

DEMENTIA FRIENDLY EAST LoTHIAN CIC
COMPANY REGISTRATION NO: SC543607
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2022

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DEMENTIA FRIENDLY EAST LoTHIAN CIC

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DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMPANY INFORMATION

Current Directors	Dr. SMM Northrop Mrs. HA Smith Mr. M Cheung Mrs. AM Bissett Dr. LJ Turney
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 2022.

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 2022 is set out in the Community Interest Company Report accompanying these financial statements.

Directors

The directors who served during the period were:

Dr. SMM Northrop	Mrs. HA Smith
Miss. M Howell (resigned 6 December 2022)	Mr. M Cheung (appointed 5 May 2022)
Mrs. AM Bissett (appointed 17 May 2022)	Dr. LJ Turney (appointed 21 May 2022)

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.

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 20 December 2022 and signed on its behalf by:



Dr S Northrop
Director

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**INCOME STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2022**

	2022	2021
	£	£
Turnover	30,402	37,461
Other income	810	-
Cost of raw materials and consumables	-	(1,366)
Staff costs	(10,400)	(9,257)
Depreciation and other amounts written off assets	-	(134)
Other charges	(20,689)	(26,837)
Taxation	-	-
Surplus/(deficit) for the period	<u>123</u>	<u>(133)</u>

DEMENTIA FRIENDLY EAST LOTHIAN CIC

**BALANCE SHEET
AS AT 31 MARCH 2022**

	2022		2021	
	£	£	£	£
Current Assets	56,723		12,152	
Creditors				
Amounts falling due within one year	(56,753)		(12,305)	
Net current assets/(liabilities)		(30)		(153)
Total assets less current liabilities		(30)		(153)
Opening reserves		(153)		(20)
Result for the year		123		(133)
Closing reserves		(30)		(153)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2022 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 20 December 2022 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 2022

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the period ended 31 March 2022 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 2022 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

20 December 2022

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 2022**

	2022		2021	
	£	£	£	£
Income				
Grants – Health & Social Care	20,000		23,235	
Grants – Life Changes Trust	6,632		8,168	
Other donations	810		3,165	
Yoga Classes	3,770		2,893	
		31,212		37,461
Expenditure				
Staff costs	10,400		9,257	
Freelance – core work	-		11,000	
Freelance – LCT	10,255		6,800	
Freelance – Yoga Moments	900		750	
Professional fees – Strategy	600		-	
Professional fees – Meeting Centre	600		-	
Meeting Centre development	1,105		-	
Website, online delivery & IT costs	3,321		5,033	
FG & DFC delivery and travel	1,183		1,367	
Training	318		495	
Promotion	219		130	
Insurance & fees	284		835	
Office costs	239		578	
Accountancy	1,665		1,215	
Depreciation	-		134	
		31,089		37,594
Operating surplus		123		(133)

This page does not form part of the statutory financial statements

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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 2022

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 YEAR ENDED 31 MARCH 2022

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 ANNUAL REPORT: 2021 – 2022

Dementia Friendly East Lothian exists to transform the daily lives of people living with dementia and unpaid carers/supporters so they are valued and respected members of our communities, with places to go, people to see and things to do. We work with people living with dementia, care-partners, friends and supporters, communities, service providers, decision makers – anyone and everyone who can help us make a difference. We work to change the world through collaboration, partnership and influence.

Citizenship, rights and empowerment are at the heart of our work and we work as members of the community, committed to the places and people that can help us realise our aspirations. Our workplan and priorities are set by people with dementia and unpaid carers through Friendship Groups, Gatherings and increasingly as Board members.

WHAT WE DO

Our work is based on evidence from lived experience, research and theory. We blend these together to inform what we do and how we do it. We draw on understandings of dementia, enablement, assets-based community development and rights. Our approach has been inspired by people with lived experience and communities across East Lothian and beyond. And we have drawn on the expertise of Deepness, Deep, the Life Changes Trust, About Dementia, Cormac Russell and the Universities of Worcester, Stirling and Queen Margaret University.

Most of our funding comes from East Lothian Health and Social Care Partnership as part of their Community Transformation Project which aims to "build individual, family, community and service capacity through strengthening and supporting existing community assets. Also to address the impact of COVID on poor mental and physical health and loneliness." East Lothian Health and Social Care Partnership. We work as partners to achieve our shared vision and goals and we greatly appreciate their support.

Our core activities are:

Friendship Groups - peer support in social community settings. Led by Friends - people with lived experience - and facilitated by trained, experienced staff and volunteers from Dementia Friendly East Lothian.

Dementia Friendly Communities - we support community conversations about dementia, led by people with lived experience with a focus on promoting action and tangible improvements in daily life.

DEMENTIA FRIENDLY EAST LoTHIAN CIC

CIC REPORT YEAR ENDED 31 MARCH 2022

We provide training, advice and practical support for community events, organisations and groups to become dementia enabled.

DFEL Gatherings - are opportunities for people with lived experience to get together to share ideas and influence decision makers and service providers and enjoy good company. Since Covid we have moved to smaller more local Gatherings and helping Friends and communities visit each other and have days out.

Promoting Innovation - we work with a wide range of practitioners and policy makers to help them innovate and improve working with people with lived experience and communities.

Current projects include:

Designs for Life, with Alison Connell, helping people and communities apply dementia inclusive design in practice.

The East Lothian Intergenerational Network, with Loreen Pardoe, so dementia is about everyone.

Peer Led Information Sessions - originally with the Adult Mental Health Team - to demonstrate the importance of staying connected to people, places and daily life.

Meeting Centres - are a new and major area of work for DFEL (see below). We are working with people with lived experience, communities, East Lothian Health and Social Care Partnership to set up Meeting Centres and 'satellites' across East Lothian.

WHO WE ARE

Until Autumn 2022, Dementia Friendly East Lothian had 1 paid member of staff - Sue Northrop - who is also the Founding Director. Sue is paid 2 days a week, mainly for policy and development work. Her work with people living with dementia and unpaid carers/supporters and communities is given freely.

In Autumn, we appointed Fiona Barrett as Manager of the Musselburgh Meeting Centre. Fiona was joined by Alan Forrester employed by DFEL to work with Janice Macleod and Dementia Friendly Musselburgh and Karen Cunningham to support Sue developing the Friendship Groups. Alan and Karen are both on 6 month projects. Alan funded by the Community Mental Health and Well Being Fund managed by Volunteer Centre East Lothian and Karen funded by About Dementia Empowering Dementia Friendly Communities fund.

We started the year with three Directors, Sue plus Hilary Smith and Maya Howell. Hilary and Maya have provided invaluable support on projects and proposals and been an invaluable sounding board. Maya stood down in winter 2022 after making a major contribution to our work and providing a strong foundation for what comes next. Thank you Maya.

The demands on DFEL's Directors increased much over the last year with 3 major grant applications (two successful) and 2 new additional and very exciting projects. Hilary and Laura Turney provided invaluable help with the applications. Thank you both.

CIC REPORT
YEAR ENDED 31 MARCH 2022

Rapid expansion in DFEL's work and responsibilities led us to 'grow the Board' and at the end of 2022 we have 5 Directors, with Anne Bissett and Mike Cheung joining the Board and Laura Turney re-joining us – welcome back Laura. Ronald Coleman is an Honorary Director.

Anne set up The Open Arms Carers and is a powerful advocate and supporter of unpaid carers/supporters. Mike and Ron, Directors of Deepness, <https://www.deepnessdementiamedia.com/> have joined the Board to enable us to develop ways of working that make a real difference to the opportunities for leadership and empowerment for people with lived experience.

Priorities for next year will be to compete the Board and develop their role and input, along with board, improving governance, building our capacity and appointing more staff.

COVID, LOCKDOWN AND TAKING STOCK

Covid and lockdown had a profound impact on the lives of people living with dementia and unpaid carers/supporters (see last year's annual report). For many people, it still does. Obviously this has affected our work also.

Friendship Groups started to meet again in person this year. Groups are smaller - many friends have died or moved into care homes. Many people are less likely to travel far or mix widely. Digital options didn't work for many people.

Dementia Friendly Communities During lockdown we saw the real value of communities in supporting people practically and socially. We now work more closely with communities. We are finding that Community Days and events provide excellent ways of working together and linking our work.

There has been little appetite for **Gatherings** this year with people unwilling to travel or meet inside in large groups. However, as the weather improved, we got a lot of interest in having days out and visits to other groups. Thanks to About Dementia funding, we've been able to arrange trips.

Taking Stock – A strategic review with a range of partners showed a clear consensus that DFEL should work more closely with communities and build on and reinforce the connections they made with people living with dementia and unpaid carers and supporters during lockdown.

In 14th April 2021 brought together stakeholders and groups we worked closely with before Covid to develop an action plan for recovery. People told us to:

- Have a strong commitment to the central importance of community and all it brings
- Build on what we have achieved & learned
- Work small and very local, with a focus on the quality of daily life and promoting community spirit
- Value and respect relationships and connections so we can learn and share ideas and inspiration together

- Explore new ways of working together, be creative and use assets wisely
- Know we have good friends with a shared vision and energy to work together to make a difference

As one person put it: "Covid will truly have been a disaster if nothing changes."

Outside the Box facilitated the workshop for us.

FOUNDATIONS FOR RECOVERY AND GROWTH

This year has been about recovery and growth. We have been very fortunate to have funding for 2 projects which have provided a strong foundation and helped us achieve our aspirations.

Celebrating Communities was designed to help us build on the learning from lockdowns. It was led by Maya Howell, DFEL Director and funded by the Life Changes Trust Changing Lives, small grants programme.

Maya facilitated 15 monthly drop in online conversations, bringing together over 265 people from a range of communities and organisations, friends new and old. Projects were developed around Digital Inclusion, Intergenerational Working, Walking and Physical Activity - priorities identified by people living with dementia and unpaid carers/supporters. <https://dfel.org.uk/blog/celebrating-communities-final-report/>.

The Celebrating Communities conversations told us:

- Be dementia inclusive and focus community wide
- Keep and build on the relationships and assets we have built – act now
- Say 'thank you' to unpaid carers, make plans for Carers Week
- Help people get out and about with welcome back projects and fun
- Learn from community experiences of Digital Inclusion and share digital stories – it's about more than tablets.
- Help us all get physically active – with choices, quality, accessible and sustainable activities for older people
- Learn from each other and our conversations – in East Lothian, with Compassionate Communities, Meeting Centres, IFAFC, Scottish Communities for Health and Well Being and others.

Celebrating Communities provided a forum for sharing ideas, building relationships and confidence and were a catalyst for action by communities and services. A popular area was the development of walking - buddy walks, the East Lothian Walking Festival and a Haddington walking festival, suggested by The Haddington Carers Friendship Group.

Maya's work enabled us to develop local projects and activities that included people living with dementia and unpaid carers/supporters. It laid the foundations for a successful proposal to the ASge Scotland/Scottish Government Empowering Dementia Friendly Communities Fund to support 'Welcome Back' projects to promote Friendship Groups to get out and about again and to enable Dementia Friendly Communities to welcome them.

CIC REPORT
YEAR ENDED 31 MARCH 2022

As much of the work was digital during Covid, we struggled to involve people living with dementia directly in the work until we could meet face to face. We are very grateful to James McKillop and Paula Brown for helping us make this important connection and the Ang McInnes for the work she does at the Pennypit Centre. Participation and inclusion remain a priority issue for us and an area we need to develop.

Seaside Singers built on the friendships we developed over lockdown with older people and staff in care homes and communal residential housing. We knew from our resilience work they are often very socially isolated. The project was led by Khlayre Cairney, a member of the North Berwick Community Emergency Resilience Team and funded by North Berwick Trust (<https://dfel.org.uk/blog/seaside-singers-bringing-joy/>). Khlayre ran 5 themed performances for over 300 residents and tenants from different housing sectors; connecting people together through shared memories and song. The project culminated in a real life event at Leuchie House who kindly let us use their grounds for an outdoor concert led by Penny Stone and they provided a delicious afternoon tea.

Empowering Dementia Friendly Communities - In March we successfully applied to the Scottish Government's Dementia Friendly Communities in Scotland programme. This was the first time that we worked with Mike Cheung and Ron Coleman from Deepness, after an introduction by Graham from Kirrie Connections. This has been a transformational experience for me personally and for DFEL and we saw the impact of their help and support immediately. They have inspired people living with dementia and unpaid carers/supporters, provided guidance and advice on governance and helped open minds to what people with dementia can do. Mike and Ron are providing mentoring and support to me, to our developing Board and our practice and policies. Their input highlighted the essential work we must do to ensure that people with lived experience are involved, seen and heard in a meaningful and supportive way. This is a priority for us over the next year.

CREATING A NEW NORMAL FOR DFEL

Our new normal builds on what we know from our experience and research about what works, enhanced by the experiences of working with communities over Covid. It is also based on research by the Life Changes Trust, bringing together Dementia Friendly Communities, Peer Support and Meeting Centres.

FRIENDSHIP GROUPS started up in June when Friends felt they could meet safely outside or in community cafes. Between April 2021 and March 2022, we facilitated 30 Friendship Group sessions in 4 areas with 125 people. Most were regulars but we also have some new members. Friends include unpaid carers/supporters and people living with dementia. We also are in touch with unpaid carers and families that don't come often but know they are welcome and are invited to events and days out.

- Tranent started in the summer and is now run by Dementia Friendly Tranent and the Fraser Centre. They meet monthly.

DEMENTIA FRIENDLY EAST LoTHIAN CIC

CIC REPORT YEAR ENDED 31 MARCH 2022

- Haddington started to meet again weekly in the Spring and is led by carer-members. The Maitlandfield House Hotel provides a room and DFEL provides free coffee and tea. Funding from About Dementia enabled us to fund a big day out for the group.
<https://dfel.org.uk/blog/haddington-friends-big-day-out/>
- Cockenzie Friends started to meet outside in Cockenzie House and Gardens during the summer and now meet weekly in Musselburgh where they are helping set up the Musselburgh Meeting Centre. The Friends will move back to Cockenzie area in 2023 when we can find a suitable venue.
- Dunbar Friends met several times at the Royal Mackintosh but numbers have fallen and the group is being re launched with the support of Dunbar Rotary and the Belhaven Church which has provided us with the Stables as a base for 2 afternoons a week. This is being developed by Karen thanks to About Dementia Funding.

GATHERINGS In June we had our first mini-Gathering at Queen Margaret University. Our focus was on helping Musselburgh become Dementia Friendly. <https://dfel.org.uk/blog/dementia-friendly-east-lothian-musselburgh-meeting/>. We have also had visits between groups. The Musselburgh Friends have visited the Haddington Group and Dinners. Again this was thanks to funding from About Dementia.

DINNERS AT DUNBAR GRAMMAR SCHOOL - the school, Dunbar Rotary and the Community Resilience Team kept in touch and took meals to peoples' homes through lockdown. Dinners started again in person in Spring 2022. The number of people with lived experience who attend the dinners has dropped considerably. Not all the Friends have returned to the groups, but they are still in touch via peers and the school. They know they are welcome any time.

DEMENTIA FRIENDLY COMMUNITIES - As Health and Well Being Groups started to meet online over 2021, we were able to attend most meetings and reconnect. We:

- Supported the Dunbar and East Linton Area Partnership's Older Peoples' Action Group to look at what local issues to address. Their focus was on data and led to work by Terry Prior to get better data.
- Ran awareness sessions with pupils at Dunbar Grammar School - 4 in total. The first since Covid.
- Had a conversation about dementia with North Berwick Stroke Club in January where we found much in common round stigma and exclusion linked to cognitive impairments and disabilities.
- Continue to be active members of the Community Forum at Queen Margaret University and work with several academics who are very supportive of our work.
- Supported the Chair of the Musselburgh Health and Well Being Group to get funding from the Communities Mental Health and Well Being Fund for a Dementia Friendly Musselburgh Development Worker and employ Alan to take on this role.
- Were delighted to get a £60 donation from the residents of Fidra House in North Berwick. We used the funding for the Seaside Singers Project.

DEVELOPING MEETING CENTRES

We first talked about the possibility of Meeting Centres in East Lothian in January 2018 (<https://dfel.org.uk/blog/changing-thinking-about-dementia-scottish-universities-insight-institute-conference-31-january-2018/>). DFEL supported community conversations across East Lothian about dementia and whether a Meeting Centre would fill gaps and improve the quality of life for people with dementia and unpaid carers/supporters. At the DFEL Gathering in Spring 2019, members took the idea to ELHSCP who then took the idea on their behalf to the IJB.

Discussions about a Meeting Centre for Musselburgh began in late 2019. ELHSCP and DFEL agreed Musselburgh Ward as an area where there is a clear unmet need for support round dementia. We ran a well-attended and very supportive community event in February 2020 to set the ball rolling (<https://dfel.org.uk/blog/dementia-friendly-musselburgh-workshop-february-2020/>).

Covid slowed progress, but in 2021, the core group - ELHSCP, Musselburgh Health and Well Being Group, Open Arms Carers, DFEL and Outside the Box reconvened. We organised an online event for stakeholders in August 2021 and in person events in November <https://dfel.org.uk/blog/musselburgh-meeting-centre-restarting-the-conversation-full-report/>. Outside the Box ran engagement events also. <https://dfel.org.uk/blog/musselburgh-meeting-centre-community-engagement-events/>. We also held community conversation events in the Hollies just before Christmas.

In late 2021, DFEL applied for Life Changes Trust funding to set up a Learning Network and Hub for East Lothian based round the development of the Musselburgh Centre. This was unsuccessful but the proposal helped us develop and agree with ELHSCP a 'Hub and Satellite' model for Meeting Centres in East Lothian. Community enthusiasm and conversations showed that this model has appeal.

In March 2022, we held our first in-person event for over 2 years, at St Andrews High Church which had been identified as the venue for the Musselburgh Meeting Centre to start. <https://dfel.org.uk/blog/musselburgh-meeting-centre-the-conversation-continues/>. This was followed by a workshop for the core group with Helen Chambers, Chambers Consulting, to develop a strategy for developing the Musselburgh Meeting Centre. <http://chambersconsulting.org/>

In August, Janice Macleod, Chair of the Musselburgh Health and Well Being Group; Anne Bissett, Open Arms Carers and Sue Northrop from DFEL completed the Meeting Centres Training with the University of Worcester in August. Fiona O'Donnell from VCEL completed the course also.

Notice of the grant to develop the Musselburgh Meeting Centre was issued in December 2021. DFEL did not apply as we saw our role as promoting Dementia Friendly Communities and Peer Support and working to support the development of Meeting Centre satellites and learning network. The grant was not awarded and we decided to apply, knowing this would require DFEL to grow and evolve to rise to the challenges and opportunity. We had a strong vision based on what people living with dementia and unpaid carers in East Lothian tell us they want and need and what we know works. We put our vision and plan into the proposal and were delighted to hear in May that we'd been awarded the grant.

CIC REPORT
YEAR ENDED 31 MARCH 2022

DFEL has the skills and experience to develop and deliver a Meeting Centre in Musselburgh that we see as an inspiration and resource for people and communities across the county.
<https://dfel.org.uk/blog/the-musselburgh-meeting-centre-update/>.

This new area of work requires a major change for DFEL. We are expanding to run a Meeting Centre with a much larger budget and team.

In the autumn we were delighted to appoint Fiona Barrett to set up and run the Musselburgh Meeting Centre. Fiona has a vast amount of skills and experience along with a real passion for creating a Meeting Centre to inspire and lead. Over 6 months we became a team of 4, 5 from January 2023. More volunteers and staff will join us in 2023. We need an office and business support for a much larger budget, workforce and workload. Building our capacity to deliver and deliver well is a priority for us over the next year. More below.

Meeting Centre work:

The key activities for the coming year are:

Open the Musselburgh Meeting Centre: Fiona as Manager of the Musselburgh Meeting Centre will set up and run the Centre, starting in January 2023 with a small group of Members. Alan will support Dementia Friendly Musselburgh.

Develop Meeting Centres in other areas - Sue will continue conversations about Meeting Centres in the Dunbar Area, Gullane and Preston Seton and Gosford.

Linking Centres to Post Diagnostic Support & the East Lothian Dementia Strategy - We will work with ELHSCP and Alzheimer Scotland to explore who will benefit from the Musselburgh Centre and enhance Post Diagnostic Support. Different models and approaches will be developed with other communities

Developing Friendship Groups - Sue will develop Friendship Groups linked to Meeting Centres to provide social and peer support on a 'drop-in basis' based on the principles of Meeting Centres. Karen will support the development of the Friendship Groups.

Develop a Training strategy to ensure quality and impact - Training is key to quality, relevance and our outcomes. Training will be based on the Scottish Government Promoting Excellence Framework. We will work with Scottish Social Services Council, Age Scotland, Alzheimer Scotland and East Lothian Health and Social Care Partnerships to develop a training strategy for dementia that promotes our approach and provides quality and consistency across all areas of our work.

Develop DFEL capacity and governance to meet the challenges and opportunities of this new area of work. We will grow and develop the Board and their role, work with ELHSCP to develop a Public Social Partnership round the delivery of Meeting Centres and develop a robust Business Strategy with David Wilkinson from Strategem.

OTHER PROJECTS

Our Yoga work and Community Psychology links have also been active this year.

Yoga Moments - working with Melanie Cook, Satya Yoga, we developed courses which ran over 2021:

- Dementia Friendly Yoga sessions for people living with dementia and unpaid carers/supporters
- Short courses on yoga and dementia for staff and volunteers working with people living with dementia and unpaid carers/supporters, including for Meeting Centres and Carers Centres,
- An accredited training course for exercise professionals to learn about how to adapt their practice to work with people living with dementia and unpaid carers/supporters. This course generated over £900 from course fees.
- We hope to run this again in 2023.

Yoga for Everyone

We continued to run Yoga for Everyone sessions which are offered free to people living with dementia and unpaid carers/supporters and generate income. We ran over 170 classes for over 800 students and generated over £3,700. Despite being run entirely on Zoom (at very low price as low overheads for most of the year). Real world classes started in Autumn 2021 at Gullane Village Hall. These sessions also enable our work to spread by word of mouth within the community.

British Psychological Society - we continued to contribute to develop a national understanding of the impact of covid and lockdown and recovery on communities and promoting understanding and awareness of how communities are crucial to health and well being.

[https://clock.uclan.ac.uk/36075/1/Facilitating community resilience to respond to consequences of Covid-19.pdf](https://clock.uclan.ac.uk/36075/1/Facilitating%20community%20resilience%20to%20respond%20to%20consequences%20of%20Covid-19.pdf). <https://www.boingboing.org.uk/wp-content/uploads/2021/05/Community-action-and-resilience-in-response-to-Covid-19.pdf>

East Lothian Intergenerational Network - we have long supported Intergenerational working in East Lothian. With support from Alison Hardie, we made a successful application to Community Mental Health and Well Being Fund to develop the East Lothian Intergenerational Network through regular online and community meetings and training. This is being done in partnership with Loreen Pardoe from Support from the Start who is doing a wonderful job in linking, energising and creating a vibrant learning community. This is funded by the Community Mental Health and Well Being Fund, managed by Volunteer Centre East Lothian.

LEARNING AND SHARING

Dementia Friendly East Lothian is committed to learning and sharing together:

- In June the Life Changes Trust set up a Lothian Learning Network. We supported the event and co-hosted an event focussed on intergenerational working in East Lothian.
- The Celebrating Communities project provided monthly opportunities to share learning and ideas and we also supported focussed sessions on key themes.

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- We did a dementia podcast for East Lothian Libraries. <https://anchor.fm/east-lothian-libraries/episodes/Dementia-Friendly-East-Lothian-e14ccd5>
- In February we participated in a study to gather feedback from local community members on the challenges of rural living and what services would help remove/lessen this isolation.
- We worked with The Alliance and IFAC to support a proposal for the Alliance to run a collaboration on Living Well in Later Life and gave a presentation on our work. <https://integratedcarefoundation.org/wp-content/uploads/2021/02/WeLL-Co-Lab-1-Flash-Report3252.pdf>
- We participated in Housing research by Stirling University and East Lothian Council's work on Housing and Social Care
- We were part of a consultation by Dundee University on Age Friendly Systems
- We ran a local event in Gullane as part of the Scottish Government consultation on their new Older Person's Strategy.
- We participated in several National Care Service consultation events with the Life Changes Trust, Senscot and East Lothian Council and submitted a written response.

RUNNING THE BUSINESS - WITH THE SUPPORT OF GOOD AND GIFTED FRIENDS AND SUPPORTERS

Behind the scenes, the process of growing DFEL as an organisation started in earnest this year as we began to raise our level of ambition and applied for and were awarded the grant to run the Musselburgh Meeting Centre.

We have been very lucky to have much valued and appreciated support from people and organisations to help us on our development journey. We have not done this alone:

Elaine Alsop from EA Independent Ltd has once again been at the heart of our work, providing critical advice and support whenever we've needed it, often at very very short notice. Elaine has helped us get our grant proposals on a sound footing, kept our accounts in order, helped us manage our bank account and provide information for funders. Her contribution to our work and development and our ability to make all this work cannot be overestimated. Thank you Elaine.

Hilary Smith - our longest serving Director has helped with reading lengthy and complex grant applications at short notice, signed off payments, been a fantastic sounding board and ongoing support and help. Hilary helps me try out ideas and approaches, bringing a wealth of experience and perspectives. Thank you Hilary.

Maya Howell helped keep DFEL going over Covid and lockdown, got us digital and helped develop the foundations for growth and for accessing funding. Thank you Maya.

Laura Turney has helped develop our strategic direction and adopt new ways of working. Laura provided much welcomed practice help to complete the application for the Musselburgh Meeting Centre Grant. Laura and her daughters also support Dinners at DGS. Thank you Laura, Seren and Aiden Mae.

Mike Cheung and Ron Coleman - joined the Board in 2022 and Ron helped us to develop the successful application to the About Dementia Empowering Dementia Friendly Communities fund.

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They have already had a major impact on our work, attending meetings, providing mentoring and support to Friends and advising and supporting me. Thank you Ron and Mike.

Khlayre Cairney ran the inspiring Seaside Singers Project, bringing joy to people who were really isolated in lockdown. Thank you Khlayre.

Kirrie Connections - Graham Galloway has been a great resource and support to us from the start and continues to provide advice, experience and encouragement for us to create a Meeting Centre for and by East Lothian. We look forward to being part of the Scottish Meeting Centre Network and learning with other Centres across Scotland. Thank you Graham.

Worcester University - Shirley Evans and her team at the UK Meeting Centres Support Programme have continued to provide advice, help and support from the earliest days. We have benefited so much from the support of the team and the UK Meeting Centres members. When we are fully developed as a UK Meeting Centre, we look forward to being an active supporter of the UK Network. Thank you Shirley.

Helen Chambers - has been facilitating the development of the Musselburgh Meeting Centre Project providing a critical friend and enabling us to work and plan together. <http://chambersconsulting.org/>
Thank you Helen.

Thank you to our Funders:

Last but not least, thanks to our funders who have provided us with much more than money. Thank you for your support and the funding.

East Lothian Health and Social Care Partnership have continued to support our work through funding and a very positive partnership which we look forward to developing over 2023.

Life Changes Trust - for Celebrating Communities, help from Kirrie Connections and others and an evidence base that supports our work.

Age Scotland, Scottish Government and About Dementia for funding for Dementia Friendly Communities and Friendship Group development through the Empowering Dementia Friendly Communities Fund. And for your flexibility which means we can use the funding to make a difference.

The Community Mental Health and Well Being Fund, Volunteer Centre East Lothian for funding for the Intergenerational and Dementia Friendly Musselburgh Projects,

Just Enterprise for support with business development and a logic model for Post Diagnostic Support.

East Lothian Business Gateway for invaluable advice and linking us to resources to grow. Including Kimberly Anderson from the The HR Department and David Wilkinson from Stratagem.

Senscot - for ongoing support and advice about Public Social Partnership

IN CONCLUSION

The last year has been quite remarkable, and we end this period with a bigger vision and ambition, a larger Board, more employees and finances and a significant change process underway. The next year will see:

- Dementia Friendly East Lothian opening the Musselburgh Meeting Centre, supporting people in Musselburgh as part of the East Lothian Dementia Pathway. It will be a resource to inspire, enhance and support dementia work round the county

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- Friendship Groups available in communities, providing peer support led by Friends, with groups connected to each other. They will be facilitated and run based on training and part of the diagnostic support available
- A growing network of Dementia Friendly Communities where people living with dementia and unpaid carers/supporters have choices that enable them to have places to go, people to see and things to do
- Dementia Friendly East Lothian's training strategy will improve the quality of experience and outcomes for people living with dementia and unpaid carers/supporters and enhance employment opportunities
- A vibrant East Lothian Learning Network, with a return to Gatherings and events.
- Our 3 core activities will be integrated locally and embedded in East Lothian's Dementia Strategy and active supporters of Scottish and UK wide networks.

Organisationally, DFEL will have integrated our core areas of work and developed a staff team and volunteers including a Chief Executive role, based in my role initially.

Our Board and their role will be developed and in particular we will ensure that people with lived experience are actively leading in all our work.

A final thank you to the many people who have made all this possible.

Dr Susan Northrop AFBPSs
Founding Director

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

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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 £10,400

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

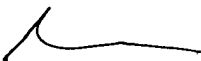
PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made"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

19 Dec 2022

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

DX Number

DX Exchange

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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)