

1 The objects of the Reflections CIO are:

1. To relieve the needs of people with dementia for the public benefit by:
 - a) Providing them with support so that they can remain in their own home for as long as possible
 - b) Working to reduce social isolation and promote equality and wellbeing for people with dementia and their carers in the London Borough of Greenwich and in such other parts of London or Kent as the charity trustees may from time to time think fit
2. To fulfil such other purposes which are exclusively charitable according to the law of England and Wales and are connected with the charity work of the charity.

2 Operational details

2.1 Trustees

Peter Ley – Chair
Deb Wallis - Treasurer
Sarah Carroll – Secretary

Tatiana Sonei (nee Florea)
Marc Carroll
Janet Ley

2.2 Membership

Membership of the charity is restricted to the trustees.

3 Summary

This year Reflections has continued to maintain a consistent service. This report therefore closely mirrors last year's report. The Reflections web site (reflectionsgreenwich.com) includes regular updates and links to support and information sites.

4 Groups

4.1 Friendship Group

Weekly 1-3pm.

Average attendance 39. Pool of 12 volunteers. Across three rooms

The first hour has the group in two rooms where the members may choose from: two craft groups; puzzles, word-searches, colouring, dominoes. This year we have also run more physical activities for those who want them in our largest room (The Library) these include archery, bean bag tossing and darts.

The second hour has people come together in the largest room to hear a singer and join-in with singing and dancing (if they wish).

For the whole year we have continued to have a representative from the Greenwich Carers Centre at each session to offer advice for individuals and families.

4.2 Carers Group

Monthly 7:30-9pm. Maximum group size 12. Average attendance 5. Regular team of 3 volunteers. On Zoom.

This is a self-help group facilitated by Janet and supported by Tatiana. A 3rd volunteer attends to take notes of the meeting. We have a core of long-standing members with some new joiners. This group is very well established and provides considerable mutual support. The

members wish to continue meeting on Zoom, as this is easier to fit-in with their caring and work responsibilities.

The referrals into this group are considerably lower than the Friendship Group. As the costs to run this group are low it will continue for the time being, albeit under regular review. Those who do attend, feedback on its high value to them. Two sessions which were highly attended were when we partnered the Time to Talk Greenwich, who are part of a national programme called NHS Talking Therapies. In November 2023 they provided a session on "Building Resilience" and in February 2024 they provided a session on "Worry". These sessions were in place of the regular monthly Carers Support Group.

4.3 General issues arising from Groups.

The popularity of the Friendship Group is such that we have held a waiting list for places since January 2024, which has grown. The health professionals who refer to us have all been made aware of the situation. To meet demand we have adopted a different approach regarding attendance with the aim of bringing new people in as soon as possible.

5 Volunteers

5.1 Group volunteers

Reflections could not run without our excellent volunteers. We have a pool of 13 volunteers for the two groups. Two new volunteers have joined our Friendship Group with health-related skills, a retired nurse and a retired occupational therapist.

5.2 Other volunteers

Reflections is supported by additional volunteers who undertake ad hoc work for the charity. The website is supported by an IT professional who also gives advice on a broad range of hardware and software issues. The trustees step in and support groups at particularly busy times.

6 Premises

Shrewsbury House

Reflections runs the Friendship Group in our local community centre. The management and staff are welcoming and supportive. The café manager has continued to offer the group teas and coffee at £1 as well as a tempting selection of delicious food and drinks.

7 Partnership working & Promoting Reflections

Reflections continues to be an accredited organisation as part of Dementia Inclusive Greenwich.

7.1 Oxleas memory clinic

Oxleas provides a dementia assessment and diagnosis service.

7.2 The Greenwich Carers Centre

The Greenwich Carers Centre has had regular representation at the Friendship Group. They have offered consultation and advice sessions as an option in our meetings.

7.3 Rotary Club of Greenwich

The club has continued to provide annual funding to Reflections.

7.4 Reflections website

The Charity has blogs on our groups and activities, and background information on the group and relevant providers. The website is an ongoing record of our activity, designed for any user.

It is run to raise our visibility and ensure transparency of our work. The site is our main resource for showing the work of the charity to other community groups, funders and anyone who wants to know more about what we do.

7.5 ASDA Community Life Champion

Reflections is supported by our local ASDA Community Life Champion who provides occasional sundries to the group such as soft drinks, cakes and stationery items.

7.6 BLG Mind

Reflections is supported by BLG Mind who signposts people and makes referrals to our groups.

7.7 Memory books

We have books filled with photographs of Friendship Group sessions. These books are primarily for the use and enjoyment of group members though also used to showcase the group to visitors.

8 Meetings and training

8.1 The Greenwich Dementia Action Group (DAG)

The DAG, run by Greenwich Council, leads the development of coordinated dementia services across the borough. Janet is our representative.

8.2 Playlist for Life (PfL) Help Point

Music is an integral part of what Reflections does. Working with PfL is a good fit with the Charity's aim. We continue to promote PfL ideas with members and on our website.

8.3 Dementia Inclusive Greenwich (DIG)

Reflections is part of DIG. DIG promotes a dementia inclusive environment "In order for each person living with dementia and their carer to live as independently for as long as possible, the environments need to be dementia inclusive. Creating dementia inclusive environments can assist people to feel valued and feel part of their community. A dementia inclusive environment is not only the built / physical environment but also the social environment. Both are equally vital to the wellbeing of the person with dementia and their carer."

As part of our commitment to DIG, we put up dementia friendly signage in Shrewsbury House when the group meets, such as the direction for the toilets and finding the way back to the Library (the main group room).

8.4 Cognitive Stimulation Therapy Group (CST)

The local memory service runs CST groups several times a year. These groups held over a number of weeks are designed to provide stimulation for people with dementia. On the last session family members are invited along as is Reflections, so we can promote our group and encourage the people to attend, in order they can continue the friendships they have made at the CST group

9 Budget

Income £3,432

c/f from last year £9,863

Expenditure £5135

Balance £8,160

See appendix 1 for breakdown of income and expenditure.

9.1 Income highlights

Reflections has benefitted from two organizations and many in memoriam donations.

- Greenwich Rotary Club £500
- Pearly Queen £200

Two Friendship Group carers have also set up regular donations to the group via their banks.

9.2 Expenditure key costs

- Entertainers £1,885
- Room hire & Centre affiliation £1,568
- Consumables £153
- Volunteer expenses £675
- Online presence £175
- Annual management cost (storage & mobile phone) £192

9.3 Commentary on budget

Reflections' costs in our four major areas of expected expenditure have returned to pre-pandemic levels. We pay for rooms in Shrewsbury House, entertainers, consumables and volunteer expenses. We have not looked for funding, as this is not necessary at present given our reserves. However, we are very grateful for the donations that have come to Reflections during the current economic climate.

10 Issues affecting the running of the charity

Peter, the chair of trustees, continued with his cancer treatment.

11 Future plans

Reflections will aim to continue to run the Friendship Group to its capacity. We aim to run a relatively small charity and run it to a very high professional standard.

11.1 Promoting Reflections

The website is a key promotional tool for the charity. Janet promotes our work via the Dementia Action Group and Cognitive Stimulation Therapy Group. We are grateful to the Greenwich Carers Centre, BLG Mind plus the Admiral Nurses (their service started with Oxleas in November 2023) who refer people to our services. We also circulate posters and leaflets in the local memory service and to key organisations and locations.

Report prepared by Peter Ley (Chair of Trustees)
Report agreed by the Reflections trustees on 18/9/2024

Appendix 1

In year expenditure and income				
Expenditure		Income		
£1568	Room hire	£0	Grants	
£120	Centre affiliation fee + storage	£3205	Donations & fund raising	
£1885	Entertainment & speakers	£228	Gift Aid	
£675	Volunteer expenses incl. training			
£50	Subscriptions			
£147	Paper & printing			
£153	Consumables: stationery, pens +			
£0	Activities			
£0	Books, DVD, Music, Puzzles			
£0	Personal liability insurance [paid last year]			
£0	DBS checks			
£107	Events food & drink +			
£63	IT, electronics & machines			
£192	Management & administration			
£175	Online presence			
£5135	Expenditure for current year	£3432	Income for current year	