Organisers of

A safe, friendly venue where folk with dementia and those who support them can come for social activities, information and the opportunity to meet and get to know new people.

Registered Charity number: 1169865

Chair's 5th Annual Report
2018 – 2019

Review of the Year:

Summer event in the Middle Street Garden

Now entering our sixth year we continue to meet weekly at Middle Street Resource Centre. We have separated our roles and now have a Planning and a Management Group. This year we are pleased to welcome Becky Cook as our Administrative Support Officer. Becky keeps us up to date with records, policies, even birthdays! For a period of 3 months we are trialling 3 therapists offering massage and aromatherapy as opposed to our usual 2 therapists. This is a free service to all who come to the Memory Café. Our Carers' Group led by Marie Potts meets on the third Thursday of the month, providing a time for carers to chat together.

Highlights of the year have been the monthly visits of children from John Clifford School, a new venture Tai Chi with Richard Hepple, Dance with Doug, the visit of Alderman White's School Orchestra and the Attenborough Church Handbell Ringers.

Music continues to be the central attraction: Singing with Mary every month and a wide variety of singing groups, many of whom encourage us to sing along. Our successful summer event in the garden included music from the Greythorn group.

We now have an average attendance of around 40 to 50, including guests and volunteers. Since January 2019 we have had 21 new guests. There is no pattern as to which Thursday is the most popular! Several couples enjoy lunch together at Middle Street café before we open at 2pm.

The Memory Café is a community, a place of laughter and happiness where it is possible to live well with dementia. Many thanks to our team of enthusiastic volunteers, without whom we would not exist.

Janet Patrick - October 2019.

Carers' Group Outing (see overleaf)

Beeston Dementia Friends Summary of Receipts & Payments 2018/2019		2017/18
Income	£	£
Grants - Nottinghamshire County Council	5,000	5,000
Donations	4,562	6,453
Meetings	2,882	1,761
Other (includes for badges)	138	21
Total	12,582	13,235
Expenditure		
Room Hire	4,938	2,633
Admin Support	1,831	1,320
Secretarial, Insurance, Training & Publicity	781	674
Meeting Expenses	387	522
Reflex Therapy, Speakers & Entertainers	2,660	1,510
Games & equipment	309	160
Volunteer expenses, badges, thank you gifts & event	518	89
Total	11,423	6,908
Net Receipts	1,159	6,327
Cash Funds at beginning of Year	17,404	11,077
Cash Funds at Year end (30 June)	18,563	17,404
Held at Bank	18,534	17,314
Cash in Hand	29	91
Total at Year end (30 June)	18,563	17,405

Memory Café sessions increased from three per month in 2017/18 to weekly from September 2018.
More detailed accounts can be viewed on The Charity Commission website, or at the Memory Café.

We are very grateful for the continuing financial support of Nottinghamshire County Council and numerous donors and for all the volunteers who freely give so much of their time.

Carers' Group

This year saw the introduction of a Carers' Group. Each month on the third Thursday, Mary Hastings, with the help of Volunteers, entertains our people by leading singing. This enables carers to spend an hour together in a separate room.

We have coffee and biscuits and chat together, discuss our roles, problems and triumphs, share knowledge and experiences. It has proved very popular and also provides the opportunity for carers to get to know one another in a quieter surrounding. As we get to become friends, we occasionally go our for a meal or afternoon tea outside of the Memory Cafe, which is enjoyed by both carers and cared for (see photo overleaf).

Marie Potts - October 2019.

In memory of Diane Bown

Diane was one of the founding members of Beeston Dementia Friends. She was instrumental in establishing the Memory Cafe in Beeston. From its very beginning she was part of a small group who took the decision to open the Café in September 2014, first on a monthly basis and now weekly. With her administrative gifts she led us through a maze of applying for grants, writing policies and producing minutes of all our meetings and was also a trustee. She was enthusiastic in everything she did and we miss her greatly. She died of cancer on 11th of August, a week after her 69th birthday. Donations given in her memory to Beeston Dementia Friends came to £944. Thank you Diane for all your support and care.