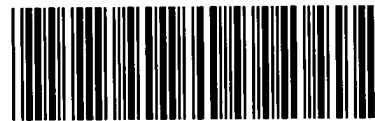


DEMENTIA FRIENDLY EAST LoTHIAN CIC
COMPANY REGISTRATION NO: SC543607
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2023

MONDAY



ACIMW1TN

A03

18/12/2023

#192

COMPANIES HOUSE

DEMENTIA FRIENDLY EAST LoTHIAN CIC

CONTENTS

	Page
Company Information	1
Directors' Report	2 – 3
Income Statement	4
Balance Sheet	5

The following pages do not form part of the statutory financial statements:

Accountants Report	6
Detailed income and expenditure account	7
CIC Report	Appendix

DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMPANY INFORMATION

Current Directors	Dr. SMM Northrop Mrs. AM Bissett Dr. LJ Turney Dr. K Rennie
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 2023.

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 2023 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. AM Bissett (appointed 17 May 2022)
Dr. LJ Turney (appointed 21 May 2022)	Dr. K Rennie (appointed 25 March 2023)
Mrs. HA Smith (resigned 19 August 2023)	Miss. M Howell (resigned 6 December 2022)
Mr. M Cheung (appointed 5 May 2022, resigned 21 June 2023)	

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 13 December 2023 and signed on its behalf by:



Dr S Northrop
Director

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**INCOME STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2023**

	2023	2022
	£	£
Turnover	115,149	30,402
Other income	-	810
Cost of raw materials and consumables	-	-
Staff costs	(56,112)	(10,400)
Depreciation and other amounts written off assets	(1,944)	-
Other charges	(52,636)	(20,689)
Taxation	-	-
Surplus/(deficit) for the period	<u>4,457</u>	<u>123</u>

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**BALANCE SHEET
AS AT 31 MARCH 2023**

	2023		2022	
	£	£	£	£
Fixed assets		4,426		-
Current Assets	94,252		56,723	
Creditors				
Amounts falling due within one year	(94,251)		(56,753)	
Net current assets/(liabilities)		1		(30)
Total assets less current liabilities		4,427		(30)
Opening reserves		(30)		(153)
Result for the year		4,457		123
Closing reserves		4,427		(30)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2023 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 13 December 2023 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 2023

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the period ended 31 March 2023 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 2023 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

13 December 2023

This page does not form part of the statutory financial statement

DEMENTIA FRIENDLY EAST LoTHIAN CIC

**DETAILED INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2023**

	2023		2022	
	£	£	£	£
Income				
Grants (see below)	110,842		26,632	
Other donations	1,660		810	
Yoga Classes	2,647		3,770	
		<u>115,149</u>		<u>31,212</u>
Expenditure				
Staff costs	56,112		10,400	
Consultant costs	15,689		12,355	
Staff travel, recruitment & training	8,742		318	
Activity costs and events	11,347		2,288	
Website & IT costs	6,355		3,321	
Legal, insurance and accountancy	6,137		1,949	
Small equipment	1,280		-	
Promotion	1,901		219	
Administration & office costs	1,185		239	
Depreciation	1,944		-	
		<u>110,692</u>		<u>31,089</u>
Operating surplus		<u><u>4,457</u></u>		<u><u>123</u></u>

Analysis of Grants	Income received	Movement in year	Carried forward
	£		£
Grants 22-23			
H&SCP – Meeting Centre work	82,668	(26,534)	56,134
H&SCP – Core work	25,000	(23,035)	1,965
Age Scotland – About Dementia	44,599	(32,213)	12,386
Intergenerational work	23,559	(10,035)	15,024
Dementia Friendly Musselburgh	24,650	(20,525)	4,125
	<u>200,476</u>		<u>89,634</u>

This page does not form part of the statutory financial statements

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

*Please
complete in
typescript, or
in bold black
capitals.*

Company Name in full

DEMENTIA FRIENDLY EAST LOTHIAN CIC

Company Number

SC543607

Year Ending

31 MARCH 2023

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)

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

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: 2022 - 2023

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 what we do and we work as members of the community, committed to the places and people who share our aspirations. Our workplan and priorities are set by people living with dementia and unpaid carers through Friendship Groups, Gatherings and community conversations.

What we do is evidence based - promoting social relationships, peer support and with activities based on cognitive stimulation and psychomotor therapy. We also work in ways that connect people to the wider community and promote rights, choice and agency, helping people retain a sense of identity with choices and positive stories to tell. A focus on place and community is central to our approach so we can help people stay connected to the places, people and activities that matter to them.

OUR WORK THIS YEAR

Many of our aspirations have been realised this year after 10 years of hard work by many people. Increasingly we are working in partnership with communities and services, based on growing and mutually beneficial relationships.

MUSSELBURGH MEETING CENTRE

Musselburgh Meeting Centre opened 3 April and runs 2 half day sessions a week. 11 people living with dementia attend the Centre 1 or 2 times a week. Most attend at least two thirds of the sessions. Four care partners attend regularly. It provides a flexible resource for people affected by dementia to adjust to life with dementia and the challenges it brings. Members have done a wide range of activities with days out and connections with the community and are developing a deep and mutually rewarding relationship with Musselburgh Grammar School. The Musselburgh Meeting Centre Team support the Friendship Group and Dementia Friendly Musselburgh working closely with Musselburgh Area Partnership and the Health and WellBeing Group. The Centre is a valued part of the St Andrew's High Church community, a relationship we value and will grow as we continue to work together.

The Centre is run by an excellent team led by our Meeting Centre Manager - Fiona Barrett, with Domenika Godomski, Jennifer McKay, Sandiann Devaney, Faye Rolland, Frances Johnston and Norman Barrett. Thank you for all your time, energy and commitment to the Members and their well being and joy.

Members are already finding their voice - exercising choice about what to do, setting the agenda in the Meeting Centre, at the community day and at the Gathering, supported by the Village Story Centre. And also finding their signing voice in a new singing group with Musselburgh Grammar School.

"I am just delighted it (the MC) is here for me to come to – I feel very lucky".

"The meeting centre is cracking good, in every way!"

"One of the best places to come to – if not the best".

THE GATHERING

We were delighted to hold our first Gathering since Covid on 19th September. Over 80 people came together to hear about the Meeting Centre and tell policy makers their priorities for the new East Lothian Dementia Strategy. 52 people had dementia or were an unpaid carer. They came from the Meeting Centre, Friendship Groups, communities and Dementia Cafes. A grant from Scottish Communities for Health and Well Being paid for Village Storytelling to work with the Meeting Centre Members to enable them to tell their story. Only one Member had attended a Gathering before.

It was a joint enterprise between DFEL, ELHSCP and Alzheimer Scotland with the agenda set by people with lived experience. It set the standard for how our relationships and practice will grow. We were delighted that Shamin Akhtar, Integration Joint Board Chair; Ashley Hardy and Christine Johnstone from East Lothian Health and Social Care Partnership and Michael Huddleston from Alzheimer Scotland came all day and facilitated conversations.

The Gathering is one of the most important ways we bring people together to share ideas, learn and make plans - and critically build positive relationships. It's a catalyst and foundation for our work and partnerships. Linking it to the Dementia Strategy and working in partnership made the experience meaningful and impactful, people can see they are making a difference - their views were taken to Integration Joint Board and helped set the priorities for the implementation strategy.

FRIENDSHIP GROUPS

we have developed a new sustainable and more effective approach to Friendship Group working with community partners, taking our community led focus further.

Musselburgh - We set up a new weekly Friendship Group at the Musselburgh Old Course Golf Club whose members are keen to support our work. The launch event brought together 20 plus people, from the golf club, community, Meeting Centre members and professionals. The next week, the Musselburgh Friendship Group started with 4 people who had heard about us from friends, GPs and

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

the church. They were joined by members of the Port Seton Friends and there's now a core group of around 8 core members.

Port Seton - we were offered space for a Friendship Group in the Port Seton Community Centre. The 5 Musselburgh Friends all live in PG and were keen to set up a group in their community. We started in May and as well as doing a 'dementia audit' with Alison, the friends attended the Port Seton Community Day, distributed flyers to local shops and the Health Centre and met the Librarian, Centre Manager and Management Committee. However, we struggled to get new members and when numbers dropped to 3, we decided to join the recently formed Musselburgh Group. A move that worked well for all concerned.

East Linton - We worked with the Lynton Day Centre and Prestonkirk Parish Church to explore setting up a Friendship Group to support the Day Centre's outreach work. With them, Alzheimer Scotland and East Lothian Health and Social Care Partnership we held a community event about the dementia strategy in May. Around 35 people attended and there was a lively discussion and sharing of views and experience. We supported the community to run a weekly Friendship Group until end October, we supported the Day Centre's 21st Birthday Party, ran a seated Yoga session with Day Centre Members and staff and gave a talk on brain health at the Prestonkirk Women's Guild. The Friendship Group now runs in the Day Centre.

Dunbar - was one of our first Friendship Groups and was the foundation for Dinners at Dunbar Grammar School, developed with Dunbar Grammar School and Rotary. We wanted to give old and young people a look forward and social time together. The Group merged with the school over lockdown, but there was a lot of interest in a new Friendship Group and Meeting Centre and the school remained keen to take this on.

We ran a Friendship Group pop up in April, supported by the Church, Area Partnership, Link Workers and school. 22 people came along, including 9 people living with dementia/unpaid carers and 3 school pupils keen to get involved. People told us there was a gap for a social club for people affected by dementia and they were keen to get involved. At a Church event in July, we also got interest and we got very close to starting a group, but a lack of local volunteers meant we were unable to go ahead. Dinners at DGS remains open to anyone in the town and we were able to help them buy a range of intergenerational games to support their work. Whilst people still tell us there is a gap, we've been unable to connect with this or find a community partner to develop a group.

Prestonpans - A new group is planned for Prestonpans next year, working with Prestonpans Community Centre and Health Centre. The Musselburgh Friends met the Management Committee and staff at Prestonpans and had a tour. They were impressed and are looking forward to helping the Centre develop a new group there - and joining in the activities. We have also run an initial training session and have a small project group in place.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

DEMENTIA FRIENDLY COMMUNITIES

We worked with 10 communities to explore local support for people affected by dementia, this has given us a good basis for developing local pathways to meet local needs and demand. We supported 14 community events including Community Days and dementia awareness week. 9 people we didn't know already attended an event and said they were affected by dementia (data not available for all events)

Dementia Friendly Spaces - Alison Connell ran design audits in a wide range of community venues, suggesting affordable manageable adjustments to make them more comfortable, accessible and 'dementia friendly'. These have included Churches, Community Centres and clubs in Dunbar, Port Seton, Prestonpans and Musselburgh. We have also run introductory workshops on Dementia Friendly Communities and Dementia 101 with staff and volunteers from across East Lothian, including the Preston Seton and Gosford Connected Communities Training Day, with Community Centres, Health and Well Being Groups and churches. Training on physical activity has also been provided to local groups.

Health and Well-being Groups - provide an important forum for talking about dementia and making things happen. Musselburgh Health and Well-being Group and Area Partnership played a crucial role in helping to pave the way for the Meeting Centre, from exploring venues to developing Dementia Friendly Musselburgh. In Preston Seton and Gosford, we have had very positive conversations with the Health and Well-being group, linking our work to development of the Area Plan and forming a local partnership to develop a model in Prestonpans that will form the basis of an approach for the whole area.

Connected Communities Team - In January 2023 we first ran our new Dementia Friendly Community training for Preston Seton & Gosford Connected Communities Team. Feedback was very positive and led to a number of developments including a new Friendship Group in the Port Seton Community Centre and working with the Health and Well Being Group to support the Area Plan to develop an integrated ward-level approach. This will be a key area for development over 2024/5, developing the model across PSG - integrating Dementia Friendly Communities, Peer Support and Meeting Centres and Dementia Cafes and Day Centres.

Community Days - have been especially valuable. People with lived experience play an important role in 'spreading the word' and challenging stereotypes, demonstrating the reality of life with dementia. Their contribution is often underestimated or invisible. Community Days acted as a catalyst for people getting out and about, building confidence, enthusiasm and giving people 'bits of paper' to spread the word. The events provide an opportunity for a tangible manifestation for people affected by dementia of 'us' and 'our identity'. We are physically in the room, part of the community. They are a great vehicle for making connections and getting voices heard. Friends and Meeting Centre members attended community days in Musselburgh, Port Seton and Dunbar. They designed 'our' table, how we describe ourselves and what we do. We discussed together what we would do at the event. Some

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Friends wanted to talk to people about dementia, some to sit at the table, others wanted to see who else was there. Everyone had a role.

Musselburgh - Musselburgh Health and WellBeing Group and Area Partnership led the development of Dementia Friendly Musselburgh, supported by funding from VCEL. Dementia Friendly Musselburgh is part of the Health and Well Being group. Fiona Barrett, the Musselburgh Meeting Centre Manager provides support and attends the Health and Well Being Group and Musselburgh Area. With the Meeting Centre Teams support, Members and Friends were at the Musselburgh Community Day, designing the stall and talking to people on the day. It was confidence boosting for the members. The Friends held an 'open morning' for people who wanted to find out more about dementia and we also developed a training schedule, with Alzheimer Scotland.

Port Seton - The Port Seton Community Day in May was a real focus for action. The Friends designed material for our stall - using adobe design. Everyone came along and spoke to the different groups to find out what was on offer and give out leaflets. We left the event on a real high with new contacts and ideas. However due to illness the group has temporarily closed and the remaining Friends now attend Musselburgh.

Prestonpans - In late summer, we started working with the Prestonpans Community Centre and Health Centre. There is a keen and active commitment to developing a Friendship Group as part of being an inclusive accessible resource for the community. In October, the Musselburgh Friends visited the Prestonpans Centre to hear initial plans and give their ideas and met the staff and Management Committee. Friends were impressed by the warm welcome we received, the vision for the Community Centre and the Centre itself. Like at St Andrews High Church, they saw it as a place people would want to come to. A place where life can be lived.

We hope to start a new Friendship Group in spring 2024, in the Community Centre, facilitated by the Connected Communities Team, with training and support from DFEL. Anyone can attend and the Health Centre will suggest people who may benefit, with the support of the link workers. We will work with the Health and Well Being Group to develop an area-wide approach.

Gullane - We worked with Gullane Community Association, Gullane Library, Day Centre and Gullane Village Association to run 3 events for Dementia Awareness Week: a dementia friendly corner in the library, a 'pop up' Friendship Group in the Recreation Hall and a drop in 'Funday' with Gullane Day Centre. In total 15 local volunteers got involved and around 20 people in total got involved. We met 2 people living with dementia we'd not met before.

Yoga for everyone - We continued to run Yoga for Everyone sessions. Carers (all) and people with dementia can access yoga online or in person for free. Sessions also generate income. We specialise in Yoga for older people and people at risk of dementia. This enables us to talk about physical, psychological and spiritual well-being, help people self-manage and self-care and create relationships

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

and connections. Yoga is a stigma free activity with considerable benefits for brain health and wellbeing and often seen as a young person's activity in the UK. Over the year we have taught over 20 students, 5 of whom are carers and generated £2,400 income. We delivered less training this year due to the demands of developing the Meeting Centre, and income has fallen because of this and because we offered more free sessions to unpaid carers. Plans are in place to develop this area of our work next year.

SUPPORTING THE NEW DEMENTIA STRATEGIES

The new East Lothian and Scottish dementia strategies came out this year. We have worked with East Lothian Health and Social Care Partnership and Alzheimer Scotland to enable people with lived experience to inform the development of the strategy and priorities via the Gathering and community events. We were involved closely in developing the strategy and are delighted to be partners in implementation. Our role is to promote and support co production with people affected by dementia and communities, involving them as equal partners in the strategy, developing the community-led approach and training.

TRAINING & DEVELOPMENT PROJECTS

We have developed 5 training modules and delivered 17 workshops/training events to support implementation of the new strategy in East Lothian. These have been for community groups, Day Centres, Health and Well Being Groups, East Lothian Council and ELHSCP, and health and exercise professionals. Meeting Centre Members and carers have supported the delivery and development of these. We are working with Alzheimer Scotland to deliver training in different areas.

We have a suite of introductory modules are adapted and personalises as required. They are delivered as informal conversational workshops to enable people to share ideas, ask questions and get the information they need.

- Understanding dementia - Dementia 101
- Dementia Friendly Communities
- Dementia Friendly design - Designs for life
- Dementia Friendly physical activity - Yoga Moments
- Brain Health/Prevention - Healthy Brains for all

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Intergenerational and training on carers are under development.

We are very grateful to Alison Connell, Melanie Cook and Loreen Pardoe, independent experts who bring their specialist skills in Design, Yoga and Inter-generational working to help us develop and deliver courses. We have worked with them over many years and appreciate their support very much.

We provide courses for free if DFEL runs them direct and we can access a free accessible room and a kettle. These are covered by our core funding. We seek funding for courses led by Alison, Melanie and Loreen; as a social enterprise we actively work to promote local small business and as a community organisation we support volunteers and activists.

Dementia Friendly Design- Alison has worked with us since 2015 and this year has provided advice on improving the environment in a range of community venues. Alison suggests simple and low-cost ways to make sensory and physical environments more inclusive and comfortable, based on the 5 principles of dementia friendly design. Alison is also developing a memory project to support people in transition into residential care. Meeting Centre Members and friends have helped to develop and deliver the workshops, including interactive techniques to make workshops an embodied experience where people with lived experience can fully participate and benefit.

Physical Activity Training - Yoga Moments - Dementia Friendly Yoga was one of our first projects in 2015, bringing the benefits of Yoga to people living with dementia, including in Day Centres and Care Homes. The potential benefits of Yoga-informed approaches have become clear in work with the Meeting Centre. Yoga and good dementia practice share many common features from being failure free and in the moment, promoting reflective practice and a person-centred approach as well as helping staff integrate work on balance and self-care into their work. We are working with the Meeting Centre team to help them develop skills and confidence to improve practice. For example, supporting people living with dementia to lead and the importance of learning to follow; creating and using multi-sensory approaches and how to design inclusive, safe and empowering spaces and activities.

We have developed training in Yoga inspired practice for different communities and groups, including people affected by dementia, physical exercise professionals, health and social care professionals, Day Centres community centres and volunteers. We also have 'kit bags' for community-based practitioners and charities like Day Centres so they can use yoga informed practice in their work. The training generates income so we can offer further training and free Yoga sessions for people affected by dementia.

The East Lothian Intergenerational Network - dementia is about everyone and we have supported Intergenerational Working in East Lothian for many years. Over the last year we have continued to work with local community activist and intergenerational expert Loreen Pardoe to develop the network. Funding from Volunteer Centre East Lothian has enabled us to make real progress to revitalise the Network after covid and hold a number of in person events. The grant period ended with a celebration

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

of bringing generations together when Professors Suzanne Zeedyck and Alan Gow spoke about Connected Babies and Keeping our Ageing Brains Sharp. This work was developed in partnership with Caroline Davies, East Lothian Council Youth Work Lead, Pat Scrutton from the International Intergenerational Network and Patrick Boxall from Queen Margaret University.

An intergenerational approach is even more important as we look at Brain Health over the lifespan and start to realise the potential for preventing dementia for future generations. We look forward to building on this work over the coming years and creating a better old age for generations to come.

THE NEWSLETTER

We did a bumper Newsletter for Dementia Awareness Week and circulated 400 copies widely, including to every library. We retimed the newsletter to include the new East Lothian Dementia Strategy and the start of the Meeting Centre. The newsletter has a 6m or so 'shelf life' so we plan to issue a shorter newsletter in the new year.

COMMUNITY PSYCHOLOGY FESTIVAL

The Festival held this year in Edinburgh, was originally timed for autumn 2020. We had planned to have a Gathering round the Festival so people affected by dementia could get involved. When the festival happened in October 2023, we were unable to get involved as we'd have liked. However, we supported Kate Allan and John Killick to run a workshop on poetry and dementia and we ran a Yoga and dementia session. The Poetry session was really well attended and stimulated many conversations about the role of clinical psychology in diagnosis and how this can create harm, the importance of community and intergenerational working. The Yoga session explored how an understanding of yoga enables us to create enhanced and empowering environments that promote good practice. It's intergenerational appeal was clear with an age range of 10 to 70 plus enjoying a psychology in motion presentation.

WORKING TOGETHER

None of what we do is achieved by us alone. DFEL is primarily a catalyst, a widget to bring people together to change the world. A big aim for a small organisation, but people living with dementia and care-partners deserve no less.

People living with dementia and unpaid carers - have led our work to redevelop Friendship Groups and promote dementia friendly communities and gave their views and experience to impact on policy and decision making. Our first Gathering provided an opportunity for them to set priorities for East Lothian. The group has been very active in their community and beyond, demonstrating the power of peer support and mentoring in enabling people to have their say. The Friends supported the Musselburgh Community Day and held an 'open session' a few weeks later on behalf of Dementia Friendly Musselburgh so people could find out more about dementia. They also visited the Prestonpans Community Centre to talk about plans for a new Friendship Group and dementia inclusive activities and will support the development of work in Preston, Seton and Gosford.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Community Partners - Experience of covid gave us a stronger focus on place and partnering with communities. This is now embedded in how we work so we can develop effective and sustainable approaches to community led support and co production. We no longer set up and run groups alone, we only work with local community partners.

About Dementia funding plus our core grant enabled us to work with 10 communities: Dunbar, Musselburgh, Port Seton, Prestonpans, Haddington, Gullane, Longniddry, East Linton, North Berwick and Humble. Each community conversation was different. Some led by people with lived experience, others by Day Centres, health and well-being groups, churches, schools and organisations like Rotary and Church Guilds. Conversations included practical help, sharing ideas, training or developing local projects.

Our role is to involve people with lived experience to develop resources and processes that promote rights and voice of people with lived experience as experts and leaders. We also work to promote and develop the unique and important role that communities of place and interest play in maintaining our health and well being, quality of life and managing life with long term conditions. This is an important part of our role in the new Dementia Strategy.

DFEL Directors - We cannot do what we do without our Directors. They play an important role as wise and critical friends who bring personal and professional experience to bear during our transitional period as DFEL faces decisions about what path to follow. They are helping us stay connected with our core business and values, helping to balance high aspiration and ambition with pragmatism and groundedness.

- Anne Bissett has worked with Fiona to help develop our work on Carers, including training. Anne helps ensure that we keep unpaid carers on the agenda and reminding everyone that carers also live with dementia.
- Dr Laura Turney has been on the Board for several years and has played an invaluable role in supporting our strategic and business development sessions. Laura's experience in evaluation and governance have helped us greatly as we grow and develop.
- Dr Karen Rennie joined the Board in the spring. Karen brings considerable practical, academic and research experience to our Board. Karen is working with the Meeting Centre Team to support practice development.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Several Board Members have stood down this year. Their contributions have been significant and much appreciated and they have our deep gratitude.

Hilary Smith stood down in mid 2023 after over 4 years of support over one of our biggest growth spurts. Hilary's contribution as a support and wise counsel was very much appreciated. Thank you Hilary.

Mike Cheung joined the DFEL Board along with **Ron Coleman** as Honorary Director for a year as part of the invaluable support we received from Deepness. They met with members of the Musselburgh and Dunbar Friendship Groups to talk about dementia and what is happening in other places. These were very special conversations and had a profound effect on many people who were inspired - we saw the power of peer support in action. People still talk about meeting them and the conversations they had. Ron and Michael also came to local meetings to help set up the Musselburgh Meeting Centre, advised us on recruitment and management policies and process. We had hoped to welcome Mike and Ron to our Christmas Party, but that was cancelled due to covid. Thank you Mike and Ron for all your help and support.

Professional support - We have also benefited from excellent professional support.

- Elaine Alsop, has again been at the heart of our work, providing critical financial advice and support, often at very very short notice. Elaine's contribution to our development and our ability to make all this work cannot be overestimated.
- Helen Chambers has led several workshops to help us implement our business strategy and build partnerships at a crucial time in our growth.
- Loreen Pardoe has worked with us to support the East Lothian Intergenerational Network and develop our intergenerational work. Including developing work with Musselburgh Meeting Centre.
- Alison Connell, designer and Melanie Cook, yoga trainer have worked with us to develop and deliver specialist training on critical areas.
- Mike Willis at Support Teach provides digital support
- Ellie Bowden, from KarenRitchie VA, has provided support to the CEO and Board, enabling us to manage a growing workload.
- Maggie McCole has continued to help us with our websites.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Funders - Our progress has been achieved through the financial and practical support from funders and funding partners. We have been very fortunate to have funders who actively support what we do, giving their time and experience to help us achieve all we aspire to. Their work makes the money go further, helping improve lives even more.

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 2024. They provide core funding and fund the Musselburgh Meeting Centre. Thanks Christine Johnston, Ashley Hardy Maria Burton and Shamin Akhtar, we have felt valued, respected partners, working to shared outcomes and ambitions. A high spot was working with them and Michael Huddleston from Alzheimer Scotland on the Gathering and at the IJB - a very positive partnership and foundation for the future.

Age Scotland, Scottish Government and About Dementia provided funding for our capacity boost/recovery work with Friendship Groups and Dementia Friendly Communities via the Scottish Government Empowering Communities Fund. We really appreciate their flexibility which enabled us to use the grant to maximum advantage. Jennifer Kean and Adam Huntly have been more than just funders. They have provided support and been a critical friend. We have also benefitted from the work of Colm Mc Briarty who runs the Dementia Friendly Communities Network and Graham Galloway and Ron Coleman who run the Meeting Centre Networks.

Volunteer Centre East Lothian provided funding via the Community Health and Well Being fund administered by VCEL for our Intergenerational Project, led by Loreen Pardoe. This has helped us develop our own intergenerational practice and networks and we have learnt a lot from the collaborative partnership that oversaw the work.

East Lothian Business Gateway - Irene Ramsay provided much needed support and signposting as we developed a new business plan for the growth. Irene helped us connect with David Wilkinson from Stratagem to develop a robust and clear plan for growth and with Kimberly Anderson from The HR Department and David Wilkinson from Stratagem.

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

LOOKING AHEAD

We have ambitious plans for next year. We want to consolidate progress made so far and create a robust and sustainable foundation to integrate and build the elements of our approach. We want to explore and demonstrate the benefits of the new partnerships we're forming and develop them further. This next year will play a critical role in shaping DFEL's capacity to play a key role in making the ambitions and aspirations of people living with dementia, communities and partners a reality.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

Our main priorities will be:

- More people with lived experience - people living with dementia and unpaid carers/supporters - leading visible in all areas of our work
- Growing the partnership to support delivery of the East Lothian dementia strategy, ensuring that people with lived experience are visibly leading and tangibly benefitting
- Developing the Musselburgh Meeting Centre - starting with a 3rd session and ensuring the foundations are in place for longer term development in Musselburgh and beyond
- Working with Prestonpans Community Centre and Prestonpans Health Centre to develop and deliver community led approach to improving the quality of life for people living with dementia in Prestonpans and an area-based model for Preston, Seton and Gosford
- Growing our training/workshops to support our work, share the model and deliver the dementia strategy
- Working with partners to develop peer-led information/support round about and after diagnosis
- Developing new narratives and projects to support a greater emphasis on challenging stigma, valuing community and promoting brain health
- Supporting the East Lothian Intergenerational Network as a key way to promote brain health over the lifespan
- Holding 1 or 2 Gatherings and newsletters to develop and grow our learning community
- Develop the Board to take DFEL forward as we move from development to delivery and the next phase of our work

IN CONCLUSION

This year has seen a lot of growth and change for us. As we end 2023, we reflect back on a year when the first East Lothian Meeting Centre in Musselburgh became a reality and DFEL became a team and a partner. We are also in the early stages of developing an integrated model working with Prestonpans Community Centre and Health Centre that will evolve across that area and hopefully reconnecting with the memory course.

Musselburgh Meeting Centre and Fiona and her team are already showing what we can achieve together. The new dementia strategy provides an enabling environment for our model and we have exciting new partnerships and possibilities. We need to ensure we have the foundations and resources

DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

to deliver the potential. The environment is positive and will enable us to make a real impact. Public finances are tight and demand is considerable, but we have valuable assets in lived experience, community and the partnerships that are forming. There is great energy and commitment to change. Sharing our assets, working together will help us all make the difference we need to make.

People, places, partnerships and prevention, a kettle and an accessible room. A recipe for changing,

A massive thank you to the many people who have been part of this journey, a welcome to those who are joining us. We look forward to what comes next.

Sue Northrop

Dr Sue Northrop AFBPSS, Masters in Dementia Studies
Founding Director/CEO
December 2023

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 as people with dementia and unpaid carers/supporters; families and friends, the wider community and the professionals and funders supporting the work we do. Our priorities are developed in partnership 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 £14,400

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

DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2023

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

13 Dec 23

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