



**Alzheimer
Scotland**

Action on Dementia

Annual Review

2017-18

“The groups we have attended through Alzheimer Scotland have been great as I’ve been able to meet other carers. I even went to a carers’ information session. It’s helped me build a great network of people who are in the same situation as me, who I can speak openly to about dementia to and who understand my situation as a carer.”

Margaret Duff, carer



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Introduction

David McClements, our Convener

I am privileged to be able to serve this wonderful organisation as Convener of the Board of Trustees. I want, in my first year, to acknowledge not only the invaluable work of my predecessor John Laurie, but also to recognise how fortunate Alzheimer Scotland is to have such able and dedicated individuals serving as trustees. I also want to take this opportunity to highlight the wonderful support of Alzheimer Scotland's longstanding President - Lord Sutherland of Houndwood - who sadly passed away in January this year.

The Board are also expertly guided by our Chief Executive Henry Simmons and his senior management team. This has been particularly the case this year, as significant strategic decisions have been necessary to ensure the organisation is in the right



place to deal with the changes being encountered in the delivery of health and social care in Scotland. I believe we have a strong foundation to move forward and continue to deliver high-quality services and well-researched policies always mindful of our principal objective to support people living with dementia and their carers in each locality within Scotland.

I hope in this annual review you will get a real flavour of the variety of work being undertaken by us to meet our policies and objectives. I also want to record on behalf of the Board our sincere appreciation to all our staff and everyone who has volunteered, fundraised, donated and campaigned for us. Without your work and support, what is done in the name of Alzheimer Scotland would not be possible.

Our vision

We aim to engage and connect with everyone who has a stake in what we do; to provide support and information, raise funds, support research, to campaign for and promote the rights of people with dementia and for those who care for them.

Together we can be the leading force for change. Together we can make sure nobody faces dementia alone.

Meet our Board of Trustees



David McClements
Convener



Ian Bell
Treasurer



Diane Goldberg
Honorary Secretary



Archie Noone
Vice Convener

Pamela Brankin | Tom Carroll | Keith Chapman | Noni Cobban

Caroline Crawford | Susanne Forrest | Dianne Howieson | Alan Jacques

John Laurie | Mary-Frances Morris | Bernard O'Hagan | Jayne Pashley

Meet our Directors



Henry Simmons
Chief Executive



Kevin Craik
**Director of
Finance &
Corporate
Resources**



Jim Pearson
**Director of
Policy &
Research**



Marcia
Ramsay
**Director of
Operations**

Welcome to our localities

Our localities are at the heart of everything we do at Alzheimer Scotland. 2016 marked a period of significant structural change for our organisation. This year we were able to align our focus and our resources towards a clear definition of how our localities can support people with dementia and those who care from them in every aspect of their experience with the condition – from the questions and concerns prior to diagnosis, through to advanced dementia and end of life. This is Alzheimer Scotland's Locality Pathway.



The opening
of our
Dundee
Sensory
Garden
August 2017



What is a locality?



A locality is an area of Scotland where we provide support. This support is often based in or around a Dementia Resource Centre, where trained staff and volunteers provide information and activities for local people living with dementia, their carers and others who are close to them.

The diagram on page four shows you how we aim to be there for people with dementia and their families, and we are making great progress towards this. Throughout the year, we have worked to support and develop our localities, so that each of them will ultimately be able to provide this pathway of support. All but two of the 32 local authority areas have a Dementia Advisor in place and in recent years we have opened 16 Dementia Resource Centres. We now have 29 Community Activity Organisers and 10 Volunteer Co-ordinators. Our goal is to provide funding for a central Dementia Resource Centre, a Dementia Advisor, a Community Activity Organiser and a Volunteer Co-ordinator in each locality. This evolution of our localities will take some time and require significant fundraised income. However, it is the most meaningful and sustainable way for us to provide the best standard of care and support within local communities.





At present, we are also commissioned to provide Post Diagnostic Support Link Workers in 22 areas and we have registered Day Services in 17 Local Authorities. Although not funded by us, this support is a key element to the local infrastructure and a core part of delivering the National Dementia Strategies. For us, the opportunity to provide highly-skilled therapeutic work at the point of diagnosis, and in the later stages, is essential in delivering our aim of supporting people from the beginning to the end of their time living with dementia.

We recognise that people with dementia and carers often struggle to get the support they need, particularly when waiting to access statutory services. This year, we have worked to form better links between the statutory services we provide – which can only be accessed through a formal referral – and our many other forms of support (such as information, advice and activities) that people with dementia and carers can reach and use directly.

Better integration of our own support is not the only way we are looking to bridge gaps. While Scotland has led on a number of world-leading dementia policies, Alzheimer Scotland is acutely aware that this has not always translated to better care and support at community level. In 2017-18, our localities

began a formalised process of local engagement – speaking to people with dementia, their carers, partners and families across Scotland to better understand contemporary experiences of living with dementia. However, we are not just seeking to gather information. We want to ensure that people with dementia and carers are able to influence community decision-making and are heard and recognised by local Health and Social Care Partnerships and Integrated Joint Boards.

To allow us to focus on our Locality Pathway, we made the decision to transfer our home support delivery to a new entity – Caledonia Social Care – which was formally launched in April 2017. Caledonia Social Care is an employee-owned social care organisation, delivering care at home, including specialist dementia care, social support and personal care.

None of our work would be possible without our staff and volunteers. When establishing Caledonia Social Care, a significant proportion of our home support staff also moved to the new organisation. In 2017-18, our volunteers outnumbered our staff almost two to one. This year, we have worked to improve our internal communications with, and support for, everyone who works for us – a process which has been shaped and influenced by our staff and volunteers.

Our people



Fair work

Alzheimer Scotland has fully embraced the Fair Work Framework, as developed by the Fair Work Convention. This Framework defines fair work as work that offers effective voice, opportunity, security, fulfilment and respect.

In 2017-18, we began the process of ensuring the Fair Work Framework was embedded in how we support all our staff and volunteers.



Our volunteers

Our support is delivered by highly-skilled staff and an army of 940 dedicated volunteers, who help us with everything from fundraising to befriending, music and art activities to driving a minibus, raising awareness in their local area to working on our 24 hour Freephone Dementia Helpline. This year, led by our Volunteer Manager and supported by our Quality and Workforce Development Team, we rolled out our first ever dedicated development programme for our volunteers, to help them improve their existing skills and gain new ones, as well as demonstrating our commitment to ensuring they have the best possible experience in supporting Alzheimer Scotland.

Volunteers have underpinned the work of Alzheimer Scotland from the very beginning. In 2017, Alzheimer Scotland's Lewis and Harris Branch celebrated their 30th anniversary. Even more impressive is that four of the founding members are still very much involved in our work. The branch regularly works to raise both funds and awareness, as well as supporting projects throughout the Western Isles. It also provides regular volunteering support at the Solas day centre and at community activities such as dementia cafés and peer support groups.

Our staff

We have approximately 550 full and part-time staff in Alzheimer Scotland. Our staff are paid at, or above, the Living Wage, as indicated by the Living Wage Foundation. This has always been the case at Alzheimer Scotland, even prior to the Scottish Government's commitment. While we do employ a high number of staff on a part-time basis, we aim to ensure that these contracts are for a minimum of 20 hours per week.

We are committed to developing and supporting our workforce, and to ensuring that they have an effective voice within our organisation.

In 2016-17, we began our partnership with the Lens, which encourages staff intrapreneurship in mission led organisations. In June 2017, a shortlisted group of intrapreneurs were invited to pitch their initiatives and compete for a share of a £20,000 investment. Their ideas ranged from using virtual reality to support people with dementia and their carers to 'Beer with Buddies', a proposition to transform a room in our premises in Paisley into a traditional (but alcohol-free) pub setting. We are currently partway through our Lens

programme for 2018, which so far includes proposals to support people with dementia to enjoy the great outdoors and using stickers to help locate everyday items around the home.

In late 2017, we held a comprehensive Employee Voice Survey, seeking feedback from our staff on all aspects of Alzheimer Scotland, focusing on their experience as employees. The results of this survey have fed directly into a number of key changes at Alzheimer Scotland, particularly in how we will support our localities at a senior level.

In summer 2017, we implemented a new strategy to grow and improve our internal communications. This involved not only enhancing our staff intranet, but also adopting Yammer (an internal communications system) as a means of promoting the sharing of information and ideas between staff across the country, at all levels. We introduced Yammer for all staff in January 2018 and are on course to have the majority of our staff registered on, and actively using, Yammer by the end of 2018.



"It was fantastic, absolutely incredible. It did wonders for my professional and personal development. The high that I experienced after the Lens workshops was amazing. It was just a fantastic opportunity."

Jennifer Hall, Training Officer & Lens participant



Our members

We were delighted to see our membership increase in 2017-18 from 8,500 to just under 8,900.

Our membership is key to our campaigning work at local and national level, as well as being pivotal in our engagement with a range of other third sector organisations. Our members support our fundraising and play a key role in shaping our ethos and work. Members have attended a variety of our events, local and national, throughout the year. These include not only our annual conference and annual Christmas lecture, but also our local Dementia Awareness Week activities and many other events across Scotland.

People with dementia, current and former carers, our volunteers, Dementia Champions, Dementia Ambassadors, under 16s and students are all entitled to free membership. We reach our members primarily through our magazine Dementia in Scotland, and in 2017-18 we delivered three editions (spring, summer and winter) with a readership of around 11,000.





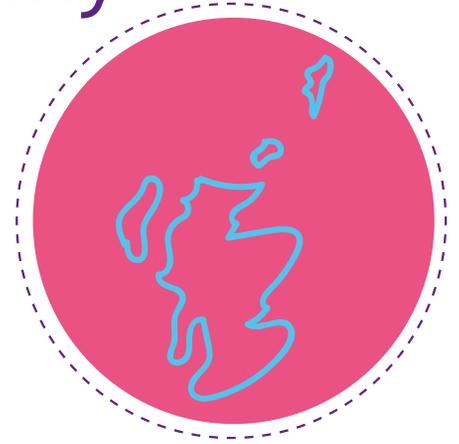
“We are very proud when we look back at all the work we have done and are still doing to help people living with dementia and their families in the islands.”

Brenda Macleod, founding member of our Lewis and Harris Branch

In the heart of the community

Our 21 localities offer a range of activities, information and advice, such as our Day Activities, Dementia Advisors and Community Activity Organisers. We have seen an increase in the numbers of groups and activities taking place within all our localities.

However, it is not enough just to host activities – all activities must be meaningful and of clear benefit to those taking part. It is vital to know what people with dementia enjoy doing and the therapeutic impact of that activity.



Therapeutic practice

We are always looking for new ways of supporting people living with dementia and their families. This year, we launched a series of films that showcase and celebrate some of the best therapeutic practice in our localities. The Creative Practice series includes: reminiscence in a forest in the Highlands; yoga in Stonehaven; sensory day support in Dumfries; Tai Chi in Paisley; our allotment in Glasgow's Southside and the Brain Gym in Falkirk. The films are supported by academic evidence of the value and impact of these activities; useful for workforce development as well as describing both how we engage with and support people living with dementia and their families.

Bellahouston allotment group

Horticultural therapy and gardening interventions typically refer to approaches to therapy in which activities related to cultivating plants are used to improve an individual's social, emotional, educational, psychological, and physical well-being. In our Glasgow Locality, one of our local Dementia Advisors (Polly Mark) and the local Community Activity Organiser (Chris Kelly) support people with dementia and those closest to them to enjoy gardening and related activities at our allotment in Bellahouston Park.

Referrals for the gardening group are not prescriptive – people with dementia, carers, close family and friends are all welcome. Indeed, having carers and other loved ones involved is key to making sure the group works, helping Polly and Chris to better understand and support the people with dementia who attend.

"Gardens give people so much opportunity to be what they like; to be themselves. There's a real feeling of tranquillity; life just slows down in a garden" says Polly.

What happens at the allotment is very much driven by people with dementia. "This is their garden. They can do what they want at it. They can just sit and have a cup of tea; they don't have to do any digging, if they don't want to" says Chris.

Dedicated allotmenteer Willie Caldwell loves gardening at Bellahouston. "I look forward to taking Anna to the meets at the allotment every week. The allotment means a lot to us – I am interested in gardening and we

learn a lot from talking to friends who attend. Meeting others who are in the same boat as us helps us get through the day, something which can occasionally be quite challenging."

The group has inspired Willie to take up new hobbies such as pyrography (etching images onto wood) and in 2017 he made us a sign for the new shed.

You can find out more about our therapeutic practice, including our allotment at Bellahouston Park, on our website under 'Support'.



Dementia Resource Centres

Many, though not all, of our localities are based around one of our Dementia Resource Centres. In 2017-18, after several years of opening new Dementia Resource Centres, we focused on refurbishing and otherwise improving our older Centres, which we will re-open in 2018-19. Our aim is to ensure that all of our Centres have influence and impact in their local community.

'Everyone knows we're here' Stranraer Dementia Resource Centre

Our first Stranraer Dementia Resource Centre was a modest location on Hanover Street, which we opened in 2013. In spring 2017, we were delighted to officially open a brand new, much bigger centre on Sun Street, where we could showcase examples of welcoming and helpful dementia-friendly design and be a fantastic community hub for Stranraer.

The new Centre is more spacious and better appointed than the previous premises, offering a greater variety of support and activities, including Therapet groups and hosting large-scale Dementia Friends sessions. The hub of the Centre is the welcoming café, where anyone from the local community can stop by for informal information and advice about dementia. Since opening, the cafe has attracted 10 new volunteers to the service. The new recruits are keen to increase their volunteering activity and help with transport and day services too.

Service Manager, Clare Stroyan said: "It has been just brilliant relocating to this new, prominent site in Stranraer. Now everyone knows we're here and the local community is keen to support us. We've been using lots of local services and suppliers for everything from the plants in our garden to the cakes in the café, which has been great for getting the local business community involved. Now they know we're here if they ever need our help or if they want to fundraise for us."

The Centre has also linked up with other charities to mutual benefit. A group of young men with barriers to employment have been volunteering at the Centre

through the Apex Scotland U-Turn project. Jackie Rae, Manager at the U-Turn project commented: "It was good to see the boys laughing and enjoying the company, and this is a mutually respected and valued partnership. The boys and I are looking forward to taking part in our Dementia Friends training and feel we can put that knowledge to good use when helping people within our community."

Linda, a local carer, said: "Knowing that the staff in the Centre are there makes me feel reassured, because coping with dementia can make me feel lonely." Local resident, Jim, commented: "The Centre is amazing, it's so good to see the building being used for a great purpose."



Working in partnership

Alzheimer Scotland recognises that good partnership working is essential to successfully support people with dementia, their families and carers. Over the years, we have developed and nurtured a strong network of positive working relationships and links with people, groups, organisations and agencies to drive forward our aim – ensuring nobody faces dementia alone.

Award-winning partnership with HMP Shotts

In 2016, Alzheimer Scotland's Dementia Advisor for North Lanarkshire, Lorna Hart-Thomson, was contacted by HMP Shotts and asked to talk to staff and prisoners about dementia. The number of older people and people with dementia in prisons is growing rapidly and this presents challenges in providing appropriate care. Compared to the wider population, prisoners have a higher rate of dementia risk factors. However, there has been very little research into dementia in prison. We do not know how many people are living with dementia in prison, and we also know very little about the experience of living with dementia in prison.

The innovative partnership between HMP Shotts and Alzheimer Scotland began as a pilot project and was the first of its kind in Scotland. We initially engaged with 13 prisoners through a dementia awareness session and 16 staff through a Dementia Friends session. We thought that this approach would allow us to see if there was a need for dementia awareness in prisons. Right from the start, it was evident there was a very clear and urgent need.

To date we have engaged with over 300 prisoners, over 60 staff and over 100 family members through

one-to-one discussions, group work and attending visits with the Alzheimer Scotland Memory Bus. One staff member said: "I know you are here primarily for prisoners, but the staff are ageing too, I'm worried about myself."

We were delighted to see this partnership win an award at Scotland's Dementia Awards in 2017 for Most Innovative Partnership. This project has allowed us to explore dementia friendly environments and what this means for prisons. Due to the success of this work, the Scottish Prison Service are now working with us to provide Dementia Friends sessions to staff in all prisons.



Raising awareness



Alzheimer Scotland is committed to raising awareness and improving understanding of dementia. Our work with mainstream media (television, radio and newspapers) and social media (particularly Facebook and Twitter) is a vital part of this.

We achieved significant local and national media coverage throughout 2017-18. This included our partnership with the Sunday Post for our Memory Walks, coverage of Dementia Awareness Week in the Daily Record and regular articles across the Johnston Press network of local newspapers. We also worked with STV on a week-long series of features - covering Dementia Friends, research and personal experience - which were broadcast in January 2018.

Our social media presence has continued to grow, both nationally and locally. Our national Facebook page increased its number of followers by almost 2,700, with 21,400 followers by the end of the year. Our Twitter followers rose from 17,000 to 19,400.

During Dementia Awareness Week 2017, we looked at how dementia affected people's social life and



friendship circles. We asked members of the public to take part in a short survey that asked about their current friendship groups, their levels of interaction with their community, their ability to take part in social activities and how they felt about entering social situations following their diagnosis. We got a great response and would like to extend our sincere thanks if you were one of the people who took part in the survey.

The results of the survey helped us create a new leaflet, called 'Friendship & dementia', which aims to help the friends of people with dementia to support them throughout the illness; from the conversations that precede (and often lead to) diagnosis, through to friendship during advanced dementia. Throughout Dementia Awareness Week, we encouraged people across Scotland to get together and hold Tea & Bletcher events to talk about dementia. Through talking and sharing more openly, we want people to feel less awkward or uncertain when they find out that their friend has dementia.

Feedback from our Friendship & dementia survey

“If something goes wrong or you don't understand, do not give up. Sometimes I have a heart-to-heart with my friends but that is the same as before I was diagnosed. It's not always about dementia!”

“Sometimes you need to wait for the person with dementia to come to you.”

“The biggest change came when my friends realised that things carry on as before; if things get too much I'll let them know.”

Your stories, kindness, and enthusiasm made for a fantastic Dementia Awareness Week and has helped to make Scotland a better place for people with dementia, their families and carers.

In winter 2017, we ran our #ImStillMe fundraising campaign; three short television adverts highlighting the person behind the diagnosis and how the right support can help people to live well with dementia. Four members of the Scottish Dementia Working Group were kind enough to be the faces of our campaign – Henry Rankin, Archie Noone, Helen Kelly and Stewart Black (who sadly passed away not long after the advert was broadcast). Viewers were asked to make a £5 donation by text message.

The adverts ran from late November to mid-December on STV. The campaign received additional coverage through features in Third Force News and The Courier (the latter focusing specifically on Archie Noone's involvement) The videos were also viewed approximately 17,000 times through our social media channels.





Willie Banks, 70, and Robert (Rab) Wilkie, 67, met 50 years ago when they joined the Black Watch regiment. Willie was diagnosed with vascular dementia back in 2013, when he was 67. Although they'd kept in touch with regular phone calls and emails reminiscing about their old army days, the pair hadn't seen each other in person in over 40 years. Their story goes to show that friendships can still be maintained even if you don't live nearby. A phone call or an email could be all it takes to brighten someone's day and keep them involved. Willie and Rab were reunited at the Alzheimer Scotland Dumbarton allotment in celebration of Dementia Awareness Week.

Willie said: "Being in the Army, a lot of my friends from when I was in service are spread all over the country. It's difficult to meet up, but we keep in touch by email and

on the phone. The friendships mean everything to me. The friends I made in the Army are like family."

Rab said: "It's been good keeping in touch and sharing old stories of our adventures. We were in Germany in the late 60s, then we were in Malaya, Northern Ireland and Hong Kong, so we've seen a fair bit of the world together and have lots of stories to remember – like the time we went AWOL together in Singapore. Being in the army and moving about a lot can mean that you lose your roots a bit, but keeping in touch on email and phone is a good way of staying connected even when you can't meet up." Following their reunion to mark Dementia Awareness Week, Willie and Rab will both be attending a Black Watch reunion in 2018, where they will meet up with more army pals.



Willie & Rab

Although they'd kept in touch with regular phone calls and emails reminiscing about their old army days, the pair hadn't seen each other in person in over 40 years.

Tomorrow's world

The most essential element of support for people with dementia, and those who care for them, is human interaction. Being able to talk to someone face to face, or over the phone, is crucial in getting the information and advice you need to live well with the illness. Alzheimer Scotland is committed – through our Dementia Resource Centres, Dementia Advisors, community activities and 24 hour Freephone Dementia Helpline – to making sure that nobody feels they have to face dementia alone.

At Alzheimer Scotland, we're also committed to exploring innovative ideas and approaches, to make sure that people with dementia and their carers are supported in ways that work best for them as individuals, couples and families.



Launching our Purple Alert app in September 2017

Purple Alert

In September 2017, we launched our first ever app – Purple Alert. Purple Alert is a community-minded app that helps communities to look out for people with dementia

Back in 2015, we worked with people living with dementia and their carers to identify key issues that could potentially be assisted through innovative approaches to support. The greatest concern was people with dementia losing their way. In response to this, we began to scope out services which addressed this issue, such as Police Scotland and a range of products (including GPS devices) that proactively support personal safety. We also looked at services using technology to help locate people, such as Silver Alert, Amber Alert and Child Rescue Alert. Recognising that a similar service would be beneficial for people with dementia in Scotland, Alzheimer Scotland set out to develop its own community-based digital solution.

We put together a group including a range of roles from our own locality teams with representatives from Police Scotland and local authorities, alongside people living with dementia and their carers. This group provided the foundation on which Purple Alert was developed, which was then honed through several workshops and focus groups.

It was clear from the start that a mobile phone app was the best means of delivering Purple Alert. Taiga Innovations developed the app over 18 months, based on more than two years of user-focused feedback, and it was tested in three major live test events across Scotland: Tain, Edinburgh and Glasgow. These events tested the app in a real-life scenario, where we staged an alert of a person with dementia losing their way, with both carers and the local community engaged in the search. The feedback we gained was pivotal to refine the app and ensure it worked well with existing services.

We are committed to providing Purple Alert free at the point of download. You can download the app from Apple's App Store (iPhones) and Google Play (Android devices). You can find out more about the app at www.dementiacircle.org



The Dementia Dog Project

This project is a partnership between Dementia Dog (itself a partnership between Alzheimer Scotland and Dogs for Good), Paws for Progress and the Scottish Prison Service. The first prison-based assistance dog project of its kind in the United Kingdom enables men in custody to complete an introductory dog training and care course before continuing to further develop their skills and help assistance dogs in training. The programme aims to develop employability skills, enhance engagement with education, and improve participants' well-being. It also helps to provide highly trained assistance dogs to help people living with dementia in their homes and community. You can find out more about the project at www.dementiadog.org

Innovation in everyday life

Alzheimer Scotland wants to help people with dementia and their carers to integrate different forms of support, including innovative approaches (such as the use of technology), to help make everyday tasks easier. These approaches are not intended to replace statutory services or person-to-person activities, but to work alongside them to achieve a better quality of life. The needs and wishes of the person with dementia, and those closest to them, remain at the heart of this exciting new area of our work.

Our Technology Team is an invaluable resource, helping people with dementia and their carers to make informed decisions about how technology, and other innovative approaches to support, could make a real difference in their lives. They do this in person, at events and training courses, and through Alzheimer Scotland's Dementia Circle.

Dementia Circle finds, tests and shares products to help people living with dementia. Products are tested by families with a person with a diagnosis of dementia and feedback is shared through the Dementia Circle website. Dementia Circle is not affiliated with a particular manufacturer, and all our reviews come from our testers (people with dementia and carers of people with dementia), so we can offer reliable and impartial information.



Billy and Julie met Alzheimer Scotland's Technology Team at an exhibition. Julie was inclined to walk ahead of Billy when they were out and about, which meant that Billy could sometimes become separated from her in busy places and get disorientated. The Technology Team were able to advise on a simple tracker button that Billy could wear on his clothes, which would send an alert to Julie's phone if they became more than a certain distance away from each other.

"It was through Alzheimer Scotland that we got our first tracker button to try, just as a trial. I really liked it and Billy didn't mind wearing it, so we ended up getting one of our own." Julie, carer.







A good friend at home

Webb is a trained Dementia Dog. He was placed with Malcolm and Imke in September 2017. Malcolm has Parkinson's-related dementia and is cared for full time by his wife, Imke. Malcolm's dementia brings a range of challenges and Webb supports the couple by carrying out a number of daily tasks, including bringing Malcolm his medication. He also helps Malcolm navigate through unfamiliar environments and supports him to interact with other people.

"It gives me a little bit extra freedom – I don't have to be back at a specific time because I know there is a good friend at home who takes care of things. He makes Malcolm smile!"
Imke, carer.

Virtual reality

One of our Lens winners from 2017 was the Virtual Reality project, based at our Bridgeton Dementia Resource Centre in Glasgow. The aim of the project is to offer personalised, meaningful virtual scenarios for people with dementia to experience in safe and welcoming settings. With the Lens funding, the project has been able to purchase two virtual reality kits and has run focus groups to suggest new virtual scenarios. The project is working on a good practice guide to help roll out this virtual reality activity to our other localities across Scotland.



Attend Anywhere

We have adopted a new video conferencing system to allow people with dementia living in remote and rural areas to have access to specific aspects of our support without having to worry about travelling.

How is Alzheimer Scotland using it?

As part of our 'Confident Conversations' learning days, we demonstrated Attend Anywhere to over 600 participants, mainly from the health, social care and housing sectors.

Initial suggestions for use included adoption where helping people access practitioners via video consultation which might mean a quicker intervention than would otherwise be possible.

Uptake has been relatively steady, but in the future, we see it having a number of uses both for staff internally and for people living with dementia, their families and carers. We intend to offer online surgeries, offering information and advice on a range of key topics, as of 2018-19.

Championing your rights

Our policy and campaigning activity is underpinned by our commitment to:

- Human rights-based principles
- Evidence-based research
- Partnership and collaboration
- Building consensus, and
- Promoting and supporting the collective voice of people with lived experience of dementia.





Scotland's third National Dementia Strategy 2017-20

Scotland's third National Dementia Strategy was published in June 2017 and builds on the previous two strategies. It was informed by people with dementia, carers and health and social care professionals through participation in local dialogue events, which were hosted by Alzheimer Scotland across the country. We worked with the Scottish Government and other partners, including the Scottish Dementia Working Group (SDWG) and National Dementia Carers Action Network (NDCAN), to shape this third National Dementia Strategy. This helped us to ensure the new strategy was in line with our longstanding vision for change, as detailed in our 5 Pillar Model of Post Diagnostic Support, 8 Pillar Model of Community Support and Advanced Dementia Practice Model.

Post Diagnostic Support has been a key focus of the national dementia strategy since the launch of the one year Post Diagnostic Support guarantee in spring 2013. However, a Scottish Government report on levels of dementia diagnosis, published in 2016, showed that diagnosis rates had been substantially underestimated. As such, there were not enough Post Diagnostic Support Link Workers to help people being diagnosed. In response to this, we made a successful case for a revised commitment to Post Diagnostic Support from the Scottish Government, including the use of our 8

Pillar Model for people diagnosed at a later point in the illness, or with more complex needs. This ensures that everyone entitled to Post Diagnostic Support is supported appropriately. The revised commitment also provides the basis for the rollout of the Dementia Practice Coordinator role and 8 Pillar Model, as well as building capacity to deliver the Post Diagnostic Support guarantee.

We also successfully made the case for Post Diagnostic Support to be shifted into primary care settings. We have been working with partners to support a number of innovation sites; GP clusters in east Edinburgh, Shetland and Nithsdale (Dumfries and Galloway), who are facilitating this shift and further developing primary care-led diagnosis and Post Diagnostic Support.

In addition, we secured a commitment to test our Advanced Dementia Practice Model. This sets out an integrated and comprehensive approach to providing care and support for people with advanced dementia and at end of life.

We have continued to work in partnership with the Focus on Dementia team (part of Healthcare Improvement Scotland) on collaborative improvement. Focus on Dementia is providing national support to drive improvement in Post Diagnostic Support, community support (8 Pillar Model), acute hospital care and specialist dementia care.



Local engagement

In recent years we have made considerable progress in shaping dementia policy and practice at both national and local level within Scotland. However, there are significant gaps between policy intentions and the lived experience of dementia in local communities. The responsibility for delivering the National Dementia Strategy commitments sits with Scotland's Intergrated Joint Boards (IJBs). IJBs have devolved authority and financial autonomy to make decisions about how to meet the health and social care needs of their local populations.

We have worked to empower people with dementia and carers to influence local IJBs, so that the commitments of the National Dementia Strategy (informed by local people, as outlined above) are funded and delivered locally. This year we formalised our approach to this local engagement and placed it at the heart of our campaigning focus. We have worked with locality colleagues and our national involvement groups (the Scottish Dementia Working Group and the

National Dementia Carers Action Network) to support engagement events with local people. We have used these events to share Alzheimer Scotland's vision of change and listen to local lived experience of dementia, as well as finding out what is working well in that community, what is missing and what needs improved. This approach helps us to identify our shared priorities for local campaigning. Alongside this, we have been gathering data as to how each HSCP is delivering on these commitments. This combination of lived experience and statistical data provides clear evidence of local priorities and supports our growing number of local engagement networks to campaign effectively and proactively to achieve our shared vision.

We have held almost 50 engagement events with our local networks across Scotland, connecting with almost 1,000 people. Over the coming year, we will start to invite locally-elected representatives to meet with our networks and establish strong relationships. We will ask these representatives to use their influence to ensure IJBs deliver our shared priorities for people with dementia and carers at local level.

McLeish Commission

We have also been working with an independent expert commission, led by former First Minister Henry McLeish, to consider how IJBs can deliver key dementia policies and close the gap in delivery at local level. The commission's focus is taking forward a key recommendation in our Advanced Dementia Practice Model; that the needs of people with advanced dementia are primarily health care needs and should not be subject to social care charges. The commission has been working to develop the case for change, and to identify the costs and benefits to support this recommendation. Its work will conclude in late summer 2018 and the final report will be published in early 2019.



Working internationally

Alzheimer Scotland's international reputation continues to grow and there is considerable interest in our human rights and evidence-based approach to developing public policy, which continues to attract international visitors and requests to speak at dementia related events held by partners in other countries. We continue to have representation on the Board of Alzheimer Europe and throughout the past year we have been supporting a European-wide Carers Survey led by Alzheimer Europe. The survey captures the experience of carers from several European countries including Scotland. The results of the survey will be published in June 2018.



Scottish Dementia Working Group

The Scottish Dementia Working Group (SDWG) celebrated its 15th anniversary by continuing to be a key influence on dementia policy at local, national and international level. As part of the work to strengthen the SDWG, the group focused on equality and inclusion, to ensure they are welcoming to all people living with dementia. They group participated in a range of learning sessions on different areas of inequality and under-representation with input from expert guests. These sessions have helped to inform the policies and practice of the group going forward, as well as increasing the understanding of individual members.

Carol Hargreaves, Vice Chair, was the group's representative within the European Working Group of People with Dementia and travelled to meetings and events in Brussels, Berlin and Luxembourg City in this capacity. The group also met with Shunichiro Kurita, Senior Associate of the Health and Global Policy Institute in Japan.

Closer to home, the group continued to shape national policy, with Chair Archie Noone representing the SDWG

at meetings of the Dementia Strategy 2017-2020 – National Implementation and Monitoring Group. The group also took on a new and much-appreciated role in Alzheimer Scotland's commitment to local engagement. Many members of the group took the time to attend engagement events across Scotland, as well as drawing upon their considerable experience in campaigning to support and inform this work at local level.

Group members, Pat McGonigal, Henry Rankin and Geordie Woods took part in the short film 'Living and Learning with Dementia', demonstrating that people with dementia can continue to learn new things after their diagnosis, as well as the importance of friendship when looking to live well with the condition. You can watch this film on the group's website at www.sdwg.org

The hard work and commitment of former SDWG Chair, Henry Rankin, was recognised with a Lifetime Achievement Award at Scotland's Dementia Awards.



National Dementia Carers Action Network

The National Dementia Carers Action Network (NDCAN) continued to campaign on behalf of the unpaid carers of people with dementia throughout 2017-18, supported by two new co-ordinators who were appointed in spring 2017. It has played an important role in the implementation of key principles of Scotland's national dementia strategy and beyond, participating in a wide range of steering groups, committees and events. They also worked alongside the SDWG in assessing and providing feedback on a range of commercial locations, including Glasgow's Silverburn Shopping Centre, that were looking to make adaptations to become more dementia-friendly environments.

The group welcomed visitors from Denmark in a visit by DaneAge – a non-profit, membership-based organisation that focuses on enabling all members of society to live long and healthy lives.

Members of the group (alongside the SDWG) continued to play a vital role in the training of Dementia Champions (which Alzheimer Scotland delivers in

partnership with the University of the West of Scotland, through our Centre for Policy and Practice at the institution). They also provided significant support to Alzheimer Scotland's local engagement work, attending numerous events all over the country and sharing their experience and learning from several years of campaigning on behalf of carers of people with dementia.

Members of NDCAN have been working on a set of resources written for, and by, carers of people with dementia. The network became interested in how to support 'resilience' for family carers and wanted to provide useful information on things that can help. NDCAN was funded by the Life Changes Trust to develop leaflets that offered advice, support and tips, from carers to other carers, about what has helped them to cope in their caring role. The 'For Carers, By Carers' series of booklets will be launched in April 2018.



Launching 'Connecting People, Connecting Support' in September 2017

“‘Connecting People, Connecting Support’ is not only the first policy of its kind for Scotland, it presents all AHPs, regardless of profession or service setting, with a great opportunity to realise their full skill-sets and work in new ways to deliver support and enablement for people with dementia.”

Jacqui Lunday-Johnstone, Chief Health Professions Officer –
Scottish Government

Care today, cure tomorrow

Improving practice

In March 2018, 147 new Dementia Champions graduated in Edinburgh, bringing the total number of Dementia Champions in Scotland to 850. The Dementia Champions programme, delivered by the University of the West of Scotland and Alzheimer Scotland, supports the development of Dementia Champions as change agents in improving the experience, care, treatment and outcomes for people with dementia, and their families and carers in acute general and community hospitals, and at the interface between hospital and community settings.

Our Alzheimer Scotland Dementia Nurse Consultants continue to support the Dementia Champions programme. We currently have an Alzheimer Scotland Dementia Nurse Consultant in 15 Scottish health boards. Over the past eight years, our Dementia Nurse Consultants have driven forward a wide range of improvements, such as embedding individual preferences and needs in care planning; making sure families and unpaid carers are involved in care, creating ward environments that are welcoming to people with dementia and ensuring that staff have the right skills and knowledge to offer the highest level of care.

In 2017, our National Allied Health Professions Consultant led the development and publication of the 'Connecting People, Connecting Support' framework. Developed collaboratively with the Scottish Government, the Allied Health Professions community and people living with dementia, 'Connecting People, Connecting Support' sets out a framework for how Allied Health Professionals in Scotland can improve

their support for people with dementia, families and carers to enable them to have positive, fulfilling and independent lives for as long as possible.

The National Allied Health Professions Consultant has also continued the Alzheimer Scotland Internship Programme (started in 2013 in partnership with Queen Margaret University and Santander UK) which offers Allied Health Professions graduates a chance to build their professional knowledge and skills.

For the past two years, Alzheimer Scotland has worked on producing the Transforming Specialist Dementia NHS Care report. This report, commissioned by the Scottish Government, is a detailed review of the nature and challenges of specialist dementia care across Scotland. It introduces a vision of what a good specialist dementia unit should be, based on the evidence and work of many committed practitioners who helped us develop the report and the views of people with dementia and carers. The report explores the nature of the teams, the quality of care, the size of specialist dementia units and crucially highlights that, in many areas, current units are not fit for purpose and must be rebuilt. The report also develops a model of safe transition for those whose needs do not require this level of specialist care. The report includes financial modelling which assists those safe transitions and reinvestment to fund an ambitious programme to transform specialist dementia care. The Scottish Government support the report's principles and recommendations and have indicated that they intend to publish this in the summer of 2018.



Investing in research

High quality research is crucial to Alzheimer Scotland, and to Scotland, in the pursuit of excellence in responding to dementia. It drives innovation in policy and in practice and is a key element of what we do as an organisation. It can also attract substantial investment to Scotland's dementia research community.

Alzheimer Scotland supports the Scottish Dementia Research Consortium (SDRC); a network of researchers, practitioners, social scientists and policy makers who are working on all aspects of dementia research across Scotland. The consortium's cross-disciplinary membership includes and involves people with dementia; this ensures that the network takes a human rights approach to its research, practice and development of services. In autumn 2017, the SDRC appointed Prof. Craig Ritchie as their new Chairperson. Prof. Ritchie is currently Director of the Centre for Dementia Prevention at the University of Edinburgh. Find out more about the Scottish Dementia Research Consortium in the 'Research' section of our website.

Our Dementia Research Centre and Brain Tissue Bank at the University of Edinburgh is a high-quality research environment for investigations into the causes and treatment of dementia, and care provided by relatives and friends. It aims to commission and build a balanced portfolio of scientific and clinical research. The Centre is led by Prof. John Starr.

Our Centre for Policy and Practice at the University of the West of Scotland has been named a Centre of Excellence for its role in advancing dementia policy and practice through education and applied research in Scotland and beyond. The Centre is led by Prof. Debbie Tolson.

Our strategic partnerships with a range of Scotland's universities, including Queen Margaret University and Glasgow Caledonian University, continued through 2017-18, alongside bursary support for specific

study programmes at the Universities of Edinburgh and Stirling.

Alzheimer Scotland continued to be committed to improving participation in research. We are a founding partner of Join Dementia Research; a service which allows people to register their interest in participating in dementia research and be matched to suitable studies. The service delivers new opportunities for people to play their part in dementia research; connecting researchers with people who want to participate in studies. We will be building on our work with Join Dementia Research and seeking to increase research participation in Scotland through 2018-19 and beyond.



"I believe in the next three to five years we are going to have a much better understanding about how dementia develops."

Prof. Craig Ritchie,
Chair – SDRC (pictured above)

Making every penny count

Our successful fundraising in 2017-18 reflects the enormous dedication of Alzheimer Scotland's supporters, volunteers and colleagues. Without our fantastic supporters we would not be able to continue our vital work and this year we raised an incredible £62m. If you walked, baked or ran for us this year – or donated in any one of the hundreds of other ways people fundraised for us – thank you so much.

Alzheimer Scotland is committed to ensuring best practice in every aspect of our fundraising work. We do not operate door-step or street collections, nor do we use call centres or issue cold mailings.



Few of our supporters faced a greater challenge than Alan Corsie from Aberdeen – in more ways than one. In autumn 2017, Alan undertook an amazing 3,000 mile cycle across America for Alzheimer Scotland, from San Diego in California to St Augustine in Florida, pedalling 500 miles a week for six weeks.

Just 350 miles from the end of his trip, disaster struck. He was hit by a car in Florida and ended up in hospital with two broken ankles and a collapsed lung.

Yet Alan not only reached, but surpassed, his fundraising target. He is surprisingly cheerful about his American adventure, which he hopes to complete next year.



“This trip has made me appreciate the preciousness of life, the gift of good health, the joy of love and family and friends.”

Alan Corsie, fundraiser



"In March 2015, we lost a valued member of our family; John, my Dad, who lived with dementia for 8 years. . . During the time that Dad was ill, Mum looked after him on her own; it being the duty of a loving wife, as she saw it. She was never aware that she could get any help, nor did she actively seek it out. She just did what she had to, not wishing to burden the rest of the family.

"When the first Memory Walk fell on what would have been Dad's birthday, we decided that we would do it in memory of him and have continued doing this every year. We have since found out that several other members of our family have had a diagnosis, so now we do the walk for all of them. As a family, we use the walk to reflect and remember, thinking about Dad and how he would have enjoyed it. He did love his walks, especially when we all got together and walked as a family."

Ann McMonigle, Memory Walks participant



Legacies

In 2017-18 we received £1.15m from generous supporters who left us gifts in their wills. We will be looking to increase our information and publications around legacies during 2018 and highlight the vital work that this supports.



Community fundraising and sponsored events

We have strengthened the Community Fundraising team during the year, to expand their reach throughout Scotland, which is enabling local businesses and our local services to work better together to raise valuable funds. Community Fundraising will play a key role in supporting growth within our localities; raising funds for our Dementia Advisors, Community Activity Organisers and Volunteer Co-ordinators, as well as allowing us to open more Dementia Resource Centres in communities across Scotland.

Alzheimer Scotland's National Events programme continues to grow – key events include the Edinburgh Marathon Festival (which brought in £108,000) and the Kiltwalk series (which raised over £120,000). We have also seen great success with some of our smaller events such as the London Marathon, Stirling Marathon and Ziplide across the Clyde.

Our Memory Walks are our flagship fundraising activity. You don't need a training regime, or be willing to fly through the air, to take part in one of our walks – these gentle, welcoming events are a great opportunity for family and friends to come together and make every step count for people with dementia. We had a bumper year in 2017, with over 3,500 participants making every step count at 15 different walks across Scotland.

Thanks to all our wonderful walkers, we were able to raise over £200,000.

We promise that every penny we raise in Scotland stays in Scotland. Without the incredible effort and support of our fundraisers, we simply couldn't continue to make a difference to lives of people with dementia, their carers, families and friends.



After being successful in the ballot to be among the first to walk across the new Queensferry Crossing, mother and daughter Sarah and Erin decided to do the crossing in memory of Sarah's grandmother, Bella.

"When I realised that I could raise money from doing such a simple thing, I thought I might as well do it for charity. Alzheimer Scotland was the obvious choice for us due to how much help they were to my gran, Bella, and the support they gave to my mum at the time.

"Before my gran became ill with dementia she was a very outgoing person. She was never in - always out visiting friends or at various clubs she was a member of. She also enjoyed a game of Scrabble and a crossword. She was a keen artist, a member of two art clubs and showed her work as part of exhibitions at Paisley Art Gallery. She was also a good cook - her homemade lasagne was the best!

"The art and cooking were the first things that seemed to go as her dementia progressed. Without these, my

gran became more introverted; not leaving the house as much and not seeing many people. She became more reliant on my mum, which was quite a strain.

"When my mum got in touch with Alzheimer Scotland, they really helped my gran - they suggested tools to help her remember, such as a whiteboard we could write things on like the date and what time to expect people. All things that would help my gran's day-to-day life. They also took my gran to an art class, which she really enjoyed. Shortly after my gran passed, the art group she had been attending put on an exhibition in Barrhead which allowed my gran's paintings to be shown.

"We have a lot to thank Alzheimer Scotland for - they brought quality of life back to my gran and supported my mum no end."

Sarah McNeil, one of our supporters

Corporate fundraising and Dementia Friends Scotland

Throughout the year, we have continued to build new business partnerships in Scotland – helping us to raise a fantastic £791,000. 2017-18 corporate partners included Balhousie Care Group, Capita, Card Factory, DM Hall, HSBC, Iceland, Johnson & Johnson and Kier Group.

Throughout 2017-18, we have continued to engage with many businesses and organisations through our Dementia Friends sessions. Following a number of discussions with the Scottish Government we were invited to deliver a Dementia Friends session to the Scottish Cabinet. This was met with fantastic feedback and has led to an agreement to deliver Dementia Friends sessions to all 5,000 staff within each Scottish Government directorate. This work has now started and

will continue to be rolled out over the next year.

Scottish Rugby International and Glasgow Warriors player, Henry Pyrgos, joined forces with us to celebrate reaching 50,000 Dementia Friends in Scotland in December 2017. The scrum half who joined Glasgow Warriors in 2010, and had his Scottish International career breakthrough in 2012, joined the Dementia Friends Scotland initiative after seeing the effects of dementia first hand, following the experiences of his grandfather Nick Pyrgos (86), who was diagnosed with vascular dementia and Alzheimer's disease.

Dementia Friends Scotland continues to have ongoing work with Barclays Bank, Royal Bank of Scotland and Edinburgh Airport, as well as a number of local authorities and hospitals. Alzheimer Scotland is grateful to the Scottish Power Foundation, who have agreed to continue funding this programme for another year.

“The team at DM Hall greatly enjoyed getting behind Dementia Awareness Week 2017 by holding a Tea and Blether event for colleagues. Many cakes were eaten and much fun was had by all! Alzheimer Scotland is one of our charity partners for 2017 and 2018 and we are delighted to have the opportunity to work together to raise funds and awareness for this important cause.”

Marianthi Markaki, Marketing and Events Assistant – DM Hall





“I would do it again in an absolute heartbeat. I now adore cycling. I am a member of a local Cycling Club and regularly head out on rides or down to the local cycling shop for a coffee. As personally rewarding as the ride was, the greatest part about the challenge was the funds and awareness raised to help support the amazing work done by Alzheimer Scotland on a daily basis.”
Charlotte Lowry, Senior Anti-Money Laundering Investigator – HSBC
(and participant in The Big Pedal)

Gala events

We were recipients of proceeds from a number of gala balls, including our Crystal Ball at Prestonfield House which generated nearly £50,000. We also held similar gala events in Glasgow and Inverness, as well as a Women of Scotland lunch. These events provide a great opportunity not only for fundraising, but also for building strategic relationships with donors.



Special thanks to:

Adam & Co

ANA Recruitment

Anderson Strathern

Arco Ltd

Armstrong's of Stockbridge

The Artemis Charitable Foundation

Arvato Financial Solutions

Aviagen

Bank of Scotland Foundation

Balhousie Care Group

Beam Suntory

Benriach Distillery Company

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Brodies LLP

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Celesio

Cirrus Logic International

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DM Hall

Edrington-Beam Suntory UK

Distribution Ltd

EEG Hillington

42

EICC

Erskine Technology Campus

Fairfield Energy Ltd

Financial Conduct Authority

Franklin Templeton

Front Line Construction Ltd

Glasgow Airport

GlaxoSmithKline

GVA Grimley

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**and to all our other generous
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The Netherdale Trust
The Netherton Charitable Trust
The St Katharine's Fund
The Tennant Southpark Charitable Trust
The Tour Trust
Westwood Charitable Trust



Trusts & Giving Supporters

THANK YOU

Looking forward

Throughout 2018, we will continue to build on the development of our localities. We will introduce a new Locality Leadership Directorate and bring our Community Fundraising Teams and senior representatives from our Policy, Communication and Finance teams into this new structure. This will create a much more effective synergy between these crucial functions. Our aim for each locality is for an effective Engagement Group representing the collective voice of people with dementia, their families and our members; a broad range of community activities and creative practice opportunities; high-quality day services and Post Diagnostic Support; Dementia Friends and Dementia Friendly Community Engagement and a high level of Community Fundraising engagement with local supporters and donors. Simultaneously we plan to reshape our central Fundraising Team and we will increase our investment in our corporate, legacy and general national fundraising work.

We will develop a Self-Directed Support funded model of Day Care and we will begin to build this up to be the main basis of funding for our Day Services. In each locality, we will seek to introduce a clear fundraising strategy and investment plan that will be working towards funding of our core roles of Dementia Advisors, Community Activity Organisers and Volunteer Co-ordinators. Alongside this we will continue to take dementia to the high street and seek to invest in local Dementia Resource Centres.

To ensure that our staff have the best possible experience working with Alzheimer Scotland, we will continue to embed the Fair Work Framework as part of our People Strategy and we will combine this with the introduction of a new Future Leadership Course, a mentor programme for existing managers and staff, and our ongoing commitment to the Lens intrapreneurship programme.

We will improve our overall communication strategy by developing our website and introducing a new Digital Strategy. A new Digital Leadership Team will be launched in June 2018 and we will continue to lead the way in the use of enabling technology and innovations that can benefit people with dementia and their families. We will continue to offer training and consultancy in this area and we will also open three new Digital Centres, where people can visit to test and use the most current technologies and products as well delivering training and educational awareness in these new centres.

We will continue to work closely with the Scottish Government to introduce our findings and recommendations on the future vision for Specialist Dementia Care Units in the NHS, throughout Scotland, and we will continue to work closely with our partners in NHS Education for Scotland, Scottish Social Services Council, Focus on Dementia and other stakeholders to monitor and implement the third National Dementia Strategy. Within each of our localities we will ensure

“We will ensure that all of our work is driven from a rights-based perspective and informed fully by the expert members of the Scottish Dementia Working Group and the National Dementia Carers Action Network.”

that there is a well informed and effective relationship with local policy makers and our Local Engagement Groups, and we will continue to mobilise the collective voice of people living with dementia in our localities in order to close the gap between national policy and local practice. We will continue to build on membership and seek to improve the level of engagement with our members in each locality.

We aim to publish the findings of the McLeish Commission on Fair Dementia Care, highlighting the inequity for many people with dementia who – in the advanced stages of the illness – still have to pay for their total care costs. We anticipate this will happen in early 2019.

Supporting the work of our Research Centre at the University of Edinburgh and the Centre for Policy and Practice at the University of the West of Scotland will continue to be a focus. We will also maintain our support for the Scottish Dementia Research Consortium, by increasing our investment in this. We will explore the development of a Scottish Dementia Informatics Platform and we will seek to engage the Scottish Government and public health bodies in a discussion around dementia prevention and brain health. We will also maintain our very positive strategic alliances with universities, such as Queen Margaret University and Glasgow Caledonian University, and maintain our small level of funding commitments to several other academic institutions across Scotland.

We will increase our level of support for the Join Dementia Research initiative and seek to substantially grow the number of people in Scotland signing up to research.

We will continue to raise awareness and improve understanding of dementia, while working to reduce stigma.

We will ensure that all of our work is driven from a rights-based perspective and informed fully by the expert members of the Scottish Dementia Working Group and the National Dementia Carers Action Network. We will continue to fund and seek funding to maintain the strength and pivotal role that these groups play acrossw Scotland and beyond.

We look forward to the coming year and continuing our hard work towards making sure nobody faces dementia alone.

Henry Simmons

Henry Simmons
Chief Executive



Our finances

Income and Expenditure 2017-18

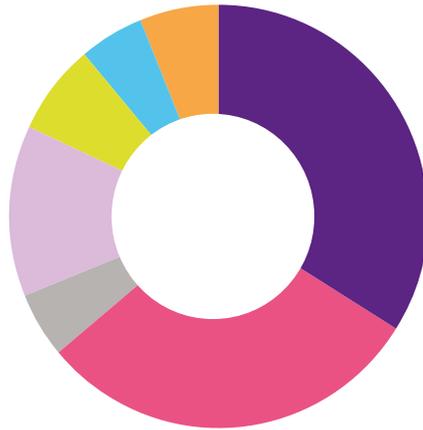
Consolidated income and Expenditure Account for the year ended 31 March 2018

	2018 £	2017 £
Total incoming resources from generated funds	7,189,407	7,120,488
Income from Charitable Activities	9,090,718	11,597,196
Total incoming resources	16,280,125	18,717,684
Cost of generating funds	428,187	440,119
Resources spent on Charitable Activities	16,044,053	17,501,974
Governance costs*	49,868	57,640
Total resources expended	16,522,108	17,999,733
Net incoming resources before transfers	-241,983	717,951

*Audit fees, Director's insurance, AGM and meeting costs



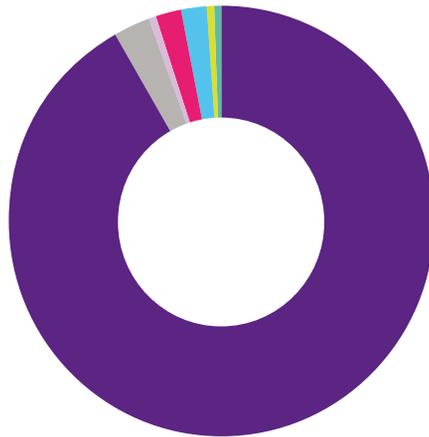
Income



Income

Local Authority grants	34%	
Fundraising trusts and donations	30%	
Health board grants	13%	
Legacies	7%	
Gain on Drumsheugh Gardens disposal	6%	
Scottish Government and specific grants	5%	
Other	5%	

Expenditure



Expenditure

Care related services	91.87%	
Fundraising	2.59%	
Research	1.91%	
Involvement	1.87%	
Campaigning	0.66%	
Awareness raising	0.6%	
Other	0.5%	





Thanks to our Kirkcaldy Dementia Centre and the Kirkcaldy Musical Memories group for their kind support with photography.



“Here I was meeting other people diagnosed with dementia; some were displaying similar symptoms as myself while others were further down the dementia path than I, but they were all leading energetic, normal lives.”

Geoff Orry, member of the Scottish Dementia Working Group

“Personally, in my campaigning role, I feel I have made a positive change in many different ways: raising awareness of rarer dementias; combating remote and rural issues; and shaping the network by taking a leadership role. Have I done enough? I’m not sure. Did it make me feel better? Yes!”

Myra Lamont, member of the National Dementia Carers Action Network

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