Punarnava - Razan - Rehan - Rosemary
Sabrina - Saleema - Sana - Sandra - Sarah - Scott - Shabnam
Shagufta - Shamshad - Simon - Susan - Sylvia - Tanzila - Uswa
Valerie - Vicky - Yagnabala - Yi Lei - Zuhair

TOGETHER DEMENTIA SUPPORT
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations	2	33,569	-	33,569	13,847
Charitable activities					
Grants received	4	130,000	243,458	373,458	248,171
Other charitable activities	3	69,812	-	69,812	63,909
Total		<u>233,381</u>	<u>243,458</u>	<u>476,839</u>	<u>325,927</u>
EXPENDITURE ON					
Raising funds		35,678	22,823	58,501	49,098
Charitable activities					
Charity running costs		163,861	202,406	366,267	347,328
Total		<u>199,539</u>	<u>225,229</u>	<u>424,768</u>	<u>396,426</u>
NET INCOME/(EXPENDITURE)		33,842	18,229	52,071	(70,499)
RECONCILIATION OF FUNDS					
Total funds brought forward		82,888	37,411	120,299	190,798
TOTAL FUNDS CARRIED FORWARD		<u><u>116,730</u></u>	<u><u>55,640</u></u>	<u><u>172,370</u></u>	<u><u>120,299</u></u>

This is the statement of our financial year, which runs from 1 July to 30 June.

This information is taken from our Annual Accounts which are posted on the Charity Commission website if you would like to read more.



Donate online

Simple, safe and secure

www.TogetherDementiaSupport.org
or scan the QR code.



Donate by text message

Texts cost the donation amount plus one standard network rate message

Text 'TDS' to 70085 to donate £5

Our website is available 24/7 and is full of useful information about Dementia, support for people living with Dementia, their carers and their families.

www.TogetherDementiaSupport.org



Registered Charity 1180628



The UK Network of Dementia Voices



Together Dementia Support

Living better together with dementia

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admin@togetherdementiasupport.org 

www.togetherdementiasupport.org 

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