

Our Community:

Over the past 2 years we have touched the lives of 57 people living with dementia and 76 supporters. Some no longer attend due to increasingly poor mental or physical well-being. Some are now in long term residential or nursing care. Almost every session brings new guests and supporters. Café sessions are attended by an average of 35—40 guests and supporters, plus 10 volunteers and 6 or 7 committee members. In addition, we regularly have a musical group or singers. Plus, there are often visitors, coming to see how we operate - all making for a very full house! Although we are based in Beeston, all are welcome and those attending come from the surrounding areas of Broxtowe and Derbyshire as well as from Nottingham City.

New this Year:

Becoming a Charity: Any organisation with an income more than £5,000 a year must register with the Charity Commission. We have met this threshold thanks to many generous donors, including Notts County Council, who awarded us £5,000 for each of the 3 years 2015 – 2018. On advice, we have applied for registration as a Charitable Incorporated Organisation, with the current 12 members of the Memory Café Committee becoming voting Trustees.

Long term sustainability: Current funding of the Memory Café is heavily dependent on grants and donations; these funding streams cannot be relied on long-term. The Charity Commission and Notts County Council both advise holding reserves of at least 6 months' running costs. In addition, funds need to be reserved to allow for long term planning, such as increasing the frequency of Memory Café sessions and the possible, consequential need to employ a sessional worker to ease the

Publicity:



We produce posters and flyers which are distributed in local GP surgeries and local stores and churches. We have held Awareness Raising events at Sainsbury's and Tescos, as well as having a stall at Beeston Carnival. We have also run Dementia Friends Awareness sessions in conjunction with Broxtowe Borough Council, Attenborough Nature Reserve and local stores. We raised awareness by providing refreshments at the 2nd Anniversary of the Beeston Park Run again this year .

Film & TV: In August, we featured in a report on East Midlands News. Footage taken at our recent 2nd Anniversary celebration was included in the film shown at the NHS Nottingham West CCG AGM held on 29 September 2016

workload of the current volunteer organisers.

From 1 January 2017 we will be introducing a charge of **£2 per person** (maximum £4 per group) to reduce our reliance on grant funding and ensure the Memory Café will be viable for many years to come.

Closing remarks: 'The Memory Café shows it is possible to live well with dementia. Fun and laughter are the essence of the Café. We meet in a friendly venue filled with people who enjoy themselves as and look forward to every session. It is a caring community. This is made possible through the support of local authorities and the local community, a committed group of volunteers and everyone who comes. Thank you.'

Janet Patrick, Chair