

Trustees' Annual Report for the period

Period end date Period start date

To

From

Section A Refe	erence and admini	stration details
Charity na	THE DEBENHAM F	PROJECT (DEMENTIA - CARING FOR THE CARERS)
Other names charity is known	n by	
Registered charity number (if a	any) 1133501	
Charity's principal addr	ress C/O 23 HIGH STREE	T
	DEBENHAM	
	STOWMARKET, SUF	FOLK
	Postcode	IP14 6QL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	L JACKSON	CHAIRMAN		
2	R W R COCKERTON	TREASURER		
3	DR P FIELDER	TRUSTEE		
4	M ROUSE	TRUSTEE		
5	MRS G SHACKLOCK	TRUSTEE		
6	R.BLACKWELL	TRUSTEE		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information) Type of adviser Name Address Name of chief executive or names of senior staff members (Optional information) Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	
How the charity is constituted (egg. trust, association, company)	
Trustee selection methods (egg. appointed by, elected by)	

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Relationships with related organisations: The charity is committed to providing support services, information and advice, and referral to professional organisations. The Project's initial model of care was based upon local volunteers delivering the major volume of support in its groups and services but also being able to informally and collaboratively "use" the professional support capability of the, local authorities, the NHS, and the major charities when appropriate. Due to the continuing financial uncertainty and cutbacks in funding by the local authorities, etc. this is no longer viable and, therefore, the model has had to be adjusted in two respects.

Firstly, the charity has become entirely staffed by volunteers and now depends upon retired volunteers with relevant career experience to help fill the skills shortfall and offer the advice, information and support that previously would have been given by current professionals.

Secondly, as was reported, during 2016/17, the joint NHS/Adult Care commissioners for Suffolk introduced a county-wide service called "Dementia Together". This innovative service is based upon providing locality-based voluntary dementia support services for carers and cared-for which are directly supported by a professionally staffed central hub. The charity, as a founder member and local support provider for the Debenham area, supports its implementation, and is represented on its "Operational Management group. It has also created a "One to One" group of volunteer ex-professionals offering front-line personal support, backed up by the hub staff, to families in our catchment who might be heading towards a crisis. The "Dementia Together" service has now been in place

for 2 years and has been independently assessed as delivering an excellent service across Suffolk. We believe that this is a successful model for post diagnostic dementia support that should be taken up in other rural counties.

The trustees remain concerned that:

The statutory authorities have, and continue to be, reluctant to significantly <u>rebalance</u> expenditure from the provision of acute care, crisis management and intervention care to local support, prevention and chronic ailment care i.e. they continue to concentrate on the management of illness (and particularly the elderly frail) by a short term clinical approach. It is a source of worry that this suggests there is still a reluctance to treat community-based care as a priority.

That the underlying culture of the NHS, Local Authorities, and major charities will continue to fund/encourage a top-down care-management organisation rather than the much more flexible, person-centred and responsive bottom-up model that is central to the way The Debenham Project operates.

That local authority and grant funding for the day-to-day operating costs and volunteer expenses of community-led charities such as this one are very limited.

In the medium term these do not present a significant financial risk to this charity at this time. However, in as much as the work of this charity and other community-based charities is not rewarded for the potential reductions in numbers of, and delays to hospital admissions and/or permanent commitment to residential care, it remains a concern.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

TO RELIEVE THE NEEDS, AND TO PROMOTE AND PROTECT THE GOOD HEALTH OF PERSONS SUFFERING FROM DEMENTIA, AS WELL AS THEIR CARERS AND FAMILY, IN PARTICULAR BUT NOT EXCLUSIVELY, BY ASSISTING IN THE PROVISION OF SUPPORT, SERVICES, RESPITE AND GUIDANCE TO THE CARERS AND FAMILY OF SUCH PEOPLE. IT IS RECOGNISED THAT THIS OBJECT MAY BE FURTHERED BY EITHER GIVING SUPPORT OR SERVICES DIRECTLY TO THE CARERS, OR THOSE WITH DEMENTIA, OR JOINTLY IN DEBENHAM AND IN ITS IMMEDIATE NEIGHBOURHOOD.

The Debenham Project was proposed in April 2009, publicly launched in October of that year, and granted charitable status in January 2010.

With regard to the guidance issued by the Charity Commission on public benefit, the charity/project developed a unique community-based approach to the support of carers of those with symptoms of dementia, and those they care for. The wide range of current services and activities (see below), created to help carers who are (or are close to) having to cope with the 24/7 care of a partner, father, mother, friend, or neighbour with dementia, have achieved viability, and medium to longer-term sustainability.

The charity was asked to address the problems that dementia presents to our community and, especially, to those who care for someone with the illness. In less than 18 months, it provided a comprehensive range of services which were, and continue to be, second to none in Suffolk (and probably in the UK) in their breadth and focus on the individual in need of help. By April 2019 these included:

The provision of information and advice, dementia awareness, 3 individual monthly social lunch clubs, fortnightly activities and social sessions, a fortnightly carers' club and info café, a weekly chair-based fit club, linking to respite care provision, support for those involved in diagnosis, supporting a small independent self-employed professional carers network, an informal transport network for medically related appointments, reminiscence therapy, a professional care and domestic help register, a one-to-one support network, integration with the countywide dementia support service, and frequent special events.

Full descriptions of these services can be found on the charity's website.

The charity has continued to maintain its support according to the needs of local family carers and those who they care for and to further develop its activities and services. We believe that the project has created a model that can be applied to other rural communities, and experience that can be shared with other groups who wish to do something similar.

As a result of its continuing successful front-line support, The Debenham Project maintains a county, regional, and national reputation as an exemplar of good practice in the field. We regularly receive (and respond to) requests to share our expertise with other communities in Suffolk seeking to develop their own local dementia support activities.

The project continues to be consulted by various national bodies, and academic research organisations with regard to our approach, how others may learn from our experiences, and what we may be able to bring to the improvement of dementia support on a national scale. We have been invited to provide contributions to the "Sustainable Community Interventions for People Living with Dementia" project (Warwick University), the "Embracing Ageing" study (Centre for Policy on Ageing), and the "WSSCR Annual Conference" (Swansea University).

The project has argued for the need for dementia to be considered as a <u>physical</u> illness and distinctly and different from a <u>mental</u> illness. And, as such, it should have an independent voice. In the previous report we mentioned that the charity was working with other key organisations in creating a unique "Dementia Forum" within the national "Healthwatch" structure. This has been realised in Suffolk and it is hoped

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

that it will take the lead as "The Voice for the Carer and Cared-For" those who are living with the impact of dementia on their lives in our county.

For a full description of the project visit:

www.the-debenham-project.org.uk

The Debenham Project - 4th Edition - May 2018

Additional details of objectives and activities (Optional information)

Grant making: The project has not made grants to individuals or organisations. The trustees have no plans to change this policy. However, the policy of providing its services free to participants, or at a nominal (subsidised) cost, has continued.

You **may choose** to include further statements, where relevant, about:

- · policy on grant making;
- policy programme related investment:
 - contribution made by volunteers.

Volunteers: This is, primarily, a volunteer-based enterprise. However, it is recognised that volunteers cannot replace the professional support staff employed by the charities, local authorities and NHS. Whilst our previous policy was to seek informal collaboration with key professional charities, due to the current Suffolk County Council policies, these organisations are no longer able to offer such support^{1,2}. Thus, what the project is able to do is very much governed by the number, the motivation, and the experience of its own volunteers³. In this we are indeed fortunate. The project has received a tremendous amount of goodwill from the community and this is reflected in a very healthy volunteer base. There are currently a total of 75 regular volunteers with a further 40 local people who have offered their support on an occasional basis. It is the project's policy that we seek to avoid asking volunteers to do more than about ½ day per fortnight and so prevent the unsustainable situation of the "few who do it all". We are also fortunate in being able to call upon a small group of volunteers who, prior to retirement, have been senior professionals delivering frontline support in general practice, community and other nursing disciplines, social work and dementia advisory services, etc. These have successfully delivered

our "One to One" support service.

Policy programme related to (external) investment: The trustees continue their concern that the statutory authorities (particularly the Suffolk County Council in collaboration with NHS Suffolk) are failing to give priority to funding community-based dementia support and crisis prevention.

The trustees make no apology for repeating verbatim their concerns regarding Suffolk County Council's funding policy for community-based dementia support.

- 1. They consider this as a major restriction in the potential for this and other local/community charities to respond to the current and future needs and essential support of the elderly frail.
- 2. They also continue to criticise Suffolk County Council's unwillingness to fund the ongoing expenses of volunteers and project costs as creating a negative image and a serious barrier to effective engagement with the community. In its conversations with those in other areas, it is clear that it is not a unique situation and we ask the Charities Commission to investigate.
- 3. However, they have been pleased by the success of "Dementia Together" Suffolk's new dementia support service which seeks to encourage and engage with community-based projects and dementia action alliances although this represented only a redirection of existing funding, and a limited response to the needs of carers of those with dementia and those they care for.
- 4. They are also encouraged by the efforts of the joint Adult Care and NHS Commissioners to participate in and actively support The Suffolk Dementia Forum as the primary body for advocating the viewpoints of carers and cared-for living with the impact of dementia.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

This accounting period covers the activities of the charity from 1 April 2018 to 31 March 2019. The project has matured but also continues to evolve and grow by supporting existing services, adding new services and activities, and developing its reputation and influence in the field.

Impact Statement:

Basic Statistics

9 Years of operation to Date

Serving a Local Catchment Population of 8,500+

With 120 Volunteers

Supporting 100 Local "Families" living with Dementia (est.)

Achieving about 65% Contact and Support Success

Delivering 250 Person Sessions of Support per Month

At a Cost of between £8,500 and £10,00 pa

Value for Money?

The cost is approximately £1 pa per head of local population (0.07% of total cost of local health and care for the elderly)

which equates to about £100 pa per family living with dementia

or £3.50 per person session

This is 2%* of normalised annual local Suffolk County Council spend on all dementia related social care (£450K** approx.)

*If The Debenham Project volunteers were to be paid professional rates it would be approximately 10%.

**The total visible Suffolk expenditure on <u>post diagnosis</u> dementia support in this sector is about 1/8th of this figure.

Potential Savings*

The cost benefit of the charity in lies in:

£650+ per person pw in delayed or avoided residential care placements

£2500+ per person pw in reduced hospital bed blocking

£200+ per person pw week in reduced domiciliary care costs

Improved physical, psychological, and emotional well-being (quality of life) for 45 current carers, 25 past carers, 40 cared-for and 40 other frail elderly persons

*It is not statistically possible to estimate the total number of days/weeks saved but it is clear from anecdotal evidence that the project has reduced demand on statutory health and care resources. The scale of the <u>potential</u> savings indicates a very high leverage on hospital and social care costs.

Achievements and performance

A case study providing more detailed information regarding the achievements can be found in Debenham Project - Case Study – April 2019.

Existing services: All the existing services have successfully provided support to family carers and those they care for as evidenced by the continued high level of participation.

New services: The project has been able to implement the following:

Dementia Friendly Communities: The Debenham Project continues to be recognised as a leading "dementia friendly community" in the county and region and, as such, continues to promote dementia awareness, and active support within the catchment. All local businesses support the project by displaying the "Dementia Friendly Communities" logo and promoting our collecting boxes in their premises. The project is also committed to encouraging other rural communities to be proactive in developing local dementia care.

Recognition: The project continues to enjoy a positive profile, not only at the local/regional level, but also at national level. It is regularly cited as an example of community-based good practice in dementia support. However, this year, as a community focused charity, we have not sought to further raise our profile beyond Suffolk. Nevertheless, we have been asked to participate in two national community research projects and a major social science research conference.

Future Developments: The Debenham Project will be 10 years old in October 2019 and in recognition of this the trustees have agreed to explore a unique research project which will seek to "characterise the provision of care (health, social, community, well-being, etc.) of Debenham and its surrounding area. The trustees will also be seeking other opportunities to support the development of dementia support services locally and in a wider context.

Funding: The project has established a sound core funding position through to Autumn 2020 and beyond. In the 2018/19 financial year income and expenditure were broadly as anticipated with income of £12,849 (9% above budget) and expenditure of £10,839 (almost exactly on budget). Leading to a surplus of £2,010 to be transferred to the reserves. The charity is particularly fortunate that the local community (individuals, businesses, and organisations) has, over the years, increasingly supported our work and (without asking!) has donated a substantial proportion of our funding. This has greatly reduced the overhead of active fundraising and bidding for support from charitable foundations and funds. The reserves have been maintained at a level of a little over £20,000, sufficient to not only ensure long-term (5 years +) sustainability at its current level of activity, but also to permit significant investment for its future development, and to support research and other activities to the benefit of our catchment population and beyond.

Outreach: The project has continued to give advice to several other communities in rural areas of Suffolk that are interested in providing local dementia support along the lines of The Debenham Project. It also contributed to the debate concerning the future of dementia care and support in the county though engagement/consultation exercises.

Overall: Broadly, the project continues to successfully evolve, and maintain a position at the forefront in the provision of local care and

Section D	Achievements and performance
	support services for those whose lives are affected by dementia. It has maintained its philosophy of "getting on and doing something" and "relating locally, directly and personally to those in need". The Debenham Project is recognised as a model of successful community-based dementia support well beyond Suffolk and the Eastern Region.
	 The Trustees ask the Charity Commission to consider the impact of significantly reduced Government/Local Authority/NHS funding, relative to the increasing numbers of elderly frail persons, on communities, charities and voluntary care organisations.

Section E

Financial review

Brief statement of the charity's policy on reserves

In its early years The Debenham Project has used reserved funds for specific new projects i.e. disability facilities, research, and project development. However, as in previous accounting periods, we have not sought "reserved" funding for "new" and "externally controlled" activities, and have concentrated on ensuring that we can continue to deliver and evolve our core objectives. Anniversary projects – see below

The trustees are unanimous in the need to protect the sustainability of the project by seeking to maintain reserves sufficient to the cover core costs for a minimum of 2 years beyond the end of the this accounting period i.e. to April 2021.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funding: The charity has achieved a sound funding position based upon the distinction between "core funding", funding for "special projects", and "private donations".

Core Funding: To run and continue to develop the main services of the project has cost, averaged over the lifetime of the project, between £8,500 and £10,000 pa. The trustees believe this to be a reasonable budget figure which enables the project to both sustain its existing voluntary support services and activities, and also to develop the project for the medium and longer-term. In the initial vears, funding was granted from local (district) authority sources (with a total grant of approximately £26,500 over 3 years). Since the inception of the project we have been fortunate to receive significant charitable donations from organisations, individuals, and companies egg AXA insurance, Sports Relief, Comic Relief, Waitrose, the Coop, and Yorkshire B/S. More recently an increased proportion of our funds have come through private donations see below. However, the Trustees continue to be concerned, in the general sense, that the local authorities and NHS are exceptionally reluctant to provide longer-term core funding to community projects such as this one, despite the fact that such projects are directly supporting the mission of adult care services and enabling them to reduce their costs of service provision. This reluctance also includes setting constraints on the funds endowed for dementia support and the elderly frail which are administered by Suffolk Community Foundation and aimed at encouraging voluntary health and care projects.

Special Projects: The trustees continue with the priority of The Debenham Project to provide the best local support and care that we can. They believe that, as a mature project, those activities and services that are already offered represent "the best we can do". "Special projects", "New Projects" and "Wider Engagements" must not conflict with this but must be shown to encourage improvement in <u>local</u> dementia support for carers and those with the illness. Therefore, in 2018/19 we have not specifically sought grant funding for new services, preferring to focus on the sustainability on our existing activities together with some evolution within the current framework.

Anniversary Projects: In line with October 2019 being the 10th anniversary of the launch of The Debenham Project the trustees

10

have agreed that this anniversary should be recognised, and have agreed to fund a significant research project as well as consider other potential proposals.

Private Donations: To date, the project has been very fortunate that it hasn't needed to set a high priority on fundraising. It has continued to receive a significant amount of unsolicited funds from individuals and local organisations in recognition of the value to the local community of the work of the project, and donations made in memoriam. This has enabled us to not only resource our group and individual support activities and services, but also to provide funding for special events throughout the year.

Regarding the long-term financial sustainability of the charity, the trustees remain concerned that, without the local authorities and the CCGs becoming committed to the long-term support of voluntary community-based dementia support organisations, the on-going sustainability may be at risk. The likelihood is that the current and future potential funding shortfall in the statutory health and social care sector will ultimately place demands upon family carers and the voluntary sector that are unsustainable. This is anticipated by the trustees as the Project needing to consider employing professional staff in order to mitigate the resulting reduction in statutory provision of care - with a resulting impact on its finances.

The trustees are agreed in the policy of maintaining the charity's reserves at a level of between 1 and 2 years annual expenditure.

Section F

Other optional information

Additional information is available on the project's website at www.the-debenham-project.org.uk.

Additionally, the reader might like to access "Breaking the Mould" - http://www.the-debenham-project.org.uk/downloads/articles/breakingthemould.pdf.

The project's long term aims, and the concepts, ideas, and business model of "The Vision of Caring" can be found at: http://www.the-debenham-project.org.uk/downloads/steeringdocs/A Vision of Caring rltse7.pdf

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (egg Secretary,

Chair.

etc.)

Date

MUNDEN ASHBRUDKE

CHAIR

ROGER WILLIAM RHYS

TRASHER

10 JANNARY 2020



THE DEBENHAM PROJECT	1133501
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Receipts and payments accounts

For the period from 01-Apr-18 To Period end date 31-Mar-19

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	Details	Unrestricted	Restricted funds	Total funds	Last year
Categories	2011	funds to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	NATWEST DEPOSIT ACCOUNT	19,059	2,380	21,439	21,412
	NATWEST CURRENT ACCOUNT	3,290		3,290	698
	CASH IN HAND	100	-	100	100
	Total cash funds	22,449	2,380	24,829	22,210
		Unrestricted funds	Restricted funds	Total funds	Last year
	Details	to nearest £	to nearest £	to nearest £	to nearest £
B2 Other monetary assets	EAST OF ENGLAND	391	-	391	256
	GIFT AID RECOVERABLE		-	-	1,686
	OUTSTANDING LODGEMENTS	995	-	995	466
			-	-	-
	Total monetary assets	1,386	-	1,386	2,408
		Unrestricted funds	Restricted funds	Total funds	Last year
	Details	to nearest £	to nearest £	to nearest £	to nearest £
33 Liabilities	UNPRESENTED CHEQUES	3,187	-	3,187	3,600
			-		-
				-	-
	Total liabilities	3,187	-	3,187	3,600
Funds at year		20,648	2,380	23,028	21,018

Signed by one or two trustees on behalf of all the trustees

Signature Print Name Date of approval

LYNDEN TACKSON

ROGERCOCKERON

10-01-20

Notes to the receipts and payments accounts Note 1 Accounting policy

1. These accounts have been prepared on a different basis from the statements prepared for the year ending 31 March 2015 because SORP 5 was withdrawn and replaced with SORP 2015 FRS 102. The new SORP is considerably more complex and it was considered by the Trustees that it would not be cost effective to produce such statements for a Charity with a total income below the Charity Commission filing threshold. It was decided to produce accounts using the receipts and payment option and exempt from the new SORP disclosure requirements. However, under SORP 5 the trustees elected to adopt the accruals basis of accounting and the accounts for 2018/19 are transition accounts showing Gift Recoverable as a debtor and this should stop once this amount has been collected and future Gift Aid receipts will be shown as income.

Note 2 Details of certain items of expenditure 2.1 Trustee expenses

Z.1 Trustee expenses

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

2.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of

Independent examiner's or auditors' fees for reporting on Other fees (for example: advice, consultancy, accountancy

This year
1
Expenses
associated with
running the
Trust
£2,657.59

This year £

Last year
1
Expenses
associated with
running the
Trust
£2,956.00

Last year	
ž.	-
	_



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of

THE DEBENHAM PROJECT (DEMENTIA - CARIING FOR THE CARERS)

On accounts for the year ended

31 MARCH 2019 Charity no (if any) 1133501

Set out on pages

Pages 1 to 2

(remember, to include the page numbers of additional sheets)

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

- 1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 41 of the 1993
 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met; or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*	Please delete	the words	in the	brackets	if they	do not	apply

Signed:	Gal.	Date: 2	3/1	12020
Name:	CHARLES RICCARAS.			
Polovant professional	C ANDREA SILLING			

qualification(s) or body

(if any): FELLOW OF THE PENSONAL FINANCE SOCIETY.

Address: 27 Chancery Canz Orscham IP146RN

IER

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April 2009

Section B	Disclosure	

Only complete if the examiner needs to highlight material problems.

IER 2 April 2009

Give here brief details of any items that the examiner wishes to disclose.	