



Charity annual report:

Action For Dementia  
Registered Charity Number: 1164348  
Unit 2, Technology Centre  
Bridge Street,  
Church,  
Lancashire  
BB5 4HU

Trustees:

Dr Catja Schmitgen General Practitioner(GP) (Chair)  
Mr Justin Cotton  
Mrs Judith Tregartha BA Hons-PGCE  
Mr Liam Hogan

We have 4 Trustees, the Trustees meet 3 times a year to discuss the direction and progression of the charity, our projects and how they are benefitting the community, all projects and events are organised and taken into the community by our fantastic volunteers who report back to trustees  
We recruit our Trustees based on their skill, their empathy for the subject and through volunteers and people we meet whilst working in the community.

Our Objectives

For the benefit of people living with dementia in Lancashire and beyond to: Raise awareness of Dementia and of the impact of dementia on affected people and their families and carers. Strive to improve the care and quality of life for people living with dementia and those who care for them. Facilitate improved care through enabling better and more specialised training for carers working with dementia. Work alongside other charities/organisations to support the improvement of existing services or projects and the development of new sustainable services and projects. Support research into dementia related care and development of treatment /care standards.

When we were founded in November 2015 our main aim was to raise awareness of dementia and surrounding issues and to build trust and credibility within the community. Throughout 2016-2017 we have worked hard to raise awareness, attending events and reaching out to people of all ages all over Lancashire and beyond, delivering Dementia Awareness quizzes, facilitating Memory Catcher life story projects, talking with/advising people, signposting and referring them to organisations/groups and services that can help and support them on their journey through dementia

In 2016 we received funding of £9,989 from the the Big Lottery Fund and £9,926.93 from the East Lancashire Clinical Commissioning Group(ELCCG), the awards were spent on event equipment, office equipment, events, volunteers, transport, website, marketing, merchandise, office furniture, shop fittings etc. We have held a Dementia Information Point/Hub once a week since September 31st 2016, on Wednesdays in the 1st Call Hyndburn unit in Accrington Arndale, where we have met, advised, referred and signposted people to groups and organisations for much needed help and support. We deliver a Dementia Awareness quiz at CSNW, facilitate Memory Catcher projects and we are also

a very pro-active member of the Hyndburn Dementia Action Alliance(HDAA)and have been instrumental along with other organisations, groups and services in organising, promoting and facilitating the HDAA quarterly Dementia Hub for the Community, the 1st of which was December 2016.

Our benefit to the community has been measured by the response we have had from the people we have worked with and supported through our Dementia Information Point/Hub, through the events we have attended and organised and from organisations and groups we have worked with/alongside in Hyndburn and other areas of Lancashire.

## Here are a selection of testimonial/evaluation emails plus 2 Case Studies



16

to me

Your help and support is very much appreciated.

Finding you and the resources you put me in touch with was one of the best results I have had from a day out in a long time. We did contact Homewise and they offered to come and see my dad in his own home.

My dad is currently in sheltered accommodation but misses his shed/garage and garden to potter in. Recently a two bedroom bungalow came up for sale next to my sister's house in Tarn Avenue. My dad is due to complete on the bungalow within the next few days. As soon as the bungalow is complete I will be contacting Homewise and Carers link to ask them to visit my dad in his home and help us to keep him happy, healthy, and safe.

If you email me again in a couple of months I will let you know how things are progressing.

Thanks again for your invaluable advice.

Regards

Susan

16

to me

I met Jan and Justin from Action For Dementia at an event in earlier this year, I didn't expect to- I just came across them and what a relief that was, it's made so much difference to me, how I can cope, and to my mum and her quality of life.

I couldn't thank them more for their wonderful assistance and I am so grateful. To be able to talk to people who engage so positively with you when you have these vague but horrible fears about your relative and you don't really know what to ask and feel a bit lost and hopeless, was so helpful.

I realised when I came away that she'd given me so much information- but all in bite sized manageable chunks. She asked me questions on things I hadn't considered, but were all relevant to my fears, and she seemed to know exactly how I was feeling.

Jan made me understand more from mum's point of view too, which has helped me be more patient and understanding- she empathised with me about my sadness in watching my mum disintegrate into this person neither of us recognised, and it's thanks to that meeting that I've been able to get my mum to agree to see the doctors with my support and to be honest with them, and allow me to be honest on her behalf. Jan took away our fear of confronting and dealing with this horrible, horrible disease and now we are on our way to a care package to enable her to stay in her own home.

All my very best regards,

Corinne

to me

Hi Jan,

I would just like to express our sincere thanks and also thanks on behalf of Derian House for your support at our local Craft & Dabble community & charity event. It was a lovely to see such a great variety of items on your stall and also for you to bring awareness of Action For Dementia to the local people at a local level. I hope you also got the chance to network with other stall holders as this is also a great way of spreading the word.

Thanks once again  
Sarah Event Co-Ordinator

**June**

to me

Hi to all @ Action For Dementia

Just a note to say thank you for inviting my Dad (who has vascular Dementia) my Sister and myself to the Action for Dementia Day at the old School in Accrington. We have been looking after my father for over 2 years now and never knew where to get help from for him, the Dementia day gave us lots of answers and signposted us to lots of different groups for support and I am happy to say that we have made use of quite a few of them and my father is getting out and about more and we feel more supported, Please let me know when the next meeting will be as we will definitely be there, once again thank you.



to me

" I made enquiries with Action for Dementia" regarding which care homes offered dementia facilities within the local area, as I was wishing to contact them regarding art projects for people with dementia. Jan was very helpful and provided me with a list of homes and contact details, allowing me to take my project forward"

Claire X

to me

To Whom It May Concern

I am Senior Caseworker for Homewise Society and manage Memory Matters Project which adapts home for people who live with dementia into a safe and user friendly environment. I work closely alongside both Jan and Justin and have attended many events which have been Organised through them. Both are very pro-active in many ways, raising awareness of people living with dementia their needs and the needs of their carers. They attend Hyndburn Dementia Action Alliance (DAA) meetings and are a crucial part of the DAA when organising events and the newly formed Hyndburn Dementia Hub. They both work alongside many Organisations by referring into them in order to maximise support needed for the people they meet. I know personally that Jan and Justin are always available to be a listening ear when carers are finding things difficult as my clients have told me. You are guaranteed to see the gazebo "Action For Dementia" with Jan and Justin eager to offer help and support at any event in Hyndburn (regardless of the weather). They both work tirelessly bringing Hyndburn together as a dementia friendly community and are an asset to the services of people who live with dementia and their carers.

Regards

LYNDSAY  
Senior Caseworker  
Homewise  
"Memory Matters"

## Thanks from 1st Call

Inbox x

**Elaine**

to me

Hi

As our current project will soon draw to an end, I would like to take this opportunity to thank Action for Dementia for the support provided to our project through your regular Dementia drop in sessions.

Since the outset of your drop in sessions at 1st call Hyndburn, you have helped to promote a community spirit and our customers have appreciated developing a good relationship with someone who understands the uncertainty and difficult everyday reality of dementia. You have provided compassionate support and guidance to so many of our customers and have always been there at the other end of the telephone for advice and information.

Many of our customers are elderly and struggle in their daily lives as they have friends and relatives living with dementia. Action for Dementia has complimented our project by providing an informative and practical approach to raising awareness of the issues and needs around dementia and promoting access to support. You have also supported numerous community information events which has helped to remove barriers and reach our residents in their own neighbourhoods. I personally found your support to organise the Community Information Event in Accrington Town Centre invaluable and your focus and drive was instrumental to the event being such a success.

I truly hope that you will continue to work in partnership with 1<sup>st</sup> Call Hyndburn as we launch into the next phase of our project and look forward to continuing to work with you as we move forward.

Regards  
Elaine

Elaine  
1<sup>st</sup> Call Hyndburn Project Manager

**Elaine (LCFT)**

to me

Hi

I have recently worked with Action for Dementia in developing a pilot project, Memory Catcher, to create life story books. Both Jan and Justine have been instrumental in organising this pilot project and have attended training to help deliver the sessions which will involve members of the local community coming together to record memories and create their own personal books. The project is due to start in May 2017 and if it is successful, funding will be sought to recreate the project elsewhere, helping to raise awareness and provide a valuable keepsake for those participating.

Regards

**Elaine**

Coordinator, Service User Development Team  
East Lancs Community Restart  
Lancashire Care NHS Trust

8:33 AM (6 hours ago)

**mike.**

Action for Dementia.

I have worked with Jan and Justin for a year, they are dedicated to the dementia awareness campaign in Hyndburn. they help people to find the right information, and as quickly as possible. they also spend time listening to people, which help the carers ,who spend many hours isolated at home. Well done.

Mike Hyndburn Dementia Action Alliance .Chair.

**Anthony**

Dear Justin

I met you and your lovely wife today at the avenue of shops in Accrington. Just speaking (for the first time ever) helped a lot. I received no aftercare, was on my own, and despite having a carer for a while after being discharged from hospital I felt this didn't really aide me in any recovery process, I now realise that talking can. I wish you the very best in your work and to coin a phrase "take care, we are all very fragile"

Dr Penny Foulds

To Action For Dementia

A diagnosis of dementia can make life difficult for the individual and those around them. However, there are sources of help and support for everyone involved. 'Action for Dementia' is an excellent initiative that is able to guide families and individuals to the pathway through dementia, signposting the NHS, social services and voluntary organisations along the way, whilst providing their own advice and support.

Jan and Justin Cotton from 'Action for Dementia' will listen to the worries about the future, and reassure people that you're not alone. They will consider each component of care, since many older people use multiple services, and the quality, capacity and responsiveness of any one component will affect others.

For example, they will give advice and guidance following a dementia diagnosis, on the first steps to take regarding a health and social care assessment, through to care options to empower and enable people with dementia to stay in their own homes for as long as possible.

However, many people with dementia will eventually need support in a residential home, and again Action for Dementia can advise which Homes are suitable depending on the needs of the person. And sometimes if things go wrong, or a family is concerned about an issue involving a Care Home, Jan and Justin can advise what steps can be taken to help alleviate and rectify the problem.

The communities in Accrington and the surrounding district are enriched by Jan and Justin from Action for Dementia. They provide a friendly face with good sound advice, thus improving services for older people and their families and loved ones.

Dr Penelope Foulds

Honorary Researcher at Lancaster University

Chair of Lancaster DAA

Healthcare Manager at MAC Clinical Research

**Rachael**  
to Jade, me

Hi Justin It was great to see Action For Dementia at the Yorkshire Dales Food & Drink Festival, this is a great cause which supports an issue which affects so many, including our own Family. We would love to see them back in 2017.

I have copied in Jade from our Marketing team, who will be able to help promote you on our social media platforms. Plus they may have some good photo's which you can use.

Hope this is ok and kind regards. Rachael.

**Elaine**

4:27 PM (4 hours ago)

Hi Paul/Mary/Sharon/Jan/Sue/Wendy

Just a quick email to say thank you so much for supporting 1<sup>st</sup> Call on Wednesday by coming along to speak to Danny Friedman about the project.

The visit went extremely well, and Danny said he had really enjoyed his day at 1<sup>st</sup> Call. He was very busy throughout the day and was able to gather some extremely good information for the Big lottery evaluation report. Danny has your contact details so if he needs any additional information (I hope you don't mind) he will contact you.

Once again – a big thank you to everyone

Regards  
Elaine

**Elaine**  
1<sup>st</sup> Call Hyndburn Project Manager

**Zoe Scowcroft**

5:12 PM (17 hours ago)

to me

Hi Justin,

I will certainly be encouraging people to call down to visit you, particularly when you have set up. I look forward to coming down myself too. Many people I see struggle with finding the information they need in one place; the provision of support can often be piece-meal and a struggle to find. I strongly believe that organisations working in collaboration with one another is the key here and the Dementia Hubs are helping with this in some areas.

I will ask our area office (covering Lancashire and Greater Manchester) to 'tweet' about the opening of the centre you are planning and the event(s) during DAA week.

Have a good weekend,  
Zoe 😊

**Zoe RMN**  
Admiral Nurse Lead Lancashire

12:13 PM (22 hours ago)

**Peter**

to me

Good Afternoon Janet and Justin,

It's been almost two years since we started working together in the Hyndburn DAA (Dementia Action Alliance) and as a Trustee I felt it was time the Alliance thanked you for your support and hard work you have put in helping us to get all the Dementia support events off the ground! The hours you have spent planning, promoting and helping to run these events has been essential and has been a major contributory factor to their success.

The tireless support you have given has been even more impressive considering you have managed to do this alongside building the awareness of your Charity and Dementia. During this period, it has been great to see your Charity grow and to see the way you use simple and innovative techniques to promote the awareness of Dementia locally and nationally! Things seem to be moving forward quickly and hopefully when your proposed premises open we can all help you to build even more awareness of Dementia. Recruiting volunteers has been a great step forward and having met with a couple of them recently you must be really happy with the calibre of people who want to help, it shows to me that you, and your achievements attract the right people.

Being prominent, active members of the Hyndburn DAA and the way you work with other organisations has really helped to bring about the start of more integrated services around Dementia awareness, hopefully this 'coming together' will continue and we can work together and support each other more often! Having people around who 'get stuck in' and make things happen is really infectious and a great asset for the community, the Hyndburn DAA and me personally!

I hope over the next few years we can cement our relationship for the good of the community.

Keep it going!

Kind Regards  
Peter

## 2 Case Studies



Susan & Ronald

Susan and Ronald(Ron) father and daughter.

We first met Susan and Ronald at the end of August beginning of September 2016, they were passing 1<sup>st</sup> Call Hyndburn's Unit in the Accrington Arndale, where we have our Dementia Information Point/Hub, they saw our sign and decided it was time to talk and so came in for a chat. Susan at this point was quite concerned for Ron's health and was becoming very isolated herself

Ron is very nearly 90yrs old, and was diagnosed with Vascular Dementia some time ago, he was also diagnosed as having depression and was also having neurological problems causing dizziness.

When first given the diagnosis of vascular Dementia and told about the services they could access both Susan and Ron didn't feel they were right for them at that time and therefore both were not getting out and about and socializing as they used to and the longer this went on and as Ron's health issues progressed the more isolated they became. Ron loves dancing and singing, but dancing is his passion.

We referred Ron and Susan to the Care Navigator Paul Gott for some help and guidance on Ron's and Susan's health and wellbeing and future support plan.

Since the referral to Paul we have kept in touch with Susan and Ron, Susan was not sure about how Xmas day would be as last year they spent it at home, just the two of them, Susan cooked a meal and all Ron wanted was a bacon sandwich. We asked them if they would like to spend this Christmas Day at Elmfield Hall in Accrington where there was an afternoon event for people to come to, so that Christmas day could be spent in the company of other people, with some good music and a choice of great food for them to help themselves to. Susan and Ron really enjoyed themselves that afternoon and said how glad they were that they had come along and I think through summer they are going to utilize the café and the grounds of Elmfield Hall and since the Hyndburn Dementia Action Alliance(DAA) held a Dementia Hub/Listening event in January this year which Susan and Ron attended they are now getting more help and support from Memory Matters/Homewise. Susan has said her dad is all she has now and she wants the time they have left together to be as good as it possibly can. We hope we can continue to play a part in making this happen.

Ron and Susan spoke to us on the phone this week and invited us to Ron's 90<sup>th</sup> birthday party on the evening of the 13<sup>th</sup> April, and we are really looking forward to celebrating this with him and Susan.

---





Brenda & David

We first met Brenda in October 2016 at our Wednesday Dementia Information Point/Hub in 1<sup>st</sup> Call Hyndburn's unit in the Accrington Arndale Centre.

Brenda came in to see us to get some more information on the type of Dementia her husband David had been diagnosed with and for more information on how to choose a good Residential/Care home should the need ever arise in the distant future; husband David has been diagnosed with Korsakoff's Syndrome/Dementia.

We have stayed in touch with Brenda and husband David and we called Brenda a few days before Christmas day just to check both were ok and not on their own for Christmas period and we were very pleased to hear they were going to be with family and were looking forward to a great time plus had now got a holiday planned for middle of January 2017.

Brenda is a happy, optimistic, and independent lady and believes forewarned is forearmed so wants to know as much as possible about her husband David's condition, she has been referred to Carers Link and is happy with the help and support she is receiving, but Brenda also realises she is going to need more support over time.

Brenda and David were away for the 1<sup>st</sup> Dementia Action Alliance Dementia Hub/Listening Event on the 20<sup>th</sup> Jan 2017 but are very keen to come to the next one which is Friday 17<sup>th</sup> March 2015,

We have said we will keep in touch and we call Brenda once a fortnight to check all is ok + she pops in to see us in 1<sup>st</sup> Call Hyndburn if she is passing and Brenda knows that if she wants/needs any more information, advice or just a chat, we are here to help.

---

Over the coming year and for the foreseeable future we will continue with our endeavours to raise awareness of dementia and to provide much needed help, support, referral and signposting and we will soon be able to offer more activities, groups and training for people experiencing living/caring/working with Dementia and the wider Hyndburn community.

We did intend to have an Accrington town centre shop/information Point/Activity Hub, this proved impossible to acquire, we had a few false starts that eventually came to nothing, it has been incredibly frustrating. We didn't give up trying to find the space we needed and the good news is that we have just recently acquired large premises with a 10 year lease on a peppercorn rent, they are on Bridge Street in Church Accrington, next to our office, which when they have been refurbished, will be used daily for groups, socialising, respite for carers, training, advice and many other activities/therapies, all geared towards improving quality of life for people with Dementia and their family/friends/carers. We will still have our Hub/Information Point on Wednesday's 10am-3pm in 1st Call Hyndburn, Accrington Arndale, Accrington town centre plus from the end of October 2017 we will also be there on Tuesday afternoons 12.30pm-3pm .

We will also be involving, inviting/encouraging other organisations/services and groups to make use of the facilities for workshops and events and to work with/alongside us to develop/create other new and stimulating activities.

Our premises will also be there for the wider community to use our facilities, to have a cup of tea or coffee, to use the fitness equipment, to find out more about Dementia or just for a cuppa and a friendly chat.

Over the next 10 years we would like to create a centre of excellence for Dementia and a place where the wider community can come to socialise, get fit, and be alongside those living with Dementia and their carer/s. We intend to create and develop, craft groups, singing groups, dancing groups, men's & women's groups. a cafe, a sitting service, fitness centre and much more with the space we have acquired.

We do also have a shop on Manchester Road Burnley which over the last 12 months has been used for storage, with the long term plan of creating a Dementia Information Point/Hub the same as we have in Hyndburn. This is some way off as we want our Hyndburn centre up and running before we go ahead with this and separate funding would be required for the project.

Action For Dementia is passionate about improving quality of life and combatting loneliness and isolation for people living with Dementia, their carer's, family and friends and many others within the community for whom this is a problem, we want to involve the whole community in this process by creating space/Hub where people can come to socialise, take part in many varied activities and therapies, talk, be referred or signposted to other organisations and services that can offer more help and support to them, and much more.

We would like to thank all those people concerned with the funding from the Big Lottery Fund and from the ELCCG, the equipment we bought, the transport we were able to hire, the great volunteers that joined us and the many other opportunities it gave us to raise awareness of Dementia in Lancashire and beyond were invaluable and we are still progressing because of this initial funding.

We would also like to thank Dorothy and all at the HRCVS, Elaine 1st Call Hyndburn, all at Homewise/Memory Matters, Peter @ HomeInstead, Elaine Butt Community Restart, Dr Penny Foulds MAC Clinical Research, June ASDA Accrington Community Champion , Alison Tesco Community Champion and many many others for all their help and support. We would also like to express our sincere thanks to all those people from the communities of Hyndburn whom we have met and who have supported us over the last 18months, we look forward to many more years working amongst you. Lastly we would like to express our appreciation to Mr. Mian Sarwar (Barrister/Retired Businessman)for his generosity in providing us with a 10 year lease, peppercorn rent on premises for our charity to develop the Hub/Activity Centre we have been planning for so long.

Once again thank you to all we have met and worked alongside for the last 18 months we appreciate all the support you have given us. We are looking forward to 2018 and will continue striving to make a positive difference.

From all at Action For Dementia