

DEMENTIA FRIENDLY EAST LoTHIAN CIC
COMPANY REGISTRATION NO: SC543607
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2021



DEMENTIA FRIENDLY EAST LoTHIAN CIC

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DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMPANY INFORMATION

Directors in year

Dr. S Northrop
Miss M Howell
Mrs. H Smith

Registered Number

SC543607

Registered Office

29 Williamstone Court
North Berwick
East Lothian
EH39 4RQ

Accountant

EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ

DEMENTIA FRIENDLY EAST LoTHIAN CIC

DIRECTORS' REPORT

The directors present their report and the financial statements for the period ending 31 March 2021.

Status

The company was incorporated on 24th August 2016 and is a Community Interest Company (CIC) limited by guarantee without share capital.

Principal activities

As a CIC, the main purpose is to provide services and activities to benefit people living with dementia, their friends and families. A full review of the activities for the period ended 31st March 2021 is set out in the Community Interest Company Report accompanying these financial statements.

Directors

The directors who served during the period were:

Dr. S Northrop

Mrs. H Smith

Miss. M Howell (appointed 24 May 2020)

Dr, A Shrag (resigned 12 June 2020)

Directors' responsibilities statement

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law (UK Generally Accepted Accounting Practice). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of the profit and loss of the Company for that period.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the Company's financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statement on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DEMENTIA FRIENDLY EAST LoTHIAN CIC

DIRECTORS' REPORT

Micro-Entity Provisions

This report has been prepared in accordance with the micro-entity provisions for small companies.

This report was approved by the board on 3rd December 2021 and signed on its behalf by:



Dr S Northrop
Director

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**INCOME STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2021**

	2021	2020
	£	£
Turnover	37,461	25,145
Other income	-	-
Cost of raw materials and consumables	(1,366)	(191)
Staff costs	(9,257)	(9,167)
Depreciation and other amounts written off assets	(134)	(1,179)
Other charges	(26,837)	(15,027)
Taxation	-	-
Surplus/(deficit) for the period	<u>(133)</u>	<u>(419)</u>

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**BALANCE SHEET
AS AT 31 MARCH 2021**

	2021		2020	
	£	£	£	£
Fixed Assets				134
Current Assets	12,152		7,890	
Creditors				
Amounts falling due within one year	(12,305)		(8,044)	
Net current assets/(liabilities)		(153)		(154)
Total assets less current liabilities		(153)		(20)
Opening reserves		(20)		399
Result for the year		(133)		(419)
Closing reserves		(153)		(20)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2021.

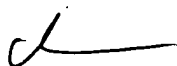
The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the micro-entity provisions for small companies.

The financial statements were approved by the Board of Directors on 3rd December 2021 and were signed on its behalf by:



Dr. S Northrop – Director

DEMENTIA FRIENDLY EAST LoTHIAN CIC

ACCOUNTANT'S REPORT

Report of the Accountants to the Directors on the unaudited financial statements of Dementia Friendly East Lothian CIC

Year ended 31 March 2021

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the period ended 31 March 2021 set out on pages 4 and 5.

In accordance with our terms of engagement, and in order to assist you to fulfil your statutory duties we have compiled the financial statements of the company which comprise the Profit and Loss Account and Balance Sheet from the accounting records and information and explanations you have given to us.

This report is made to the Company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet as at 31 March 2021 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.



Elaine Alsop
EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ

3rd December 2021

This page does not form part of the statutory financial statement

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**DETAILED INCOME AND EXPENDITURE ACCOUNT & NOTES
FOR THE PERIOD ENDED 31 MARCH 2021**

	Note	2021		2020	
		£	£	£	£
Income					
Grants – Health & Social Care	1	23,235		20,000	
Grants – Life Changes Trust	2	8,168		-	
Other donations		3,165		2,795	
Yoga Classes		2,893		2,350	
		<u> </u>		<u> </u>	
			37,461		25,145
Expenditure					
Delivery of core work:					
Staff and freelance support		19,059		10,395	
Website, online delivery & IT costs		3,586		167	
Project delivery expenses		1,286		9,449	
Delivery of Life Changes Trust work:					
Staff and freelance support		7,758		-	
Website, online delivery & IT costs		136		-	
Project delivery expenses		275		-	
Delivery of yoga development:					
Staff and freelance support		990		431	
Website, online delivery & IT costs		1,312		-	
Project delivery expenses		874		990	
Administration & General expenses:					
Promotion		130		302	
Insurance & fees		261		261	
Office costs		712		1,941	
Accountancy & professional fees		1,215		1,628	
		<u> </u>		<u> </u>	
			37,594		25,564
Operating deficit			<u><u>(133)</u></u>		<u><u>(419)</u></u>
Note 1					
Health & Social Care 19/20 funding		3,235			
Health & Social Care 20/21 funding		20,000			
		<u> </u>			
		<u>23,235</u>			
Note 2					
Life Changes Trust – received 20/21		7,400			
Life Changes Trust – receivable 21/22		7,400			
Life Changes Trust – deferred to 21/22		(6,632)			
		<u> </u>			
		<u>8,168</u>			

This page does not form part of the statutory financial statements

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DEMENTIA FRIENDLY EAST LOTHIAN CIC

CIC REPORT
PERIOD ENDED 31 MARCH 2021

CIC 34

Community Interest Company Report

For official use
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Company Name in full	DEMENTIA FRIENDLY EAST LOTHIAN CIC
Company Number	SC543607
Year Ending	31 MARCH 2021

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

DEMENTIA FRIENDLY EAST LoTHIAN CIC

CIC REPORT PERIOD ENDED 31 MARCH 2021

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

Dementia Friendly East Lothian CIC (DFEL) exists to transform the lives of people living with dementia, their families and friends. We help people to live and not exist; connected and involved in the daily life of their community - people to see, things to do and places to go. We make dementia about everyone, every day.

Covid has had a major impact on people with dementia and carers. Many have struggled to cope with the challenges of social isolation, new norms for social behaviour and contact, lack of support from generic and statutory services and a shift to digital. Many of our friends are no longer with us and others have moved into care homes. Carers have struggled against many odds and have done an amazing job.

SUPPORTING PEOPLE DURING COVID

During Covid we were unable to provide any direct support outwith our community. Instead, focus switched to the people we could help in our own town and neighbours. I became part of our local Community Emergency Resilience Team to provide that practical support and ensure people with dementia and carers were supported.

The first few months of Covid we focussed on North Berwick, working with the Community Emergency Resilience team volunteers to support vulnerable people in the community. We brought our skills and resources to help the community to organise volunteers, develop guidance, provide direct support and connect digitally. We supported many isolated people in care homes and communal housing and worked with services providers to ensure that people were fully supported after we wound down. We developed innovative approaches to working locally and with national partners and blending digital and real worlds. We made new friends and relationships and got a clearer and closer view of what life is like for socially isolated people and people with dementia and carers in our town. You can read more here: <https://northberwickcommunitycouncil.org.uk/resilience-plan/>

We continued to write to Friendship Groups in March and April and from May onwards we began weekly online Friendship Groups. Initially, a drop-in conversation, mainly attended by carers. As people started to get out more, we shifted to online events that people could watch together at home in their own time - carers told us they found these a lovely way to spend time together and for both to have respite. We ran 22 online events between July and September. We struggled to find ways to involve many people with dementia on Zoom, but people told us that they enjoyed and appreciated them.

"I just want to tell you how much we both enjoyed Bruce & Ali's "Tour of Scotland". We watched it this afternoon as it was too hot for walking which is our usual routine. ...It was lovely to see so many of our

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CIC REPORT PERIOD ENDED 31 MARCH 2021

favourite spots which we love and some know so well. It was one of the joys of having a car and being able to spend time as we chose."

Sessions included Virtual Tours of Scotland conducted by a Blue Badge Tourist Guide and professional singer Bruce Davies performed a concert for us. We had a virtual tour of the The V&A and Jupiterland; presentations by the Scottish Seabird Centre, Professor Alan Gow from Napier University came to talk to us about keeping our brains sharp and Artist Alan Crummy ran a workshop. Alzheimer Scotland, Carers of East Lothian and Age Scotland dropped in to provide advice. We also had a workshop for carers from TIDE and a presentation from the Scottish Book Trust on their Reading is Caring project. Dog Bingo, thanks to Dogs for Good was a much-loved session. Many thanks to everyone who came to our aid.

We made a DVD of the sessions and sent them with our 2020 Christmas Card to all the Friendship Group Members, Care Homes and Day Centres across East Lothian. The Christmas card was designed for us by pupils at Dunbar Grammar School.

CARERS

We know that lockdowns created major problems, stress and distress for unpaid carers. We supported over 30 individual carers, many of whom were struggling with the practical and emotional demands of caring for people during lockdown. Some people just wanted a listening ear, others needed support from services that we could link them too; others took up offers of free meditation or yoga classes online. Their experience of isolation, grappling with managing the often conflicting demands of staying safe and providing care and support to people with dementia in a pandemic was often profound.

DAY CENTRE TRAINING

We were supporting 6 staff from 4 East Lothian Day Centres to do the Dementia Services Development Centre Best Practice in Dementia Course before Covid. This re-started online in September when the Day Centres started to open again. Students completed the training sessions in November 2020 and final assignments were sent to DSDC in early 2021.

STAYING CONNECTED

When we were all being disconnected in so many ways, it was even more important to maintain and build relationships to get through.

East Lothian organisations and groups: Since 2013 we have built strong connections with agencies and organisations across East Lothian, including Area Partnerships and Health and Well Being Groups, Community Councils, Day Centres and Care Homes. Through the DFC work we have connections with a wide range of community organisations and activists. These relationships were very important over lockdown so that we could continue to provide support and signpost people to local resilience teams.

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Connections with national projects and experts: Over the years we have built up excellent working relationships with a range of national projects. During lockdown, a group of organisations worked with us as 'National Partners', helping us run online events for the Friendship Groups and with the Celebrating Communities project.

Learning together: This new approach to working together was inspired by our work in lockdown one with Capital Theatres. Prior to lockdown we worked closely with them on their 'Sofa to Seat' project where Dawn Irvine arranged for people from across East Lothian to attend 'relaxed' performances and get a cuppa and transport to and from their own homes. During lockdown, Dawn supported us as the North Berwick Community Emergency Resilience Team with our work with a local care home where staff felt and residents felt very isolated. The resilience team delivered 'kindness hampers' to staff and residents and asked what they would like to do. We gave them the DFEL list of 'what's on' and they asked to join one of Dawn's events. This required helping the home get digitally connected. We worked with North Berwick Rotary and North Berwick Community Council to get and distribute Digital devices (with Connect Scotland funding). Dawn helped us link to Capital Theatres events. And the resilience Kindness Team arranged for a Hamper to be delivered for staff and residents. The St Andrew Blackadder Beacon Lunch-club bakers made a delicious afternoon tea and everyone enjoyed many afternoons of fun, feeling cared for and supported by their community.

We took this learning into our Celebrating Communities project and invited a range of national bodies to work with us, including Capital Theatres, The Scottish Seabird Centre, Edinburgh Leisure, Hearts and Minds, Paths for All and Age Scotland.

Some staff were furloughed making it difficult to run some projects, but the relationships have continued and we hope to work together in future.

POLICY WORK

Before Covid we had been part of a group supporting the development of the Life Changes Trust's Creating Better Lives event for NHS Lothian. This eventually ran online in November 2020. As well as supporting the design of the session we helped people with dementia and carers to participate in the story telling sessions and we ran a session with Dawn Irvine from Capital Theatres about working together during Covid. The session has provided an important basis for taking DFEL's work forward.

Over the year we ensured that experiences were fed back to the East Lothian Health and Social Care Partnership via the Carers Change Board, including a workshop in October 2020. <https://youtu.be/zR464hXm5mc>

YOGA MOMENTS: Dementia Friendly Inclusive Yoga

Over lockdown we were able to continue working with Melanie Cook to develop our online Yoga Moments Training. We launched the short course for Meeting Centres in March to colleagues from Leominster Meeting Centres and Kirrie Connections. We also finalised the Yoga Moments CPD

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CIC REPORT PERIOD ENDED 31 MARCH 2021

course for Yoga and Dementia specialist. The course is now fully accredited by Yoga Alliance Professionals and is due to run in Summer 2021.

REVITALISE YOGA

We continue to generate income for DFEL from inclusive Yoga classes. These stopped in March 2020 due to Covid and we began again in May 2020 with 3 online classes and a meditation session. These have been very successful with most older students choosing to join the online classes. Over the year our Inclusive Yoga classes brought in £2,893, an increase of more than £500 on last year. Almost covering the costs of the development of the new course.

TAKING STOCK

When the Resilience Teams stood down in July 2020, the Directors met to review our experiences and what we should do next. Our local experience and that of others was that communities across East Lothian were helping people in our groups and valuable local relationships were built and strengthened. We wanted to support those friendships and relationships. Many people value being part of an inclusive community and don't want anyone to be excluded. We were heartened to hear about our Friends being supported by resilience teams and local projects across the County.

What works:

We learnt a lot about what we have done that has made a sustainable and tangible difference to people's lives:

- **Friendship Groups:** The friends people made through the Friendship Groups provided an important source of support during Covid. Friends helped each other through, especially carers. That peer support was crucial as people grappled with practical and ethical challenges or caring in a pandemic. These important relationships, formed during the critical diagnostic stage helped people cope. We are keen to reconnect the groups to the diagnostic process.
- **The Newsletter:** The importance of the Newsletter became clear in lockdown and this is something we would dearly like to develop in future. During lockdown we heard from people who had never attended a group or contacted us after the initial session. In some cases, family members found letters and got in touch. Some wanted advice or support, others to tell us what had been happening for them and some just to say thank you. We realised the importance of that regular letter through the letter box, showing they have not been forgotten.
- **Dementia Friendly Communities:** We saw so clearly in lockdown the resilience, love and power of neighbours, friends and community. They are what make life worth living and DFEL can only add to and support those experiences of daily life. When we were providing friendship and support in our community we gained insights into what life is like for people with dementia and carers and what vulnerability looks like in our community. For example, we were struck by the isolation and powerlessness of some people with dementia in communal housing and isolation for residents and

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staff in some care facilities. We heard from other communities about the problems face in rural villages.

- **Connections and Networks:** Our local contacts and knowledge grew too. We provided what support we could to other community teams across the county, who like us were providing help with shopping, prescriptions, social isolation and fun. We developed new projects with community bodies to support people - for example a digital inclusion project with a local carehome, Rotary and Capital Theatres which has provided us and others with inspiration for future work (see below).

Ongoing Problems:

- **Digital Exclusion** - People with dementia and some carers struggled to stay connected online. Many people with dementia could only get engaged with the help of a carer making it hard to offer support and respite to both. Numbers online tailed off when people were able to get out and about again. Access to wi-fi varied by where people lives but also some communal housing and facilities lacked wi-fi at all or in communal areas. So even if people had devices, we had the added complexity of the dongle. No one with dementia was able to access our online groups without support from.
- **Stigma** - we came across too many incidents where people with dementia and carers faced harm due to attitudes and a lack of understanding about dementia. Some people with dementia were unable to understand or remember the new social rules round Covid, leading to conflict and fear of going out. Some family carers were stopped from visiting people in communal housing as other people living there felt this was unfair or a risk. Some paid carers were also unable to access communal housing for similar reasons. Family carers told us that they had been stopped by the police and now allowed to drive outwith the area to provide care to a grandparent. As young men they felt they had been unfairly dealt with. Another carer was shouted at by people when she was out for a walk with her father who has dementia and who was at her wits end.

MAKING TRANSITIONS: A NEW FOCUS

We decided to change the way we work and to be more active in supporting local communities to build friendships and connections in daily life.

It was so lovely to see the support communities gave local people that we couldn't reach. We thank them for all they have done to keep people safe and well. They truly were dementia friendly communities and important relationships and understandings were built that none of us want to lose. They have inspired our new approach.

To help us manage the transition, we were successful in getting funding from the Life Changes Trust for a new project - Celebrating Communities, led by Maya. This project helped us:

- capture and build on what communities achieved during lockdown
- support communities to become more dementia inclusive.

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- connect the energy and learning from lockdown and community resilience work to recovery and link back into our long-standing work on digital inclusion, physical activity and inter-generational working
- connect Friendship Groups more strongly to their communities
- keep conversations about DFCs and Meeting Centres on the agenda.

Celebrating Communities provided a great basis for helping us learn and grow.

<https://www.celebrating-communities.org>.

CELEBRATING COMMUNITIES

Our Celebrating Communities project was designed to celebrate and build on the remarkable community responses to lockdown in 2020. Led by Maya and funded by Life Changes Trust it ran from January - July 2021.

Celebrating Communities was a short but critical project that was a bridge to connect conversations and aspirations generated during lockdown and into recovery. We are very grateful to the Life Changes Trust for funding. The project was led by Maya and explicitly focused on the whole community and including people with dementia and carers in plans and visions that communities generated during lockdown.

It was aimed at creating a space for people to come together to chat, share ideas and experiences round community and lockdown. Our role was to enable and facilitate conversations and do what we could to help communities realise their aspirations, including people with dementia and carers. Being dementia friendly was embedded and was supported by strong desires all round for inclusive communities where everyone is valued and included. <https://www.celebrating-communities.org/what-is-celebrating-communities/the-inspiration>

There were 15 monthly drop-in online conversations where people could bring up any issues they wanted to talk about community experiences of lockdown, what we did, what we learnt and what we wanted to happen next. The initial conversation brought together over 40 people from a wider range of communities and organisations including new friends who had not engaged with DFEL before. People told us they enjoyed the open and informal friendly social setting. Over the project 165 attendees joined from local and national groups. Conversations covered a wide range of themes and continued work we began before Covid, such as Meeting Centres and DFCs.

A number of conversations led to projects:

Digital Inclusion

Digital inclusion was a major issue during our Community Resilience Work. Celebrating Communities enabled us to develop 2 digital projects:

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CIC REPORT PERIOD ENDED 31 MARCH 2021

a. **Digital Stories** - We collated stories about digital inclusion issues and solutions led by communities across East Lothian, what people did, what worked and what they had learnt. Themes included how to connect with people who were not wanting to use digital devices and how to encourage and support people to do the things that matter to them. We facilitated 3 digital conversations with 12 people, including Health and Well Being Groups, the Pennypit Centre, Libraries, Community Connections, Carers of East Lothian and Outside the Box. <https://www.celebrating-communities.org/digital-stories>. The key messages were:

- Digital inclusion must be meaningful and personal to each individual person
- People must have choices
- We need to go at the pace right for that individual - it can take a long time
- We must focus on what support that person wants and what they want to get out of using a device
- Relationships with people are at the heart of DI and what make it work
- DI must be linked to social inclusion and belonging
- DI is not about devices, it's about people.

"Getting the devices is actually the easiest part. But regardless of health or age pdf you give anyone a tablet or computer they have no idea what they want to do with it.... Everyone will have a different reason for wanting to use it."

b. **Digital Buddies** Maya developed this project with Outside the Box and Dunbar Grammar School. It's an intergenerational project that enabled us to keep connections going between the Dunbar Diners Old and Young - a weekly inter-generational social club run by Dunbar Grammar School, Dunbar Rotary and DFEL. Maya got funding from Connecting Scotland for devices and Outside the Box came on board to provide advice and support. 12 older people got tablets, wi-fi and weekly digital classes. <https://www.celebrating-communities.org/dgs-digital-buddies>

"It's great having a buddy, she doesn't just do it for me like my family tend to. She shows me what to do and it's ok if I don't remember, she just shows me again! She is so patient."

Unfortunately, no people with dementia were directly involved, but feedback from the Friendship Group after lockdown was that they were keen to be involved.

Walking

One of the first questions people asked us as lockdown shifted was what was safe to do outside, what was open, where to park, how to stay safe and where toilets available. People with dementia and carers wanted to get out and walk - for exercise but also for respite and distanced company. The Online Friendship Group helped people share information and we directed people to local information and websites. We also saw a growing interest in walking in our resilience work with the wider

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community and we were able to develop these community conversations through Celebrating Communities.

Ideas included:

- Information: maps, accessible, up to date information in the right places
- Mobility: access to benches and short and long walks so people could find a walk they could manage
- Motivation: buddy walking, themed walks

The conversations acted as a catalyst for several events including the North Berwick Coastal Walking Festival, <https://northberwickcoastalwalkfest.co.uk>. The Festival was aimed at encouraging people to experience the benefits of outdoor physical exercise. There were walks for people of all ages, levels of fitness and mobility, including people who use wheelchairs across the ward. Celebrating Communities provided a catalyst for this:

"One of the benefits of the [Celebrating Communities] project for me was actually pushing me to take an idea and out it into action...it made me focus down and get things organised."

Ageing Well responded to enthusiastic requests from communities for Buddy walks by providing free training and developing a resources pack. Celebrating Communities also contributed to the development of guidance for the North Berwick Coastal 'On the Move' Group's All Area Plan.

Partners included: Health and Well-Being Groups, Paths for All, Ageing Well, Enjoy Leisure, Carers of East Lothian, North Berwick in Bloom and the East Lothian Countryside Rangers.

Physical Activity

We have a longstanding Physical Activity Group which we hoped to link to the National Partners during lockdown. Unfortunately, many of these organisations had furloughed staff, but we did have a very useful conversation with SENSCOT and several East Lothian organisations - Dementia Friendly Tranent, Dunbar Health and Well Being Group, North Berwick Community Council, East Lothian Libraries, Ageing Well, Enjoy Leisure. We are looking forward to working with Sam Scott from Edinburgh Leisure in the future.

A key concern was how to address health inequalities and making access sustainable for people with dementia and Carers. We have designed training for health and exercise professionals and activity programmes. DFEL's Yoga Moments is designed specifically for people with dementia and carers. This conversation is being picked up again in the work on Meeting Centres.

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Seaside Singers

We wanted to bring joy into the lives of older people and something to look forward to. We knew they had been very isolated and unable to get out for many months. We also wanted to support artists and performers unable to perform on our local care homes and day centre. This started as an idea from Khlayre Cairney in the North Berwick Community Resilience Team who we helped to get funding from the North Berwick Trust. Seaside Memories began in October 2020. Maya provided support.

We focused on care and communal housing as we knew from our experience how isolated people could become. Khlayre worked with 8 care/communal housing facilities to organise 5 themed performances from March 2021 to July 2021 and provided song sheets for 300 residents enabling them to join in. We started in March with a variety show. <https://www.celebrating-communities.org/seaside-singers> Elvis was the most popular performance with over 145 views.

Lockdown rules meant that we were unable to deliver any real life concerts, but we have got over 300 views of the videos and local care homes and the day centre have been sent links to performances: <https://www.celebrating-communities.org/seaside-singers>

Seaside Memories - is a new project developed from Seaside Singers. It was the idea from a resident at a local care home who wanted to write a poem. The Activity Coordinator was planning a reminiscence project on seaside holidays and worked with Khlayre to develop a project for the whole community. People in care homes and the day centre held local workshops to talk about the sea and collect shared memories. These were collated and a local musician - Penny Stone - turned them into a song that was performed by her and shared online. We have saved the memories and are talking with the community how we might use them. The Seaside Memories Song can be heard here: <https://www.celebrating-communities.org/seaside-singers/seaside-memories-our-story>

LOOKING AHEAD

At the end of March 2021, we were looking forward to re-starting Friendship Groups. A small group of people were keen to meet and were out and about in the local communities. We started to look at venues and take soundings about possible meets outdoors as the weather improved. We are also making plans for Carers Week in June.

Towards the end of March 2021, we started to talk with the East Lothian Health and Social Care Community Transformation Team about the work on Meeting Centres and re-starting the conversation and work in Musselburgh. It was clear that there was an appetite to make this work, stronger and more focused than before. We agreed with the East Lothian Health and Social Care Partnership, our main funder, to focus on the development of Meeting Centres and that work began to build up.

Our Yoga Moments short and long courses are ready to roll out and dates are set for the main CPD courses.

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THANK YOUS

There are many people to say thank you too, especially people with dementia and carers and communities who have kept us all going over the last hard year. My particular thanks to support from the DFEL team and our partners over the last year.

Maya Chipulina Howell, born and brought up in North Berwick and a member of the North Berwick Resilience Team, Maya joined the DFEL Board and brought great skills and energy to our work. Maya has experience of running events, project management and marketing. Maya delivered a series of weekly Friendship Groups and events online and led our work with Dunbar Grammar School, Rotary and Outside the Box to help Outside the Box set up their Digital Buddies project with the school and the Dunbar Dementia Friendship Group.

Hilary Smith has continued to support DFEL, in particular with her help to develop our strategic approach, manage transitions and bring in new solutions and perspectives. Hilary provides invaluable experience, perspective and mentoring to me as a Director. Hilary's support and friendship have been critical to me identifying and addressing the changes we need to make.

Laura Turney has provided invaluable wisdom and advice. Laura connected us with national conversations about how we link Dementia Friendly, Kind and Compassionate Communities and was a major support in our strategic review. Laura has sadly left the Board because of the practicalities of getting signatures and changing bank accounts during Covid - a requirement for us being able to access funding for new projects. Laura however has stayed as an 'Honorary Director' and her ongoing support is much valued.

Khlayre Cairney joined the team to develop her Seaside Singer project. Khlayre brings a mix of skills and experience to deliver brilliant, inspiring, joyful events for people at a very dark time. She has left us a really valuable legacy and we look forward to working with Khlayre in the future.

Melanie Cook has brought so much wisdom and experience to our Dementia Friendly Yoga work and led the Yoga Moments Project. Melanie has helped us create a course that truly brings together the essence of Yoga and Dementia best practice. I am excited to see how we deliver it in the coming year.

Maggie McCole as always for her ongoing support for our digital work and patience with my boomer-level knowledge and skills.

The East Lothian Health and Social Care Partnership – in particular to Christine Johnston and Lisa Olssen for their support, advice and enthusiasm for our work and essential funding. They embody the type of co-production approach we need to develop Meeting Centres. We are looking forward to our partnership with them in future.

The Life Changes Trust – the team has given us great support and of course funding for Celebrating Communities. Their work has also enabled us to work with a range of very high quality, innovative and

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generous projects and practitioners and to connect with and learn with other communities and groups on the same journey.

The North Berwick Trust - for funding the Seaside Singers project. We look forward to taking the final report to them.

FINALLY

A thank you to everyone with dementia, unpaid carers, families, friends and communities who have had so much to cope with this year and who have supported each other through the toughest of times. We look forward to seeing you all soon.

Dr Sue Northrop
Dementia Friendly Easy Lothian CIC
November 2021

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

The stakeholders are the people in East Lothian living with dementia, and their families and friends, the wider community and the professionals and funders supporting the work we do. Our priorities are developed in consultation with people with dementia, carers and the wider community.

The consultations made with stakeholders are discussed in the previous section.

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

The aggregate amount of emoluments paid to or receivable by all directors in respect of qualifying services was £9,257.

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed

DEMENTIA FRIENDLY EAST LoTHIAN CIC

CIC REPORT
PERIOD ENDED 31 MARCH 2021

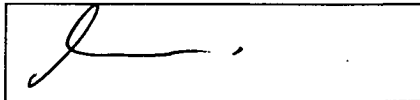
PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

No transfer of assets other than for full consideration has been made

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

3 December
2020

Office held - Director

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Dr. S Northrop	
29 Williamstone Court	
North Berwick	
East Lothian EH39 4RQ	Tel 01620 895571
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms **by post** to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)