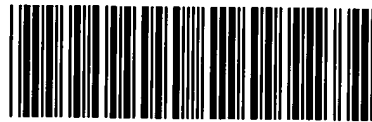


DEMENTIA FRIENDLY EAST LoTHIAN CIC
COMPANY REGISTRATION NO: SC543607
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2024

TUESDAY



ADISGHAP

A06

17/12/2024

#227

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 Mrs. PA Scrutton
Registered Number	SC543607
Registered Office	29 Williamstone Court North Berwick East Lothian EH39 4RQ
Accountant	EA Independent Ltd 5 South Charlotte Street Edinburgh EH2 4AN

DEMENTIA FRIENDLY EAST LoTHIAN CIC

DIRECTORS' REPORT

The directors present their report and the financial statements for the period ending 31 March 2024.

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 2024 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

Dr. LJ Turney

Dr. K Rennie

Mrs. PA Scrutton (appointed 23 April 2024)

The directors who resigned during the period were:

Mrs. HA Smith (resigned 19 August 2023)

Mr. M Cheung (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.

DIRECTORS' REPORT

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.

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 10 December 2024 and signed on its behalf by:



Dr S Northrop
Director

DEMENTIA FRIENDLY EAST LoTHIAN CIC**INCOME STATEMENT
FOR THE PERIOD ENDED 31 MARCH 2024**

	2024	2023
	£	£
Turnover	152,112	115,149
Other income	-	-
Cost of raw materials and consumables	-	-
Staff costs	(78,876)	(56,112)
Depreciation and other amounts written off assets	(2,834)	(1,944)
Other charges	(70,217)	(52,636)
Taxation	-	-
Surplus for the period	<u>185</u>	<u>4,457</u>

DEMENTIA FRIENDLY EAST LoTHIAN CIC**BALANCE SHEET
AS AT 31 MARCH 2024**

	2024	2023
	£	£
Fixed assets	4,980	4,426
Current Assets	94,187	94,252
Creditors		
Amounts falling due within one year	(94,555)	(94,251)
Net current assets/(liabilities)	(368)	1
Total assets less current liabilities	4,612	4,427
Opening reserves	4,427	(30)
Result for the year	185	4,457
Closing reserves	4,612	4,427

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2024 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 10 December 2024 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 2024

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the period ended 31 March 2024 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 2024 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.

E Alsop

E Alsop
EA Independent Ltd
5 South Charlotte Street
Edinburgh
EH2 4AN
10 December 2024

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 2024**

	2024		2023	
	£	£	£	£
Income				
Grants (see below)	149,346		110,842	
Other donations	188		1,660	
Yoga classes and training	2,578		2,647	
		<u>152,112</u>		<u>115,149</u>
Expenditure				
Staff costs	78,876		56,112	
Professional services and consultant costs	24,049		15,689	
Staff travel, recruitment & training	5,337		8,742	
Activity costs and events	12,286		9,461	
Rent and room hire	8,767		1,886	
Website & IT costs	4,604		6,355	
Legal, insurance and accountancy	6,830		6,137	
Small equipment	810		1,280	
Promotion	2,445		1,901	
Administration & office costs	5,089		1,185	
Depreciation	2,834		1,944	
		<u>151,927</u>		<u>110,692</u>
Surplus		<u><u>185</u></u>		<u><u>4,457</u></u>

Movement in Grants deferred

	Brought forward	Net income/ (spend)	Carried forward
	£	£	£
Grants 23-24			
H&SCP – Meeting Centre work	56,134	(12,934)	43,200
H&SCP – Core work	1,965	2,535	4,500
H&SCP – Dementia Strategy	-	42,000	42,000
Age Scotland – About Dementia	12,386	(12,386)	-
Intergenerational work	15,024	(13,124)	1,900
Dementia Friendly Musselburgh	4,125	(4,125)	-
	<u>89,634</u>		<u>91,600</u>

This page does not form part of the statutory financial statements



Dementia Friendly East Lothian Annual Report 2023 - 2024

Our Mission and Values

Our vision is that people living with dementia and unpaid carers/supporters are respected and valued members in their communities with places to go, people to see and things to do. They are citizens, accessing their rights, able to influence the things matter to them, working with communities, services and policy makers to create effective and empowering environments and transform the experience daily community life. As a social enterprise we work with others who share our values and goals to strengthen and build community assets and capital.

What we do

DFEL works to create environments where people affected by dementia are equal partners, experts by experience co-producing policy and services. We create spaces where people can become empowered and connected and work together as equals. We promote positive social relationships, peer support, and self-advocacy. We place a strong emphasis on community, and connecting people to the people, places and activities that are meaningful to them and where we express our identity. Our approach is based on evidence from lived experience and research in community psychology and dementia best practice.

People affected by dementia told us they want to be with others in the same boat, to be free from stigma, 'to be me.' This led to our main areas of work:

'Friendship Groups' - social groups in the communities for people affected by or interested in dementia.

Dementia Friendly Communities - communities becoming dementia enabled and inclusive.

Voice, influence and power – Gatherings, events, workshops, training and projects that inform services and policy at community and county level.

We consciously create spaces where people with lived experiences are experts by experience – equal partners with communities, service providers, decision makers. Where people can build positive relationships and understanding, collaborate and work together to share ideas

and learning and co-create and produce projects, plans and policies. We share experience, learning and practice through workshops and training. Our DFEL Gatherings bring it all together – people, organisations and ideas – to share, reflect and create the future together.

The East Lothian Dementia Strategy and the Musselburgh Meeting Centre

In 2023 we opened East Lothian's first Meeting Centre in Musselburgh and are now developing the approach across East Lothian. They bring together our work over the last decade and provide a firm foundation for taking our vision into the next decade, with partners.

Meeting Centres provide a social space, friendship and opportunities 'to be me' for people with mild cognitive impairment and dementia. They also provide access to expert advice and support. Centres are based on 11 essential features that research shows help people living with dementia and care-partners adjust to the changes and challenges that life with dementia brings. The Meeting Centre manifests our values and experience and is a framework for growth of impact and ambition.

People make a Meeting Centre, and DFEL is now a team. We are very fortunate to have a skilled, experienced and committed team of people - paid and unpaid – who make the Musselburgh Meeting Centre happen. Fiona Barrett, Musselburgh Meeting Centre Manager, is at the heart of our work and inspires and supports her team - Dominika Gadomski, Jennifer McKay and April Govan (facilitators) and volunteers, Faye Rolland, Norman Barrett and Frances xx. Sandiann Devaney, our admin support retired in the summer. Fiona and her team work hard to make the Centre a great place to be and Members appreciate all they do.

Work to develop the Meeting Centre approach across East Lothian is led by Sue Northrop, CEO/Founding Director. This involves facilitating a community of learning and practice and working with community bodies to explore the potential benefits for them. This work is closely linked to the practice development and innovation happening in the Musselburgh Meeting Centre.

We would not be here without the support, encouragement and finances from East Lothian Health and Social Care Partnership. We very much appreciate the support of St Andrew's High Church who provide our base and Musselburgh Area Partnership who have supported us from the start. Thank you.

Key Achievements and Impact Summary

In 2024, DFEL celebrated our 10th birthday. Over the last 10 years we have grown from a conversation between care-partners about our experience in our community to setting up and running the Musselburgh Meeting Centre in 2023 and developing the approach across the county. Over the last 18 months:

The Musselburgh Meeting Centre

We have set up East Lothian's first Meeting Centre and it is developing in depth and breadth.

- There are 13 regular members, most attend 2 sessions a week.
- Members, carers and friends are equal partners in coproducing what happens in their sessions and in Meeting Centre and DFEL planning and decision making from design to delivery - leading workshops. They are 'experts by experience'.
- Members can experience a range of activities, outings and events, designed to help them live well with dementia and are sharing their experience in East Lothian and beyond.
- Members tell us the Centre is changing their lives

The Centre is about more than the members and has a broader reach and impact in the community

- The team facilitates the Musselburgh Friendship Group – a drop-in social group for people interested in dementia
- The Centre supports a monthly Carers Space, led by Anne Bissett working with Carers of East Lothian
- Runs an Intergenerational project with Musselburgh Grammar School, about to enter its third year, bringing enjoyment to members and pupils
- Is part of the Musselburgh Area Partnership and supports Musselburgh Community Day
- Has contact with many local groups and organisations from Veterans to the Musselburgh Museum

Developing the Meeting Centre Approach - Development Projects

We are working to take the benefits of the Meeting Centre approach across East Lothian through events, training and Gatherings.

- The co production workshop brought people living with dementia, carers and community together to develop plans for the development of the Meeting Centre approach in Musselburgh. The Co-production Workshop
- The Meeting Centre workshop was led by Members who gave us an inside view of the Meeting Centre experience The Meeting Centre Workshop - the inside story
- A weekly community healthy brain hub is being developed in partnership with the Hollies Community Hub.
- We support a range of local projects that promote brain health for everyone, for example community gardening, intergenerational working. The Intergenerational project
- The DFEL Gathering focused on Healthy Happy Brains, a key part of a community of learning and practice, supported by blogs and the new Hub. DFEL Gathering - Nourishing our neurons
- Working with community organisations in Prestonpans, Haddington, Gullane and Dunbar to explore the potential benefits of the Meeting Centre approach to their community. A Meeting Centre for Haddington: Workshop

Work in progress

- Continuing to develop practice and experience round running the Meeting Centre
- Developing a long-term partnership with the community to support the Meeting Centre
- Develop the new Brain Health Hub as key part of local pathway and to support risk reduction and prevention
- Community conversation about a Meeting Centre for Haddington, others may start off
- Appointing an administration and a development worker
- New projects with Queen Margaret University

The Musselburgh Meeting Centre

Who comes to the Meeting Centre?

The Musselburgh Meeting Centre opened on April 3, 2023, and now runs 2 sessions a week with a third session under development. In its first 21 months, the team facilitated 165 sessions (by November 2024), supporting 13 members who attend regularly. 10 members come twice a week, and the average attendance is 9. Most people who come are 'high attenders', the Centre is part of their weekly routines. This adds up to 1,438 individual attendances over the period.

Two Members and 1 care-partner have left during this time, one to move into residential care, the other was unable to participate any more, despite enhanced one-to-one support.

15 different care partners attended the Centre over this period with 4 attending regularly. Over the 2 years, fewer carers are regular attenders at the Centre. The Carers Space started in April 2023 and since then we've run 12 monthly sessions, with 4 regular attenders, including carers from the Friendship Group.

Most members heard about the Centre from their Alzheimer Scotland Link Workers or word of mouth. Fiona meets potential members to see if coming to the Centre is the right place for them and people can 'come and try' before deciding. Every member has a 'personal plan' outlining what they want to achieve as well as any support needs. This is reviewed regularly, and plans inform what happens at the Centre.

What happens at the Meeting Centre?

The Meeting Centre approach is based on research and lived experience. It provides a carefully designed and balanced mix of peer support, psychomotor therapy, cognitive stimulation therapy and community connections. People have unstructured time to chat, out in the garden or read the paper and there are always choices.

Activities have included a wide range of projects; outings, visitors and fun. The Musselburgh Meeting Centre has become embedded in the Musselburgh community and grown links across East Lothian. People are coming into the Centre and members are out and about, visibly participating in community life. What happens is more than just entertainment, this is life affirming and life enhancing.

Connecting

- with the community – the Meeting Centre and Friendship Groups each held an Open Day; Visits to Musselburgh Museum and Lewisvale Park; Gardening with the Library;

planning and participating in the Musselburgh Community Day; supporting Dementia Friendly Musselburgh. The team also support Musselburgh to be more dementia friendly, raising awareness of dementia and the Meeting Centre and challenging stigma.

- with other Meeting Centres – a member attended the Scottish Meeting Centres Network with a team member
- with organisations - student placements from QMU, visits from Carole Rodgers, Connected Communities, East Lothian Council, Mandy Harrington from Volunteer Centre East Lothian and Morna Russell from Alzheimer Scotland.
- the generations - Musselburgh Grammar School pupils come weekly to Centre in term time for a range of activities from singing to writing poetry

Moving

- out on the Trishaws with Cycling Without Age; Lagoons - Walking tour and a bird watching tour with the ELC Countryside Ranger
- travelling - a 'Big Day Out' to the Kelpies and Hopetoun House and a trip to the North Berwick Coastal Communities Museum
- organising and running the Meeting Centre Olympic Games, including making batons and creating their Olympic T shirts.

Creating

- with local poet, John Killick, a local poet works, storyteller, Lorna Hill, making Christmas Cards with Kate Allen, singing with Charlotte McMillan
- Members planted, harvested and eat their home-grown potatoes – 'The Tattie Project'. And working on the Musselburgh Garden Project with Kate Allan.
- Members created art as part of the Weaving Wonder Project which was on display at the Fringe by the Sea.

Remembering

- commemorating the 80th Anniversary of D Day and Armistice Day with the local veterans
- Remembering Together with the ELC Covid memorial programme

Learning

- Researching – Members participated in research on the challenges of ageing with Heriot Watt University.
- Learning – DFEL workshops on co production and the Meeting Centre experience

Celebrating

- The Meeting Centre's first birthday, creating a "Tree of Life" and a birthday lunch.
- Christmas - a Christmas coffee morning for the community, including a carol concert by our intergenerational c
- our own Royal Garden Party
- a 70s fun day with Angel delight; afternoon delight with stories from Betty Ramsden and poems from John Killick

Bringing generations together

We believe dementia is about everyone, all ages, all stages – it affects us all. We are also committed to working to promote better brain health for future generations. The Meeting Centre began working with Musselburgh Grammar School in October 2023 to May 2024, bringing pupils and members together for a range of activities. The initial project has been very well received by Members and pupils. At our 2023 Christmas Community Party, members and pupils formed an intergenerational singing group and led the singing.

The intergenerational project restarted after the summer holidays with eight very keen and enthusiastic young people. Members and young people enjoy time to get to know each other and make plans, including their favourite elements - music and being outdoors.

Meeting Centre Groups

The Centre is more than just 2 sessions a week for 13 people, it is a resource for the people round them and other people in the community.

The Carers Space - Meeting Centres support people with dementia and care-partners/supporters. Since we started, 15 different care-partners have come along to the Meeting Centre or on a day out, 4 come regularly.

Carers asked us to create a space for them and in April 2024 we started a monthly Carers Space. It's a place for carers to come together for friendship and mutual support. To date there have been 8 sessions, with 4 care-partners attending regularly. Sessions are facilitated by Anne Bissett, who set up and runs Open Arms Carers. Carers of East Lothian attend quarterly which has been really helpful.

There are also opportunities to help carers access services and support. For example, we worked with Alzheimer Scotland to help a member and care partner access audiology support.

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2024

The 'Carers Space' provides peer led support, builds confidence, voice and care-partners as 'experts by experience'. Anne has worked with the group to ensure carers' voices are clearly heard in our events and discussions and are having an impact. For example, at our workshops on co production, the Meeting Centre approach and the DFEL Business Plan.

The Musselburgh Friendship Group - Friendship Groups are a weekly social space for anyone interested in dementia to get together for a cuppa and a chat. They are a valuable flexible resource for people living with dementia and care partners. Groups are designed to be facilitated by trained volunteers, based on the Meeting Centre approach.

Dominika from the Meeting Centre team facilitates the Musselburgh Friendship Group which meets weekly in the Musselburgh Old Golf Course Clubhouse. We are very grateful to the club for offering us a base for the group.

Since April 2023, we have facilitated 79 Friendship Group sessions. A core of 18 Friends come regularly - 8 people living with dementia, 4 care-partners and 6 other people. Most weeks 7/8 people come along. As connections have built, 2 members from the Meeting Centre have joined the group.

Friends enjoy company and are keen to 'spread the word' about their group and challenge dementia stigma. They have held 2 'open days', one for people who have completed the Alzheimer Scotland Post Diagnostic Support Group the other for the community. They mainly have a cuppa and chat but sometimes do Friends organize an activity, from painting to walks. We are reviewing the roles of the group as it is reaching full capacity in terms of size and because over time, Friends have increasing needs for support.

Developing the Meeting Centre Approach

This year we moved into a new stage in the development process. Having got the Musselburgh Centre up and running, we have started to focus on building the capacity to take the benefits of the approach more widely. We have developed a programme to build skills, confidence and relationships, bringing people together to share and learn together, creating and supporting a community of learning and practice.

Our approach is to work together and learn by doing. We ran a series of workshops on core areas designed to demonstrate and develop practice and understanding round:

- The co production workshop brought people living with dementia, carers and community together to develop plans for the development of the Meeting Centre approach in Musselburgh. The Co-production Workshop
- The Meeting Centre workshop was led by Members who gave us an inside view of the Meeting Centre experience The Meeting Centre Workshop - the inside story
- The DFEL Gathering focused on Healthy Happy Brains, a key part of a community of learning and practice, supported by blogs and the new Hub. DFEL Gathering - Nourishing our neurons
- Exploring the potential benefits of the Meeting Centre approach to their community. A Meeting Centre for Haddington: Workshop

In all of these we have works to develop practice and a model of co production with people affected by dementia as experts by experience and building understanding and relationships, challenging stigma and building confidence

Impact

The 5 outcomes

We have adopted the 5 outcomes identified by the Life Changes Trust which are also the outcomes for the East Lothian Dementia Strategy.

I get the help I need when I need it

Members feel they get the help they need, when they need it and that they are well supported in the Centre. They trust the team and their peers to provide the help they need when they need it. For example, we worked with Alzheimer Scotland to help a member get audiology support.

The monthly Carers Space and informal contact in the Meeting Centre provide opportunities for carers to access peer advice and professional support from Carers of East Lothian.
Example?

I am empowered to do the things that matter to me

We see people with experience as carers and as people who have or might have dementia as 'experts by experience'. Experience of living with dementia brings important insight, knowledge and understanding that is essential to making a difference. We build this principle

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2024

into all aspects of our work, carefully creating environments where people are encouraged to participate and speak.

Members are keen to tell people about the Meeting Centre and the difference it makes. In June we held our first workshop designed and led by the Meeting Centre Members who wanted to give people an 'inside view' of the Meeting Centre experience. More than 50 guests attended. Graham Galloway from the Scottish Meeting Centre Network and Shamin Akhtar, IJB Chair opened the event. Members gave their 'recipe' for the Meeting Centre and invited people to join in. All Members had a role, and some spoke at the event, some their first time speaking in public. The workshop was well received and led to a number of contacts with Day Centres which are now being followed up. https://dfel.org.uk/blog/the-musselburgh-meeting-centre-workshop-the-full-version/?doing_wp_cron=1725372578.3538260459899902343750

I am able to be as independent as possible

A member went to the 2-day Scottish Meeting Centre Network in Prestwick. This involved several challenges for her - distance travel, overnight stays and a national event with new people. A team member accompanied her. The Member took our views to Prestwick and told us 'I was delighted to go and felt really proud of myself for in front of lots of strangers.' Since then she has spoken at workshops, inspiring us all.

Members always have choices of what they do, and the Meeting Centre team encourages people to get out in the community - on visits, days out and community events. We can see confidence growing as people speak up and share their views and experience. One member's confidence has grown to take on new roles in the Centre, including 'buddying' new members and organizing activities.

I live in a place that suits me and my needs

Members were invited to share their stories at the DFEL Gathering and to inform priorities for the East Lothian Dementia Strategy. They told us how the Centre made them feel and what made it a great place to be. They were supported by the Village Storytelling Group to get their story across. Members and care partners regularly support our development work by sharing their views and experience. Recently 2 members attended a 'Pioneer Workshop' to discuss a Meeting Centre for Haddington.

Members often speak of the problems caused by stigma round dementia, so when a local MSP wrote about 'dementia sufferers' in his column in the East Lothian Courier, members invited him to meet them to see that life with dementia is more than this. Members decided that the MSP should experience a 'normal' Meeting Centre Day and join in their activities.

They also took the opportunity to raise a much-discussed local concern, the state of the pavements. The MSPs have contacted East Lothian council on members' behalf, and we await a reply.

I feel safe, listened to, valued and respected

Members have embraced their role as "Experts by Experience" and tell us they feel more confident about speaking out and giving their views. The Capacity Building Workshops are designed as a vehicle for building the voice and confidence and opportunities to take a leadership role in a supportive environment. After the first workshop, Members told us we needed to improve sound quality, use less jargon and build in more time for discussion. Members designed and led the next workshop on the Meeting Centre, focused on their 'inside experience'. We worked together to design and run the day, the team facilitating coaching and encouraging people to get involved. We also bought sound equipment and created a flexible and open structure for the day.

Case study (edit)

Janice was one of the first members of the Musselburgh Meeting Centre. A sociable and lively person, Janice brought a lot of energy to the Centre. She often supported other members and the team and enjoyed activities and company. Over time, Janice's dementia progressed, and she began to struggle socially. She struggled to follow conversations and became increasingly withdrawn and often wanted to go home early. Janice's care-partner, Tim, was finding it harder to persuade her to come to the Centre, time he valued as respite for him. The team began to do more one-to-one work with Janice and to focus on what works for her - working in the kitchen. Janice tell us she feels "at home" in the kitchen and has taken on the role of organising a fruit a platter for the group. Janice enjoys her 'job' - creating beautifully arranged plates of food for elevenses, which are much praised by members and the team. Tim tries to attend the monthly Carer Space at the Meeting Centre and the team put him in contact with Carers of East Lothian.

It got harder and harder to get Janice to come to the Centre and the couple decided she would stay at home.

Looking ahead

As we head into 2025, we start the last full year of our Meeting Centre and development funding which ends in March 2026. The priorities this year are to develop the model to it's full capacity, as a resource and support for the development of the approach across East Lothian.

This includes sharing detailed information based on our experience of venue, resourcing, limitations and a model for the 'Hub and satellites' approach.

The main areas of work are:

Initiating an Additional 7-hour Session at the Musselburgh Meeting Centre

Our original grant proposal included developing a new 3rd session for the Centre. Inspired by the work of Deepness and STAND, we proposed a session led and run by and with people living with dementia - a 'Pioneer' group. People would be asked to join through the diagnostic process working with the post diagnostic team. This is a key stage when we know people benefit from peer support and opportunities for agency.

For various reasons outwith our control this hasn't been possible, so we are developing the third day in partnership with the community and service providers. We want to refocus on our original aim of a community pathway where people living with dementia and care-partners can see what support is available to them and can plan ahead and manage change. Discussions are underway and we hope to start this session in Spring 2025.

Developing the Meeting Centre Approach across East Lothian

The Musselburgh Meeting Centre is an important element in the development of the Meeting Centre approach across East Lothian as a worked example, an inspiration and a resource for other communities. As a development project we are also looking at barriers and problems and how to address them.

Developing the Meeting Centre approach:

- Direct work with community bodies interested in exploring and developing the Meeting Centre approach – including Dunbar, East Linton, Gullane, Haddington and North Berwick
- Facilitating a community of learning and practice to share learning, experience and mutual support with a series of workshops and training addressing key knowledge and skills areas (co production, the Meeting Centre Approach and Brain Health)
- Gatherings where we come together to make change happen together – setting our priorities for the new dementia strategy and launching the Healthy Brains project

Work has been a catalyst for development, for example, the Prestonpans Community Centre now hosts an Alzheimer Scotland Dementia Cafe and a dementia friendly choir and social

group. The Meeting Centre Workshop generated interest in finding out more, including working with Meeting Centres Scotland to run a "Pioneer" workshop in Haddington. We plan to meet with the Health and Well Being Group in 2025 to take this conversation forward.

We are currently advertising for a Development and Communication Facilitator to develop this work and build links with Meeting Centres Scotland about how we can support each other's work.

Promoting Brain Health

Talking about the Meeting Centre approach and the new East Lothian Dementia Strategy has led to conversations about how we can support brain health, manage risk and apply the principles – the 11 essential features – in other settings. We are also aware that only a small number of people can benefit directly – how can we take that impact wider?

Talking about Brain Health is generating a lot of interest, sparking productive conversations and creating links with a range of community connections. It is a totally different conversation, more open, curious and positive.

We're speaking with the Musselburgh Health and Wellbeing Group and partners about how we develop the Meeting Centre approach and there's a lot of support for this approach. To develop our planning, we have started a weekly Health Brain drop-in session with the Hollies Community Hub. We 'launched' the Hub at the DFEL Gathering in November 2024. Professor Alan Gow opened the day with a talk about 'thinking about brains' and how we age and we spent the day exploring different ways we can do our brains - and bodies a power of good.

Challenges and Learning

The Meeting Centre approach and its application is an evolving and developing approach; implementation is an adaptive process of planning, doing, reflecting and learning. Challenges include:

The importance of local pathways – people need a pathway of support, which includes the Meeting Centre. This helps carers and people with dementia to plan and helps the Meeting Centre team plan and organize the Centre and ensure that Members have a good experience. This needs to link to an agreement of what 'gap' the Meeting Centre fills and what happens when the Meeting Centre is no longer the right place for someone.

Finding the right place – it can be hard to find the right place. St Andrew's Church is a very supportive host, we have a kitchen and access to outdoor space, just off the High Street. Local designer Alison Connell designed a 'pop up' Centre kit to create a supportive space with

a real Meeting Centre feel. It is home. But timing means that the team spend a lot of valuable time setting and clearing and we are limited to ½ day sessions. Members want their own space that they can shape and control, they have ambitions too.

With gratitude

This has been a busy year with so much achieved by the DFEL team and the Members. The Centre is up and running with clear evidence that it is making a difference to people's lives and delivering the 5 outcomes of the East Lothian Dementia Strategy.

Members and Friends have played an increasing critical role in shaping our work and getting out the message that the Meeting Centre approach works. They embody the change and outcomes we seek and are indeed experts by experience.

The DFEL Team - the relationship between the Members and Friends and the DFEL team is very special and a joy to see in practice. The team members – paid and unpaid - have made the Centre what it is. Over this year they have worked with us to adjust contracts and job descriptions to ensure that we benefit Members.

- Fiona's management and her focus on ensuring everyone has the best experience have made this happen. She has worked with the team and members tirelessly and we are all very grateful for all she has done.
- Dominika continues to bring her enthusiasm, energy and cooking to delight members and the team.
- Jennifer nurtures our creativity helping members to express themselves in different ways.
- April brings a sense of perspective and reflection bringing a new dimension to our work.

Our volunteers make a huge contribution.

- Faye brings laughter, poetry and fun as well as working to keep things rolling.
- Norman brings Members to the and from the Centre, starting and ending their days with a chat and friendly face – and does the techy stuff at our events

The DFEL Directors are wise and critical friends who bring their personal and professional experience to bear as we navigate the ups, downs and complexities of a development project that breaks new grounds and challenges cultural norms about dementia and 'care and support' A massive thank you to Directors who have worked with us this year.

- Anne Bissett continues to support our work with Carers, developing the Carers Space and ensuring that Carers voices have been heard at our events and workshops
- Dr Laura Turney has played a key role supporting strategic and business development sessions. Helping to link our work to current thinking on change and policy and keeping us up to date and up to speed.
- Pat Scrutton joined the Board this year and brings a wealth of experience and talent round key areas for us, including Intergenerational working and Community development.

Dr Karen Rennie stood down from the Board this year. We will miss her grounded approach and expertise in practice and practice development.

Professional support - We continue to benefit from excellent professional support

- Elaine Alsop continues to provide essential advice and help on our finances and resource management, essential in a development project with challenging resource constraints and unexpected developments. Elaine ensures that the wheels stay on the bus and has our gratitude.
- Helen Chambers continues to provide advice and support round our business strategy and build partnerships at a crucial time in our growth.
- Loreen Pardoe continues to support our intergenerational work and works closely with Pat Scrutton to help us develop an innovative and effective practice model. Loreen also reminds us of the importance of play – for the project and ourselves.
- Mike Willis at Support Teach provides digital support, including providing critical support during a Spam attack in early 2024. We recovered with minimum harm done and a stronger system.
- Maggie McCole has continued to help us with our websites and comms

Funders - Our progress has been achieved through the financial and practical support from our funders. East Lothian Health and Well Being Partnership extended the Meeting Centre Grant for a further 2 years and also funded a development project to develop the approach across the county.

DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2024

We feel very fortunate to have funders who actively believe in and support what we do, giving their time and experience to help us achieve our shared aspirations and goals. Their work makes the money go further, helping improve lives even more. Thank you to Christine Johnston, Ashley Hardy, Maria Burton and Shamin Akhtar, we have felt valued, respected partners, working to shared outcomes and ambitions.

Sue Northrop

Dr Sue Northrop AFBPSs, Masters in Dementia Studies
Founding Director/CEO
December 2024

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 £14,645

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

DEMENTIA FRIENDLY EAST LoTHIAN CIC

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2024

PART 5 – SIGNATORY

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

Signed



Date

10 December
2024

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

COMMUNITY INTEREST COMPANY REPORT
YEAR ENDED 31 MARCH 2024

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 2024

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)