



**Annual Review**  
2022/23



**Alzheimer  
Scotland**  
Action on Dementia

**Prevent.  
Care.  
Cure.**

# Contents

Introduction	<b>3</b>
Our vision, aims and mission	<b>4</b>
Prevent	<b>6</b>
Care	<b>10</b>
Cure	<b>16</b>
Active Voice	<b>20</b>
Campaigning for change	<b>22</b>
Campaigns & events	<b>24</b>
Innovations & initiatives	<b>26</b>
Your support	<b>30</b>
Our people	<b>34</b>
Our finances	<b>35</b>



# Introduction

## David McClements

Our Convener

*David McClements*



Welcome to our 2022/23 Annual Review. It has been another remarkable year for Alzheimer Scotland with some wonderful developments over the last 12 months, including the opening of the UK's first Outdoor Dementia Resource Centre at our beautiful site in Badaguish. You can read more about this and some of our other projects in this review.

I have had the great pleasure of being Alzheimer Scotland's Convener for the last six years and a Trustee since 1997. Although my tenure as Convener is now ending and I am stepping down from the Board of Trustees, I will remain in a co-opted position for another year to aid the transition for our two new Conveners. I wish them both every success in the role. I would like to take the opportunity to thank all my fellow Board members and Trustees with whom I have had the great privilege to work over the years.

Thank you to Chief Executive Henry Simmons too. Supported by the senior management team, his dedication, vision, and unwavering commitment have been the driving force behind our charity's remarkable achievements over the past year. Thank you also to all Alzheimer Scotland staff and volunteers as your hard work and determination to improve the lives of people living with dementia, their families and carers is truly inspiring. Finally, I would like to say how grateful I am to all the dedicated fundraisers who have given their time and energy to support us and help us to make sure nobody faces dementia alone.

## Henry Simmons

Our Chief Executive

*Henry Simmons*



We are delighted to bring you highlights of our work across 2022/23 in this year's Annual Review. From the opening of two more Brain Health & Dementia Resource Centres to the launch of our new National Dementia Advisor Service, we remain committed to the development of frontline support and services for people with dementia and their families and carers across Scotland.

This year also marked three important 10-year milestones for the Alzheimer Scotland Centre for Policy and Practice, the Scottish Dementia Research Consortium (SDRC) and the Dementia Dog project – all of these wonderful partnerships and collaborations have done so much to help families in their own unique ways, and will continue to do so.

Our Long Term Care Commission was established this year (p23), and will consider alternative approaches to delivering more effective long term care and support for people with dementia.

We were pleased to welcome over 350 people to our Annual Conference in September. The expertise and depth of understanding shown by each of our fantastic guest speakers, on such an interesting range of topics, was truly inspiring. Each of our three sessions offered a remarkable insight into the work being done to improve the lives of those living with dementia, their families, and carers.

As always, a huge and heartfelt thank you to all our supporters, the combined efforts from everyone who took part in a challenge, or supported our fundraising campaigns, has been incredible. We simply could not deliver key services such as our 24 hour Freephone Dementia Helpline without the level of support we have from loyal and dedicated individuals and groups – thank you.

## Our vision, aims and mission

Alzheimer Scotland is Scotland's national dementia charity. Established in 1980, our aims are to prevent, care and cure dementia, and ultimately make sure nobody faces dementia alone.



## Prevent

Our team at Brain Health Scotland has continued working over the last 12 months to inspire and empower people to protect their brain health and reduce the risk of diseases that lead to dementia. They have launched 'My Amazing Brain' – an award winning free educational resource programme aimed at educators of 8-12 year-olds (P5-P7) to help children explore all about how to keep their brains healthy. They also developed 'SPORT in mind' which offers tips and advice on keeping your brain healthy while enjoying sport and physical exercise. You can read more about the work of Brain Health Scotland on page 6.

Our drive to take brain health to the high street continued with the opening of our new Brain Health & Dementia Resource Centres in Glasgow and Perth. In late 2023 we will be opening a new Brain Health Clinic in our Aberdeen Centre.

Following the level of interest and conversation from our 'Women's brain health and dementia' session at our Annual Conference, we will be launching a Women's Brain Health and Dementia Commission in 2024.



## Care

On Thursday 21 September 2023, World Alzheimer's Day, we officially launched our new National Dementia Advisor Service. Completely funded by Alzheimer Scotland from donations and fundraised income, it provides a responsive, high quality information, advice and advocacy service relating to all aspects of brain health and dementia. This new service complements our existing National Support Services such as our 24 hour Freephone Dementia Helpline and our National Counselling Service.



From the date of launch, the **National Dementia Advisory Service** has had **204** referrals



Our frontline care services comprise those that are funded and delivered by Alzheimer Scotland in local communities, and services commissioned by local Health and Social Care Partnerships. Our trained, highly skilled staff provide high quality, person centred day care services across Scotland, helping people with dementia to live well for longer.

We now have over 110 Post Diagnostic Support Link Workers working across Scotland to deliver quality support to people with dementia and their families.

Our campaigning work continues with our two Active Voice groups – the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN). It is crucially important that the voice of personal experience is at the very heart of everything we do.

## Cure

This last year has seen some promising breakthroughs in drugs designed to tackle Alzheimer's disease, highlighting just how vital it is for people to get involved in research. Our continued partnership with Join Dementia Research is a key way for us to promote this message. Dementia research can take many forms, and our research engagement focuses on prevention, care and cure. Our involvement with the Davos Alzheimer's Collaborative means we are working with a global programme focusing on drug development and treatment for Alzheimer's disease, and our MRes Student Programme supports early career researchers. You can read more about some of the ways we are involved in dementia research on page 17.

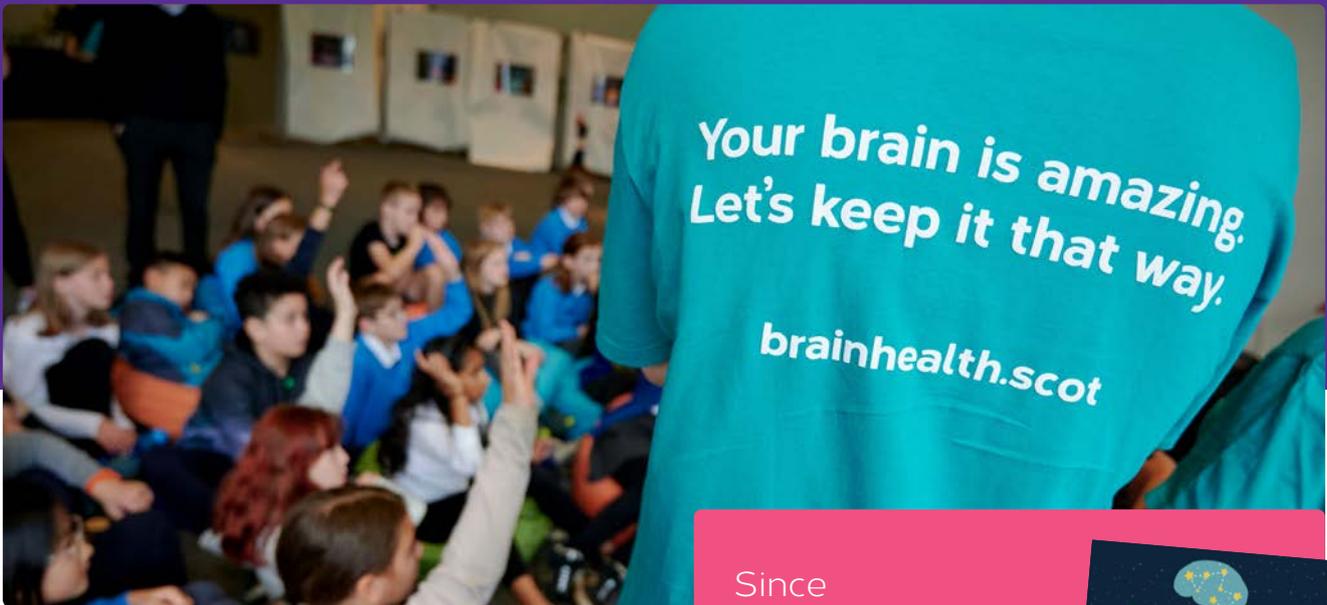


## Prevent

We know that potentially up to 40% of dementias are preventable. By protecting our brain health today, we may be preventing dementia in the future.



At Brain Health Scotland, our mission is to inspire and empower you to protect your brain health and reduce your risk of diseases that lead to dementia. We work with people of all ages, across the whole of Scotland, to provide all you need to keep your brain healthy and to join the effort to understand more about this amazing part of who you are. Through the early detection of dementia, we aim to provide people with information to make informed choices and decisions, and ultimately to reduce the incidence of dementia in Scotland.



## 'My Amazing Brain' Schools Programme

In autumn 2022 we launched the 'My Amazing Brain' Schools Programme - an evidence-based campaign that empowers children to keep their brains healthy. It is based on the fact there are as many connections between brain cells as stars in the galaxy. Through animations and activities, children imagine their brain as being full of stars, and learn that healthy habits like social activity, eating nutritious food, sleeping well, finding time for relaxation and head safety will keep their stars shining. The programme has been co-designed with parents, teachers and people with personal experience of dementia to offer learning opportunities in class and at home.

Since October 2022, the free My Amazing Brain resources have reached around **350 schools** and **15,000 children.**



We also offer a family guide to encourage healthy habits at home. The My Amazing Brain Programme is a forward-thinking approach to prioritise brain health and prevent dementia. The programme has been a huge success with fantastic feedback from kids, parents and educators.

## SPORT in Mind

The SPORT in Mind campaign resources stress that it is never too early, or too late, to take positive action for better brain health. The SPORT acronym - which stands for Socialise, Protect, Optimise, Rest and Train - is a reminder of the need to build friendships, keep your brain injury free, eat healthily, take time to relax and stay fit. There are many factors that can affect our brain's health throughout life. Some of these we can't control, but many things we can look to influence by making positive choices.

Want to know how to keep your brain healthy?  
Keep #SPORTinMind

**SOCIALISE**  
**PROTECT**  
**OPTIMISE**  
**REST**  
**TRAIN**

Your brain is amazing.  
Let's keep it that way.

[brainhealth.scot/sportinmind](https://brainhealth.scot/sportinmind)

Brain Health Scotland  
Hosted & supported by Alzheimer Scotland

Scan for your brain health tips

# Prevent

## Brain Health Service and Clinic

A new Brain Health Service and Clinic is currently being developed as a demonstrator project located in our Aberdeen Brain Health & Dementia Resource Centre. This is a multi-agency project between Scottish Government, NHS Grampian and Alzheimer Scotland which includes our Brain Health Scotland team.

**The development offers a new clinical pathway for brain health – a pathway that will provide an open access service to support people to understand their risk of dementia through detailed assessment for early disease detection, and will deliver personalised action plans for dementia prevention.**

This new pathway moves the focus away from diagnosing dementia at the later stage of the disease when symptoms are present, to earlier in the disease trajectory at the pre-dementia stage, shifting the focus to prevention. This demonstrator project is particularly important given recent press coverage of the development of new disease modifying drugs for dementia, which are primarily for use in the early stages of the disease. To support the delivery of the new pathway, Brain Health Scotland has developed *Brain Health Services: Recommendations for Clinical Practice* that will support the development of further Brain Health Services and Clinics across Scotland.

## Campaigning for brain health awareness

**Dementia is a global public health concern affecting millions of people worldwide, and its impact is projected to almost triple by 2050.**

Early detection and diagnosis can enable people and their families to plan for the future, make informed decisions, and access the necessary resources and support. In addition to early detection and diagnosis, effective risk prevention strategies play a vital role in mitigating the impact of dementia. It is now recognised that there are modifying lifestyle related risk factors that could reduce the global prevalence by up to 40%.

Despite this, awareness about risk reduction remains limited in many countries. Brain Health Scotland surveyed the Scottish population to explore the public's awareness of dementia, their attitudes towards early detection and dementia risk prevention. By understanding the public's knowledge of dementia risk factors, engagement in brain health activities, and willingness to undergo testing, we aimed to gain valuable insights to develop targeted education, intervention programmes, and policies for comprehensive dementia prevention and care. The findings of this work highlight the need to continue to raise awareness and promote dementia risk reduction strategies, particularly among younger people and those from less advantaged backgrounds. We are looking forward to publishing the full findings shortly.



## Our future work

Looking forward to 2023-2024, we are of course excited to see the opening of the new Brain Health Service and Clinic in Aberdeen. Our priorities for the coming year will be working on the next phase of the Schools Programme to develop a training pack to allow volunteers to deliver My Amazing Brain sessions which will increase our reach. We will be developing a Brain Health Education Programme for people concerned about their brain health which will be delivered in our Brain Health & Dementia Resource Centres. And through the findings from our recent survey, our clinical developments, and our outreach work, we will continue to promote and deliver brain health developments in the delivery of the new national dementia strategy.



## Care

As well as campaigning for greater improvements and transformation within our health and social care system, we continue to provide as much direct frontline support as possible in order to make sure nobody faces dementia alone.



## National Support Services

### Alzheimer Scotland's Dementia Helpline

Our 24 hour Freephone Dementia Helpline is staffed by trained volunteers, many of whom have had personal or professional experience of caring for or supporting someone with dementia. Available 24/7 and 365 days a year, the Helpline is a free and confidential service providing information, signposting, and emotional support to callers. Over the last 12 months, post Covid pressures and the cost-of-living crisis has impacted widely on many people. We continue to hear from callers about the lack of support they are receiving, the lack of information and support offered at the point of diagnosis, mental health issues and complex situations around legal issues such as Power of Attorney.

In the past year the Helpline has received **7,782 calls** and provided in excess of **1,034 hours** of support to callers.



That equates to just over **43 consecutive days** of support offered via the telephone.



### National Counselling Service

Our National Counselling Service and our Glasgow Younger Persons Counselling Service deliver free, individual, and confidential person-centred therapy. Our specialised dementia counselling is a unique offering nationally, and a vital service for those who are living in Scotland with a diagnosis of dementia, or for their family members and carers. The Glasgow Younger Persons Counselling Service offers the counselling service as part of our Glasgow Younger Person Support Service (GYPSS). Counselling is delivered on a one-to-one basis and can take place over the telephone, online or in person. The service is for people in Glasgow who are either living with a diagnosis of younger onset dementia (65 years and under) or caring for someone living with younger onset dementia.

### Action on Rights

Over the last three years, our Action on Rights team has worked alongside colleagues to support people living with dementia, their families and carers on some of the more complex issues such as complaints processes with Health and Social Care Services, hospital visiting and discharge, Power of Attorney and Guardianship, paying for care, welfare rights, Community Care Assessments as well as human rights and equality issues. In September 2023, the Action on Rights team was absorbed into our new National Dementia Advisor Service which will continue to offer this invaluable support.

**283 referrals**  
since October 2022

**4,800 interactions**  
– including phone calls, emails, text and video calls with families



# Care

Alzheimer Scotland Post Diagnostic Support Link Workers delivered high quality, person-centred support to over **7,600 people** with a new diagnosis of dementia from October 2022 to September 2023, using our evidence based 5 Pillar Model of Care.

## Post diagnostic support

The Scottish Government has guaranteed that every person with a new diagnosis of dementia in Scotland is entitled to a minimum of one year of post diagnostic support (PDS) from a named person who will work alongside them and those close to them. Post diagnostic support can help with understanding the condition and symptoms, keeping connected, and planning for future decision making and support.

Alzheimer Scotland now has **113** Post Diagnostic Support Link Workers in **10** NHS health board areas working with **18** Health and Social Care Partnerships.



## Post diagnostic support users

*“My sister and I had been struggling for some time with my mum’s diagnosis. We were referred to Alzheimer Scotland. From the moment we met the Post Diagnostic Support Link Worker everything became more manageable. They put in place all support packages we now have, helped with advice on financial matters/benefits and was there for us to answer our questions. Without doubt, we would not have been able to cope without their support. Thank you.”*

## Care Pathway for people with moderate stage dementia

We are working with Glasgow Health and Social Care Partnership who are testing the introduction of a care pathway for people who are at a moderate stage of dementia, with the aim of keeping more people at home as their dementia progresses. Our Post Diagnostic Support (PDS) Link Workers have recognised people are being diagnosed at a more moderate stage of dementia and need care coordination. Glasgow Health and Social Care Partnership has funded and appointed three Post Diagnostic Support Social Workers to work with our Link Workers across the city to deliver post diagnostic support. Alzheimer Scotland Link Workers have welcomed the integration of the social workers into the team and have reported the benefits and many positive outcomes that have happened as a result of this.

## Specialist Dementia Carer Link Worker

We worked with North Lanarkshire Council to develop and introduce a new role of Specialist Dementia Carer Link Worker to provide expert support to carers of people with dementia.

The aim of the role is to focus on meeting the needs and improve the quality of life, physical and mental wellbeing of carers of people with dementia to reduce stress and distress, maintain a healthy work/life balance and a reduction in the people with dementia being admitted to long term care. A Specialist Dementia Carer Link Worker will be appointed to each of the six localities within North Lanarkshire.

## Day care, day opportunities & Croftspar

Our highly valued day care and day opportunities services continue to support people living with a diagnosis of dementia, providing them with a vital source of therapeutic and beneficial interventions, as well as providing carers with respite in 17 locations across Scotland. These services are commissioned and funded through Health and Social Care Partnerships and are registered with the Care Inspectorate. Led by this commissioning process, these registered services vary in size from two days per week in Fife, up to seven days per week in Ardrossan, North Ayrshire. The model of support we developed during COVID-19 is flexible and has evolved with the relaxation of measures including the reintroduction of longer days of service in some areas. In some areas this includes younger onset support and day opportunities where the support occurs more out and about in the communities people are living in. We are grateful for the ongoing support from commissioners as our services develop.

Croftspar is our supported living complex in the east end of Glasgow, where eight tenants with a diagnosis of dementia live as independently as possible. The levels of support that we offer to tenants adapts to their changing needs. This support is delivered by a small team, seven days a week, every day of the year.

### Day care/day opportunities attendees

*“Coming here has made me more confident.”*

*“Excellent, this helps with my motivation and cognitive abilities tremendously.”*

*“This is really good support, it gives me targets to meet and gives me opportunities to talk about things I wouldn't usually talk about.”*

### Carers of attendees

*“This service has enabled my mum to socialise with other people who understand the difficulties she experiences and allowed my wife and I to have peace of mind that she is well cared for. Staff have been very helpful in helping us to access additional support.”*

*“B loves coming here and we both benefit - he enjoys the company when he is at the centre and I feel that I can have a rest or the freedom to meet a friend.”*

### From October 2022 to September 2023

- **4,578** day care, and day opportunity sessions have been provided
- Over **450** individuals have attended a registered service
- Approximately **240** individuals have attended a registered service every week



We were pleased to welcome the Care Inspectorate (CI) back into our day care, day opportunities and Croftspar services in 2023 to undertake routine inspections that were overdue due to COVID-19. The CI reports to date have been overwhelmingly positive reflecting how well we support people's wellbeing, our leadership, our staff team, our setting and how well the care and support is planned.

# Care

## Our Centres

Our Centres are located across Scotland. In November 2022, following our Annual General Meeting, we officially opened our Brain Health & Dementia Resource Centre at our Glasgow office at 81 Oxford Street. We then went on to open our new Centre in George Street, Perth.

Thanks to funding from the National Lottery Heritage Fund Heritage Horizons Award from the Cairngorms Trust, Alzheimer Scotland officially launched the UK's first Outdoor Dementia Resource Centre at Badaguish Outdoor Centre, Aviemore in April 2023. Like all Alzheimer Scotland's Dementia Resource Centres, the facility follows the principles of dementia friendly design and strives to create a sense of homeliness which we know is important in helping everyone to feel at ease.



## Dementia Advisors

Our team of Dementia Advisors (DAs) operates in many communities across Scotland, playing a critical role in ensuring nobody faces dementia alone. Over the last 12 months our DAs have received approximately 5628 enquiries. The most common reasons for these enquiries each month are information on internal/external services, carer stress, dementia information and emotional support.

Dementia Advisors support individuals and lead on the development of group activities in both our Brain Health & Dementia Resource Centres, or community settings depending on where each DA is based. With a blend of therapeutic and social activity, in person, and digital groups, Dementia Advisors seek opportunities and develop groups with a grass roots approach, alongside those they support.

### Feedback on our Dementia Advisors

*"I cannot praise enough, the work and commitment, so friendly, caring and helpful. This lifts my mood each time."*

*"Provides a calming influence when I feel stressed. Provides excellent information on other resources which could be useful. Making me aware of ways/equipment to make day to day life easier."*

### Totals for activity & community groups only (not day care groups)

Dementia Advisors directly, or indirectly with their teams, supported the delivery of **6,985** groups this year.

Therapeutic groups **3,328**

Social groups **2,908**

Peer groups **728**

Active Voice groups **21**

The total figures include groups held in Alzheimer Scotland premises, community settings and digital groups.

## Alzheimer Scotland Dementia Consultants

Alzheimer Scotland Dementia Consultants (ASDCs) work to improve care, enhance practice and transform the care experience of people with dementia and their families. Improving hospital care is a key focus of the ASDC role, although individually and collectively ASDCs also use their strategic and professional positioning and dementia specific expertise to influence, shape and inform dementia care both at strategic and operational levels across specialist dementia care facilities, acute services, community hospitals and care homes.



## Allied Health Professionals

**The Allied Health Professionals (AHPs) are health professionals who can support people living with dementia or someone supporting a person with dementia. This can include dietitians, music therapists, occupational therapists, physiotherapists, podiatrists and speech and language therapists. The AHPs provide expertise across the pathway including brain health, diagnosis, post diagnostic support, rehabilitation and specialist therapeutic input.**

Over the last twelve months the AHPs have expanded their range of digital resources which includes the interactive website 'Connecting People, Connecting Support'. They have also continued their series of bi-monthly webinars which share the work and practice of the AHPs in Scotland and cover a wide variety of topics. They have worked closely with Alzheimer Scotland's Active Voice groups – the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) with members of

both groups meeting with speech and language therapy students, working with students on placements and providing valuable input to consultations and projects including the co-design of animation for rehabilitation and brain health. This work was presented at national and international conferences.

The AHPs have delivered, in partnership with Edinburgh Napier University, Brain Health Scotland, and Active Voice, a new and innovative Allied Health Professional CPD module to promote the rights to dementia rehabilitation. The AHPs have been editors and co-authors in a new occupational therapy text book, along with members of the SDWG. The book is called 'Occupational Therapy and Dementia. Promoting Inclusion, Rights and Opportunities for People Living with Dementia.'

They have supported Alzheimer Scotland AHP student placements including art therapy, occupational therapy and physiotherapy students who have been given the chance to work with people living with dementia, hear from carers about their experiences and get the opportunity to shadow Alzheimer Scotland post diagnostic support link workers in the community.

## Cure

Getting as many people involved with dementia research as possible is vital in making progress towards a cure  
- **Research is hope.**



## **Alzheimer Scotland Student Research Programme**

Last year we launched a new research programme which will fund a series of Masters in Research (MRes) studentships in dementia and brain health. Run in collaboration with the Scottish Dementia Research Consortium (SDRC), the studentships will align with the Consortium's five strategic research themes which are: Diagnosis, Fundamental Science, Living with Dementia, Prevention, and Informatics and Technology. At the heart of influencing what is funded is the voice of those with personal experience, with our programme panel including members of the Scottish Dementia Working Group and the National Dementia Carers Action Network. The panel play a key role in selecting the research theme each year and interviewing shortlisted applicants. The selected theme for 2023 was 'Diagnosis' and the panel was delighted to award the program's first grant to the University of West of Scotland. An MRes student was appointed in autumn 2023 and brings with her a wealth of experience including an MSc in Mental Health Nursing and BA in Psychology. The panel is currently in the process of selecting a theme for our next MRes 2024 round, and promotions for this will start in November 2023 to invite proposals from academic institutions within the SDRC membership network.

## **Alzheimer Scotland Centre for Policy and Practice (ASCPP) at the University of the West of Scotland (UWS)**

We continue to fund and support the Alzheimer Scotland Centre for Policy and Practice (ASCPP) at the University of the West of Scotland (UWS). The Centre, a partnership between the University of the West of Scotland (UWS) and Alzheimer Scotland, works collaboratively with people with dementia, their families and the scientific and practice communities, to advance evidence informed dementia policy and practice. In March 2023, the Centre held a celebration event and published a report to mark an incredible 10 years and reflect on some of the remarkable work they have done over the last decade, including innovative projects like the Dementia Champions Programme.

## **Davos Alzheimer's Collaborative**

The Davos Alzheimer's Collaborative (DAC) was launched at the World Economic Forum in 2021 and unites leading organisations worldwide to accelerate innovation in drug development and transform the way healthcare systems diagnose and treat Alzheimer's disease for people across the world. Our team at Brain Health Scotland was delighted to be selected as one of seven flagship sites for a global project on 'Healthcare System Preparedness for the Early Detection of Alzheimer's' as part of the Davos Alzheimer's Collaborative Healthcare System Preparedness (DAC-SP) program. This project aligns closely with Brain Health Scotland's mission to encourage people to protect their brain health and reduce the risk of diseases that lead to dementia.

A quality improvement project was carried out in Scotland to evaluate the feasibility and acceptability of new tools into clinical pathways in brain health, primary care and specialist settings. The tools include a digital cognitive assessment which contains a lifestyle and health questionnaire and a blood based biomarker, the first to be implemented in clinical pathways in the UK. The voices of personal experience supported the work, with important input from members of the Scottish Dementia Working Group around the value of early detection. The work was implemented in NHS Dumfries & Galloway across clinical settings (nurse led assessment team, psychology and primary care) and at a new employer-led Brain Health Clinic at Scottish Rugby.

We have learned so much from the work done to date – from the challenges faced to the strategies to overcome these and the opportunities going forward. Learning has also included a strong focus on patient, clinician and other stakeholder experiences. Examples include increased staff knowledge around brain health and conversations with patients around about this important topic, lifestyle changes being implemented and the clinical value of the blood test. This learning is key for ongoing Brain Health Scotland developments and will help inform many other pieces of work.

## Confident Conversations

Confident Conversations is a collaboration between the Neuroprogressive and Dementia Network (NDN) and Alzheimer Scotland. It is a forward-thinking initiative to assist in enabling everyone with dementia to be offered the opportunity to participate in research. The aim of Confident Conversations is to empower Alzheimer Scotland staff, as professionals with an established relationship with the person living with a dementia diagnosis and their family, to have conversations about research participation. It also assists in developing closer links with the local NDN team meaning that there is research expertise available and someone to contact locally about research. Over the last 12 months, the Confident Conversations programme has developed a workbook for all key Alzheimer Scotland staff to access and held multiple in-person sessions.



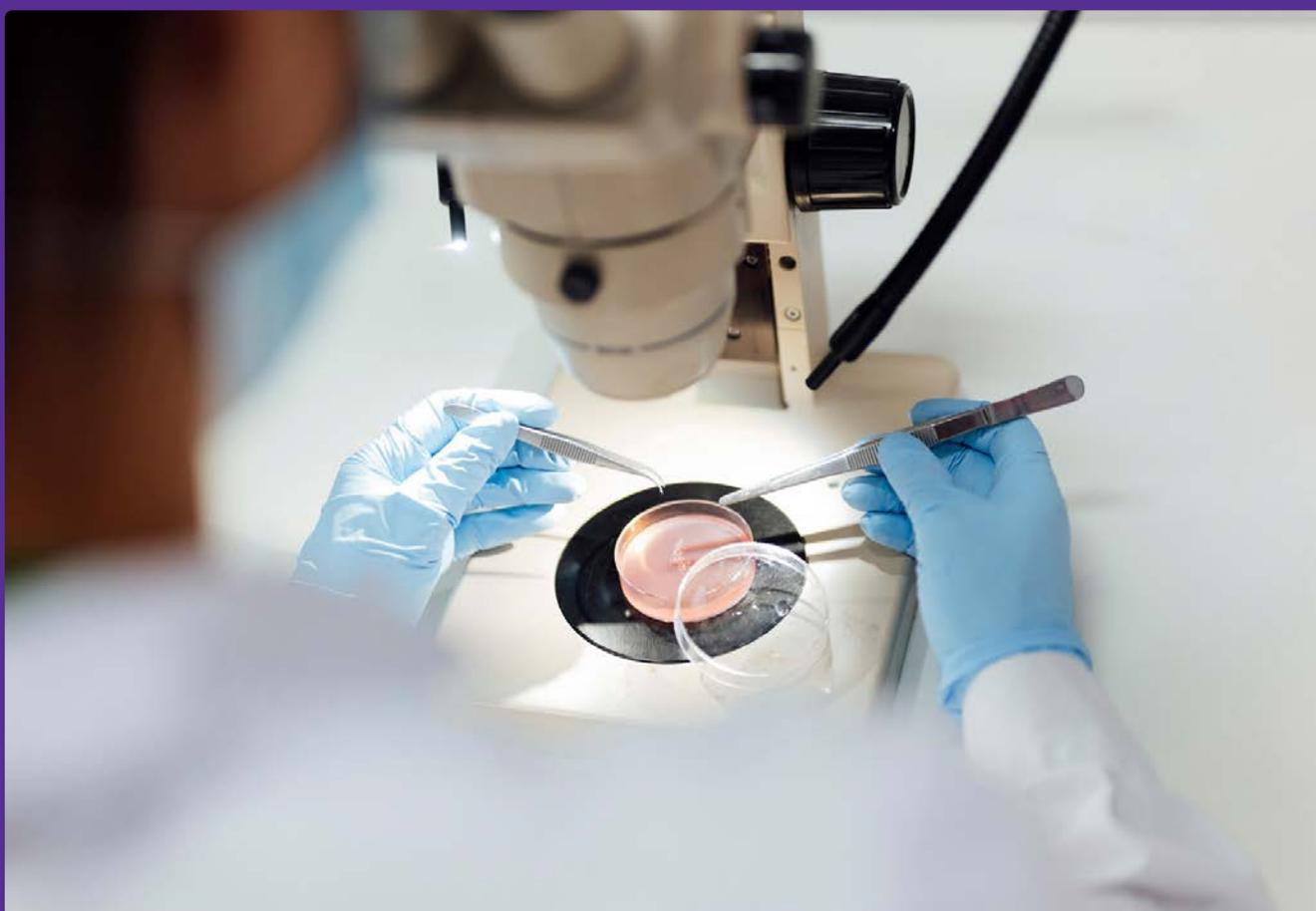
## Brain Tissue Bank

Based at the Alzheimer Scotland Dementia Research Centre (ASDRC) at the University of Edinburgh. The Brain Tissue Bank is able to accept donations of brain tissue from people with a diagnosis of dementia who live on mainland Scotland. Samples of brain tissue enable researchers to shed more light on how changes in the brain relate to symptoms of dementia. Donating brain tissue is a vital way of helping research into dementia.



## Join Dementia Research (JDR)

Alzheimer Scotland has proudly continued to be part of Join Dementia Research (JDR), one of the most successful UK wide dementia research collaborations of its time. JDR is a nationwide online and telephone service that makes it easier for people to register their interest in volunteering for dementia research studies. Anyone, with or without dementia, can register as a volunteer. The service was launched eight years ago by the National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and the Alzheimer's Society.



## The Scottish Dementia Research Consortium (SDRC)

The Scottish Dementia Research Consortium (SDRC) is a network of dementia researchers, policy makers and people living with dementia from across Scotland. Established in 2013, the SDRC celebrated an amazing 10 years in 2023. Over the last year, the SDRC has had a particular focus on the Early Career Researcher community, including the launch of the Alzheimer Scotland Student Research Programme, which funded its first students in 2023. Their Annual Conference, held in April 2023 had the theme of 'Looking back and looking forward', and marked the achievements of the SDRC, and the wider brain health and dementia research community, over the past decade. Attendees were updated on ongoing research and achievements on the SDRC research themes: Diagnosis, Fundamental Science, Living with Dementia, Prevention, and Informatics and Technology.

# Active Voice

**Enabling and promoting the diverse voices of people with dementia and carers to campaign for, promote and uphold rights and drive change.**

Our two Active Voice groups, the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) have worked tirelessly over the last 12 months campaigning for the rights of people with dementia and carers, influencing policy and practice at all levels, supporting research, and raising awareness to challenge stigma and change the image of dementia.

Here are just some of the highlights from the last year.

## Conferences & Events – ‘speaking up and reaching out’

Our Active Voice groups were once again represented on the international stage in October 2022, at the Alzheimer Europe Conference in Bucharest. The event saw 544 participants from 42 countries come together under the theme of ‘Building Bridges’ and was a great opportunity to meet with people and organisations from across Europe.

NDCAN members attended a reception in the Scottish Parliament in November 2022 to mark 10 years of the Carers Parliament. The Carers Parliament provides a space for carers and young carers from across Scotland to tell policy and decision makers how caring affects their lives, and this event provided an opportunity to recognise how it has influenced change since it was created.

Both groups were delighted to be awarded with ‘Inspiring People’ awards at the Alzheimer Scotland Centre for Policy & Practice 10 year celebration event in March 2023.

Active Voice members were also at the heart of Alzheimer Scotland’s Annual Conference in 2023. Providing a warm welcome to the event and opening each of the three key sessions, they brought the voice of personal experience to the day.



## Influencing Policy & Practice

Our Active Voice groups, supported by Alzheimer Scotland, have continually contributed to the transformation and improvement of services and resources for people living with dementia, their families and carers by ensuring that the voice of personal experience is heard.

After the Scottish Government launched a ‘National conversation on the future of dementia policy’ in September 2022, our Active Voice groups, supported by Alzheimer Scotland, facilitated a programme of public engagement sessions across Scotland to gather the views of people affected by dementia throughout the country.

In the autumn of 2022, Active Voice members were also consulted as part of Alzheimer Scotland’s process of preparing a formal response to the Scottish Parliament’s Health, Social Care & Sport Committee’s call for evidence on the Scottish Government’s National Care Service (Scotland) Bill.



## Raising awareness & championing change

As ever, our Active Voice groups were busy during Dementia Awareness Week 2023. The week got off to a flying start when members came together in Alzheimer Scotland's Brain Health & Dementia Resource Centre in Glasgow for a 'Coffee with a Cop' Tea & Blether. Members were joined by officers from Police Scotland to chat about the range of initiatives that are available to help people live well and safely with dementia. The week continued with highlights including a research themed Tea & Blether and a meeting with neuroscientist, Professor Tara Spires-Jones.

## Active Voice & local engagement

Although most of the campaigning and awareness raising work by the Active Voice groups is carried out at a national level, members are also very much involved at a local level. SDWG and NDCAN members have visited local Dementia Resource Centres, hospitals, churches, libraries and cafes to give talks about their campaigning work and to share their personal experiences. Members have also given presentations at engagement events to health and social care professionals.

Active Voice group members involved in Alzheimer Scotland's Long Term Care Commission visited the organisation's Croftspar Place - a supported accommodation service. The Commission focuses on considering alternative models of care, and the visit to Croftspar was arranged to provide some additional insight into alternatives to care home settings. You can read more about the work of the Commission on page 23.

# Campaigning for change

**We want those who make decisions about policy, strategy, services, support and legislation to see dementia as a priority and understand what is needed to ensure that people are well supported.**

## New National Dementia Strategy

Alzheimer Scotland has sought to make a positive contribution to each of the previous National Dementia Strategies based on our knowledge and understanding of the challenges faced by people living with dementia and their families. When the Scottish Government sought views on the development of a fourth Strategy, we recognised the importance of hearing from those with personal experience of dementia to inform and influence our response. Alzheimer Scotland hosted a series of public engagements events and conducted a comprehensive programme of consultation to hear from those whose voices matter most. Our robust, inclusive approach ensured that Alzheimer Scotland was able to submit the highest quality of feedback that represented the experiences, concerns and hopes of people across Scotland whilst also having the care and welfare of the people we support at the heart of this challenging process.

In addition to this, Alzheimer Scotland produced an independent report that provides a detailed assessment and review of the progress we believe has been made in the delivery of the previous three Strategies. From prevention to advanced illness, and research to workforce development, this detailed report set out some 35 clear recommendations to the Scottish Government. The fourth National Dementia Strategy was launched on 31 May 2023. The new Strategy sets out a 10 year vision for the ongoing development and improvement of dementia care and support across Scotland. The Strategy will be implemented through a series of 2 year delivery plans, the first of which is due to be developed and agreed for implementation in 2024-25.

Our teams supported **127** people with dementia and **171** carers and former carers to have their say across **30** facilitated sessions.

A further **45** people provided their views using an online form.



Alzheimer Scotland will continue to input into the delivery of the National Dementia Strategy, forging a path to better experiences for people living with dementia and their carers.

## Fair Dementia Care Campaign

Alzheimer Scotland's Fair Dementia Care Campaign continues to challenge the unfair charges levied at those people living with dementia with complex physical and psychological symptoms which require specialist health and nursing care. People with advanced dementia living in Scotland's care homes do not have equality of access to the health care they need. Fair Dementia Care is about ensuring that those with advanced dementia receive free health and nursing care on a par with those with other progressive and terminal illness.

Between **70% - 90%** of people living in Scotland's care homes are people with dementia. We estimate that **35%** of those are living with advanced dementia and because social care is not free, they are disproportionately impacted by social care charges.



## Alzheimer Scotland's Commission on the Future of Long Term Care

Alzheimer Scotland is committed to improving the quality and the variety of long term care options for people with dementia and their families and carers. As we continue to recover from the effects of the pandemic and ongoing challenges in the delivery of health and social care services, we recognise that current options for the long term care of people with dementia are not always designed to meet their complex and specific needs. We have taken steps to address this issue by establishing a Commission on the future of long term care to consider alternative approaches to delivering more effective long term care and support.

The Commission, led by Henry McLeish, former First Minister of Scotland and Alzheimer Scotland Ambassador, will consider what changes and improvements are needed in the current environment and will seek to identify innovative, cost-effective, and affordable solutions for achieving any recommended changes to the current model of provision. The Commission will hear from a number of key stakeholders as it seeks to establish a set of national recommendations for Scottish Government and other stakeholders which set out a new, fairer, more person-centred and sustainable policy, practice, and funding model for the long term care of older people and people with dementia in Scotland. The Commission will report its findings in spring/summer 2024.

## National Care Service

The Scottish Government introduced the National Care Service (Scotland) Bill in the Scottish Parliament on 20 June 2022. The Bill sets out the framework for the establishment of a new National Care Service for Scotland by allowing Scottish Ministers to transfer social care responsibility from local authorities to a new, national service. The Scottish Government's ambition is for a National Care Service that ensures people of all ages can access the care and support that they need to live a full life by improving consistency and quality of provision.

Alzheimer Scotland has participated in ongoing consultation to represent and campaign for support to meet the needs of people with dementia and their carers. This has included participating in national consultation and co-design activities, responding to calls for written evidence to support the development of the National Care Service and providing evidence to a number of parliamentary Committees during the scrutiny of the Bill. Stage 1 scrutiny is planned to conclude in early 2024 and the Scottish Government has committed to delivering the National Care Service legislation by the end of the parliamentary term in 2026.

In the meantime, Alzheimer Scotland will continue to highlight the needs of people with dementia as work to develop the National Care Service moves forward. We have been commissioned by the Scottish Government to deliver dementia-focused contributions. We look forward to delivering these sessions in 2023-24.

## Campaigns & events

Our campaigns and events are so important to us, not only to raise funds and awareness but to keep us connected with our members and supporters.



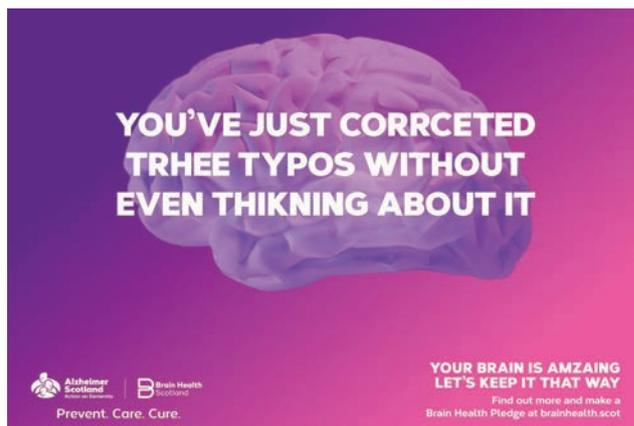
### We all need somebody to lean on

Our 2022 winter fundraising appeal featured the Every Voice Community Choir which was created as a therapeutic activity for people living with dementia and their carers by our team in West Dunbartonshire.

The campaign focused on two of the choir members – Tony and Angela Worthington. Tony, a member of the Scottish Dementia Working Group, and his wife Angela became involved with the choir after visiting their local Dementia Resource Centre in Clydebank. The song of choice for the winter campaign was Bill Withers' Lean On Me – a song that inspired the campaign strapline – 'we all need somebody to lean on'.

## Brain Awareness Week

We are now learning more and more about the importance of looking after our brain health. Brain Awareness Week is a global initiative to raise awareness and support for brain science. In 2023 it took place on 13-19 March. Our 'Your brain is amazing, let's keep it that way' campaign was featured on our social media channels as well as on digital screens at Braehead and Silverburn shopping centres. You can find out more about what our team at Brain Health Scotland has been working on in the last year on page 6.



## Dementia Awareness Week 2023

Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers. In 2023, we wanted to highlight the stigma people with dementia continue to face, with a particular focus on those facing it earlier in life. Our message was that dementia does not define someone. People with dementia can learn new things, continue with hobbies and interests, and live a full, enjoyable life. Dementia is just one thing about a person – it's not everything. Our 'One thing, not everything' campaign brought together five amazing people with young onset dementias who shared their experiences with us through a series of films and written articles.



## Annual Conference 2023

We were joined by over 350 attendees at the Edinburgh International Conference Centre for our 2023 conference. The event was opened by members of the Scottish Dementia Working Group (SDWG) and the National Dementia Carers Action Network (NDCAN) who warmly welcomed attendees. The theme of the day was 'Influencing positive change & progressive practice in dementia' and we had a range of wonderful speakers during our three conference sessions – 'Implementing change to improve lives', 'Women's brain health & dementia' and 'Looking to a brighter future'. Conference attendees also had the chance to put their questions to our speakers after each session, making the event a more interactive experience. There were also networking opportunities throughout the day and a wide range of information stalls to browse in our exhibitor space.



## Innovations & initiatives

There are so many creative ways that we can help support the dementia community and make that difference to the lives of people with dementia, their families and carers.



## Dementia Dogs

This year marks a special 10 year anniversary since our Dementia Dog project was launched with Dogs for Good. Over this time, services have developed from training up the world's very first dementia assistance dogs, to expanding how we can support more people living at different stages of dementia, including grass roots community programmes such as Dog Day group events and one-to-one therapeutic interventions to help people achieve meaningful personal goals. All with the helping paw of one of our specially trained Dementia Dogs, of course!

The successes of the project to date are many – but none could have been achieved without the unwavering dedication and passion of our volunteers and supporters – from boarding our dogs in training, attending our Dog Day events with their trained pet dogs – to raising vital funds to help us reach and help even more families. Dementia Dog's success is also testament to the strength of collaborations that lie at the heart of how we work – collaborating with the families we support, the dog professionals at Dogs for Good who breed and train our Dementia Dogs and the strategic partners who facilitate groundbreaking innovations.

## Time for You Fund

Our Time for You Fund returned for 2023 and launched on Valentine's Day – Tuesday 14 February. Alzheimer Scotland issued grants of £200 to support unpaid carers of people with dementia living in Scotland. The fund offered carers the chance to take a break from their caring role to look after their own needs and take some time for themselves. Grants could be spent on short breaks, hobbies, gym memberships or anything that brought joy. The fund closed in June 2023 with a total of 710 grants given out.



## Expanding our Virtual Resource Centre offering

We will soon be piloting a new online support programme for families, as part of our digital service that builds on broader work to date with the Virtual Resource Centre. Featuring regular weekly activities and information sessions, families will be able to access a wide variety of information and therapeutic support with experts and professionals, including live group sessions and pre-recorded information webinars.

Sessions will range from live music to brain health and personal wellbeing, helping to provide inclusion and social connection for those who are unable to get to a Dementia Resource Centre in person. The initial pilot will also include an ongoing series of information sessions which will provide useful information and support to those affected by dementia. These will help to signpost people and highlight how to utilise some of our resources. We will be hearing more from our Digital Dementia Advisors as they discuss About Digital And Me (ADAM), practical ways that technology can keep us safe while out and about, as well as live sessions with Allied Health Professionals (AHPs) such as paramedics and podiatrists. This will help to offer an alternative way to access further support, information and social connection in an online format as well as in person at our network of physical Dementia Resource Centres.

# Innovations & initiatives

## Virtual Reality

Over the last 18 months, the Innovation and Development Team have been working closely with people living with dementia, exploring the benefits of virtual reality (VR) for health and wellbeing management. The feedback from case studies and community cafes based in Glasgow and Edinburgh has shown a 100% improvement in mood either from neutral to energetic or from sad to neutral. In 75% of cases, users reported an improvement in anxiety level from mild-moderate to none.

Funding received from the Scottish government in 2021/22 enabled us to purchase a Meta Quest 2 headset for every Dementia Resource Centre throughout Scotland. To date, we have supported over 35 Alzheimer Scotland staff, throughout Scotland, to become Digital & VR Champions enabling VR experiences to be offered within community groups.



Alan (pictured left) was a deep-sea diver during his working life. He got to experience this again in the virtual world and not only did it take him back to a place he loved, he opened up and shared his stories with the others in the group who were watching what Alan was seeing in the headset on the TV.



The team is also working with external colleagues who are developing reminiscence and therapeutic virtual experiences.

Through an initial discussion with the Digital Health and Care Innovation Centre we are now working in partnership with the Scottish Football Museum, Abertay University and Crab.bit to create three short reminiscence experiences. The co-design focus groups agreed on three short experiences of attending a football game in days gone by – travelling on the bus to the game, going through the turnstile and being part of the crowd in Hampden Stadium.

Co-production was part of the project from the beginning. We have held focus groups with people living with dementia and care home staff to discuss consideration of what the user should experience. We are just entering the testing phase of the project which will allow users to trial the experience and provide feedback. One thing we have learned from this exciting work is never to assume! Virtual Reality opens up a new or previously experienced world to all ensuring virtually – anything is possible.

## Dementia Safeguarding Scheme – helping prevent people going missing



**It is estimated that 40% of people with dementia in Scotland will be reported missing at some point, with 30% experiencing multiple incidents. Every missing occurrence requires an immediate Priority One alert response from police resource, with time playing a critical factor in the successful finding and safe return of the person.**

This offers important context to one of our priority areas of innovation and development – working with Police Scotland to help reduce and prevent repeat missing occurrences for people living with dementia. During 2023, underpinned by a national partnership with Police Scotland, we have co-designed and successfully piloted new ways to provide additional support for families, building on our existing Purple Alert app. Following a successful award-winning pilot in Argyll & Bute during 2022/23, preparations are now underway for a national roll out of SafeConnect fobs. These devices complement our other supports such as Purple Alert, Herbert Protocol and Return Discussions, offering a simple yet effective solution for people with dementia who might be lost in their community. Using Near Field Communication (NFC) technology, each fob can be programmed with the carers contact number. If someone in the community meets a person with dementia who might be lost, they can easily tap the SafeConnect with their phone and contact the person's carer to enable their safe and swift return.

This national roll out will take effect over the coming months and forms another vital component of our wider partnership with Police Scotland to help reduce missing occurrences of people with dementia.

## Return Discussions

**A Return Discussion (RD) is an open conversation with the affected family of the circumstances surrounding a reported missing incident.**

RDs have been routinely embedded into Police Scotland practice for some time. However, following some pioneering work by Missing People and Barnardo's, a referral system for RDs has been introduced by Police Scotland for missing children. Following the success of this practice, we piloted a RD referral system for people living with dementia, where an Alzheimer Scotland Dementia Advisor would: comfort and reassure the carer, debrief the missing occurrence, advise on how to mitigate other missing occurrences from happening and provide information and access to resources and support. All of this is underpinned by the principles contained within the National Missing Persons Framework for Scotland: Prevent, Respond, Support and Protect. We piloted the RD service in Edinburgh, where we had a substantial positive impact on both our professional practice and the lives of the families affected by the missing incidents. The first six months of our pilot were evaluated by the University of Edinburgh, while the overall 12 months of the pilot were evaluated internally. In both reports, the evidence suggests that RDs allowed Alzheimer Scotland to connect families to local and national services which they wouldn't have normally accessed. The data demonstrates how this approach in Edinburgh helped reducing repeat missing incidents, with a decrease of 37.5% for the top 5 repeat missing people from the same time period the previous year.

A major grant has now been secured from the RS Macdonald Charitable Trust to help expand this important work into new locality areas of Fife and Lanarkshire during 2024. Alongside the pilot expansion, funding will also enable commissioning of an independent evaluation study, to capture the cost to emergency services when a person with dementia goes missing.

## Your support

We are so grateful to all our supporters who give their time and effort to fundraise and volunteer for us. Thank you for all you do to help us make sure nobody faces dementia alone.



Raised over  
**£60,000**

### Memory Walk

Memory Walk is one of the most emotional moments in our fundraising calendar, when people all over Scotland walk for who they love. At the time of writing, our 260 participants have raised almost £60,000.

Scotland's  
**MEMORY WALK**  
15-17 September

## Our amazing fundraisers

Walking, running, hiking up mountains or jumping from planes – our supporters have taken on all kinds of challenges over the last 12 months. An incredible £873,615 was raised through participation in events and activities such as the Edinburgh Marathon Festival, Kiltwalk, skydives and extreme treks.

*“Marcia might not be here today to champion the benefits of these incredibly clever creatures – but I am. And I’m determined to be her voice, to get out there and raise money for a cause she took so much interest and pleasure in.”*

Dave Ramsay, who undertook an epic motorcycle trek across Europe to raise over £22,000 for a Dementia Dog, in memory of his wife, Marcia.



*“When it got really hard, I had to remind myself why I was doing this. For my mum and dad, for everyone living with dementia, for Alzheimer Scotland. I couldn’t give up.”*

Ann Yourston, who undertook a Sahara Trek.



## 90k Challenge

Our supporters committed to getting fit and healthy at the start of the year, with over 60 participants walking 90km in January 2023 – a kilometre for every 1,000 people with dementia in Scotland. Undeterred by the dark and cold winter weather, they raised over £15,000.



## Tea & Blether

Sometimes changing the world starts with putting the kettle on. Tea & Blether focuses on bringing people together and talking about dementia, making it popular with lots of different groups. From mother-and-toddler groups to prisons, church halls to Dementia Centres – participants raised over £8,000 and had a lot of fun.



# Your support

## A little help from our friends

### Brodies Three Peaks Challenge

In May 2023, our corporate partner Brodies LLP undertook the Three Peaks Challenge. A team of 24 staff conquered the three highest peaks in Great Britain – Ben Nevis, Scafell Pike and Snowdon – in just 24 hours! It's a challenge that requires physical strength, stamina and mental fortitude, covering a walking distance of 23 miles and a total ascent of over 10,000ft in a single day. Brodies gave a matched donation of £20,000, bringing the final total for the event up to an amazing £75,000.



Raised over  
**£75,000**

### Morrisons Forget-Me-Not Appeal

The Forget-Me-Not appeal was held in 60 Morrisons stores in Scotland as part of the wider UK partnership with Alzheimer's Society. Over 200 volunteers took part in collections from Aberdeen to Stranraer – including 186 people who were volunteering for us for the very first time – raising over £27,000.

Raised over  
**£27,000**



### Pathfinder Libraries Partnership

During Dementia Awareness Week, the Scottish Libraries & Information Council, the Digital Health & Care Innovation Centre and Alzheimer Scotland launched a new partnership to establish vital dementia information hubs in over 120 community libraries. Through the partnership, these community libraries display and share a wide range of Alzheimer Scotland dementia information materials and support library users to access online dementia and brain health resources.



### Dementia Friends

2022-23 was a great year for our Dementia Friends programme, with over **2,500** new Dementia Friends signed up over the past 12 months.

From boardroom to pitch side, our Dementia Friends programme works with a huge range of organisations to improve awareness and understanding, promote inclusion and make Scotland more dementia friendly.



## Our corporate partners

A huge thank you to all colleagues who have supported with volunteering and their own fundraising challenges, including Ayr, AEGON, EQ, EY BEAR, Braehead Shopping Centre, Clyde Munro, Fosters Funerals, Gillespie Macandrew, Grant Thornton, Harvey Nicols, Institute of Directors, Lockton, McKesson, Morrisons, Rathbones, Scottish Chamber Orchestra, Staffinders, Thomas & Adamson, Topps Tiles and Wilko.



## Special thanks to all Trusts and Foundations who have supported us

A.M. Pilkington's Charitable Trust  
Andrew Paton's Charitable Trust  
Anthony Weld Forester Trust  
Bank of Scotland Foundation  
Brownlie Charitable Trust  
Callendar Charitable Trust  
Co-operative Membership Community Fund  
Cruden Foundation  
Cumberland Building Society  
Fife Charities Trust  
Foundation Scotland  
Glasgow Ayrshire Society  
Greenbank Trust  
Hugh and Mary Miller Bequest  
Miss M M Revans' Charitable Trust  
Mrs J B Wood's Charitable Trust  
Murray Beith Murray  
Northwood Charitable Trust  
Order of St John of Jerusalem  
Row Fogo Charitable Trust  
Scottish Power Foundation  
Talteg Limited  
Templeton Goodwill Trust  
The Broughton Charitable Trust  
The Cobber Charitable Trust  
The Hugh Fraser Foundation  
The Ian Mactaggart Trust  
The Irene Ann Macdonald Charitable Trust  
The J & J R Wilson Trust  
The James and Patricia Hamilton Charitable Trust  
The James Inglis Testamentary Trust  
The JTH Charitable Trust  
The Kirkwood Memorial Fund  
The Kola'a Trust  
The Landsberg Trust  
The Lizandy Charitable Trust  
The M V Hillhouse Trust  
The MacRobert Trust  
The Meikle Foundation  
The National Lottery Community Fund  
The Netherdale Trust  
The Netherton Charitable Trust  
The Nimar Charitable Trust  
The Robertson Trust  
The Robin Leith Charitable Trust  
The Ronald Miller Foundation  
The Russell Trust  
The Shetland Charitable Trust  
The Sir Iain Stewart Foundation  
The St Katharine's Fund  
The Tour Trust  
The Trades House of Glasgow  
The Wood Foundation  
TL Dallas Trust  
Walton Foundation  
Westleague Ltd

**And to all our other generous Trusts & Foundations that support our work.**

**We would also like to offer our sincerest thanks to everyone who supported our work with an In Memory donation or legacy this year.**

# Our people

## Our Board of Trustees

### Office Bearers



**David McClements**  
Convener



**Mary-Frances Morris**  
Vice-Convener



**Tracey Ward**  
Vice-Convener



**Bernard O'Hagan**  
Treasurer



**Lorraine Mann**  
Honorary Secretary

### Trustees

Joanna Boddy | Tom Carroll | Keith Chapman | Jayne Pashley | Geoff Orry  
Thea Laurie | Ruth Stewart-Simpson | Aileen Rose | Theresa Valtin

## Our Chief Executive

Henry Simmons

## Our Senior Team

**Jim Pearson**  
Deputy Chief Executive

**Geraldine Ditta**  
Executive Lead for Localities

**Liz Roxburgh**  
Executive Lead Finance

**Maureen Taggart**  
Executive Lead for  
National Post Diagnostic Support

**Anna Borthwick**  
Executive Lead Brain Health Scotland

**Kenny Nicholson**  
Executive Lead People, Wellbeing & Facilities

**Kirsty Stewart**  
Executive Lead Stakeholder Engagement

**Marri Welsh**  
Executive Lead Communications & Campaigns

## Our staff and volunteers

We have nearly **400** part time and full time staff at Alzheimer Scotland. Thank you to all our staff and volunteers for their hard work, dedication, and commitment.

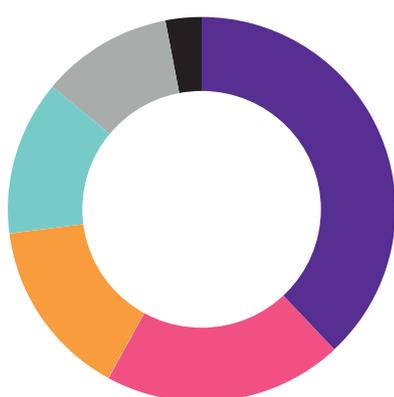
# Our finances

## Income and expenditure 2022-23

Consolidated Income and Expenditure account  
for the year ended March 2022

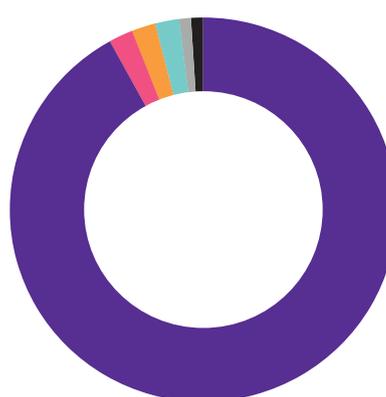
	2023 £	2022 £
<b>Income and endowments from</b>		
Donations and legacies	8,761,852	5,153,956
Other trading activities	89,785	87,769
Income from charitable activities	9,998,280	8,982,461
Income from investments	203,180	74,976
Other (gain on disposal of tangible assets)	12,405	74,060
<b>Total income</b>	<b>19,065,502</b>	<b>14,373,222</b>
<b>Expenditure on</b>		
Raising funds	282,045	222,430
Charitable activities	14,943,896	12,662,250
<b>Total expenditure</b>	<b>15,225,941</b>	<b>12,884,680</b>
Net (Loss)/ gains on investments	(140,914)	46,796
<b>Net income</b>	<b>3,698,647</b>	<b>1,535,338</b>

### Income



- 38% Local Authorities
- 20% Fundraising, trust and donations
- 15% Legacies
- 13% Scottish Government and specific grants
- 11% NHS boards
- 3% Other

### Expenditure



- 91% Care related services
- 3% Awareness raising
- 2% Involvement
- 2% Fundraising
- 1% Campaigning
- 1% Research



**Alzheimer  
Scotland**  
Action on Dementia

**For more information on any of the work or projects featured  
in our Annual Review 2022-23, please visit our website  
[www.alzscot.org](http://www.alzscot.org) or email us at [info@alzscot.org](mailto:info@alzscot.org)**

**Alzheimer Scotland**

160 Dundee Street  
Edinburgh EH11 1DQ  
T 0131 243 1453

**X** @alzscot

**Facebook** @alzheimerScotland

**Instagram** @alzscot