

November 2021

## MONITORING REPORT – ESSEX DEMENTIA CARE

Essex Dementia Care would like to say a huge *THANK YOU* to all our supporters for their continued assistance. This has enabled us to support more people living with dementia as well as their carers.

This is an update of what has been happening at Essex Dementia Care over the past year, I hope you enjoy reading about our work.

### What does EDC do?

Essex Dementia Care has over 15 years of experience supporting people with dementia to stay active and remain engaged. Our services promote physical and mental well-being, person centred care, client engagement and a positive approach.

We currently support 80 people to live well with dementia and this is still growing. We actively engage with the individual to identify the correct service that would benefit them, this could be at one of Activity Centres or through Direct One2One support.

We work in partnership with other organisations to provide a whole package and ensure all needs are continuously met.

As a charity we are working hard to fundraise and to raise our profile, to help maintain our services and we are profoundly grateful to everyone who supports us on our journey.

### What is Dementia?

Dementia is increasingly, affecting and increasing number of people. Currently in the UK there are over 850 thousand people diagnosed with dementia and it is believed to affect about 55 million people worldwide, Research says someone develops dementia every 3 minutes.

Dementia is caused when the brain is damaged by disease.

There are over one hundred types of dementia with the most common one being Alzheimer's disease.

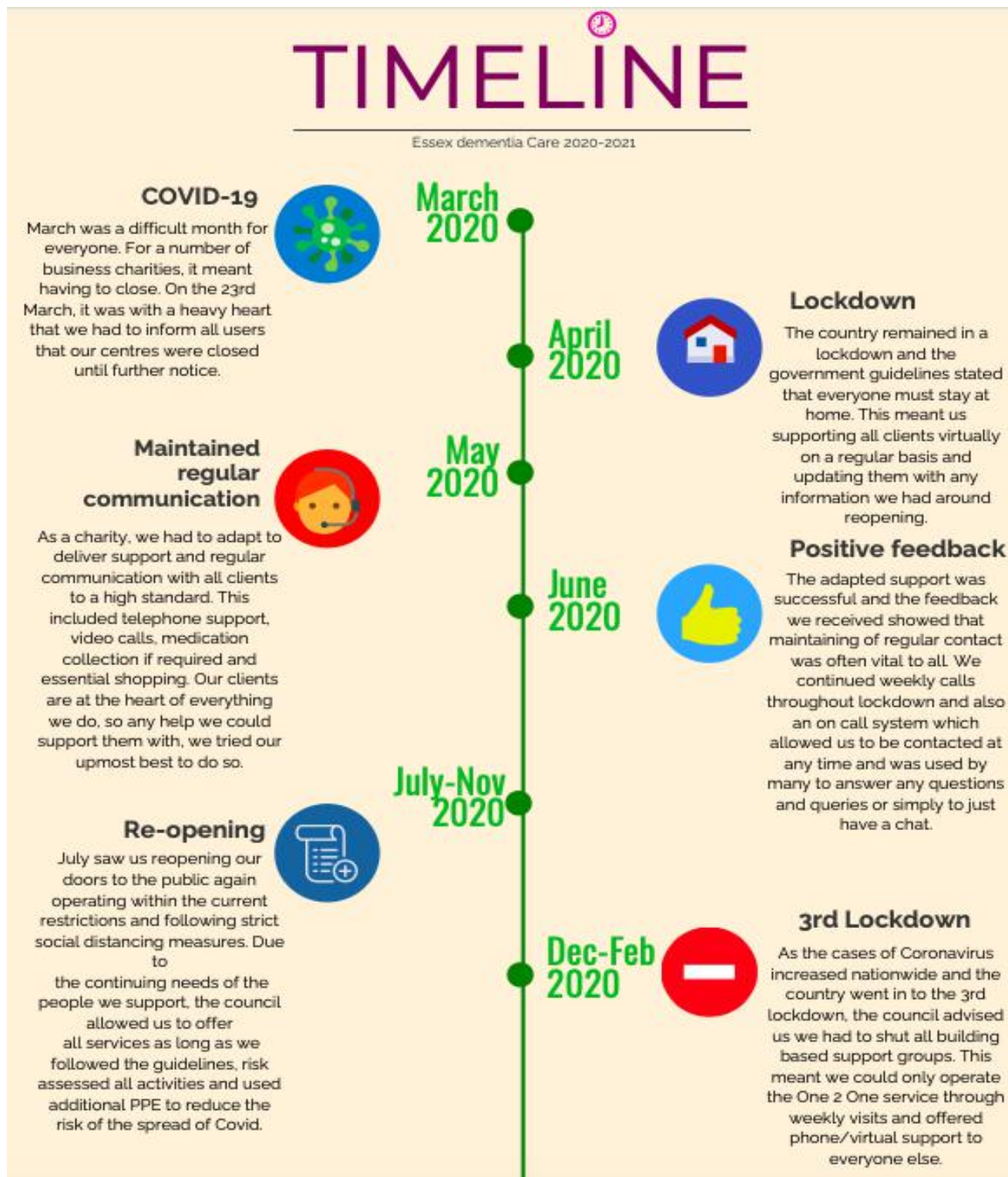
Dementia is progressive which means the symptoms gradually get worse over time how quickly this happens varies from person to person, a person with dementia will also often have changes in their mood this means they could become frustrated, irritable, withdrawn, anxious, sad, or upset.

Dementia cannot be cured but excellent quality care and support can enable someone with dementia to live well.

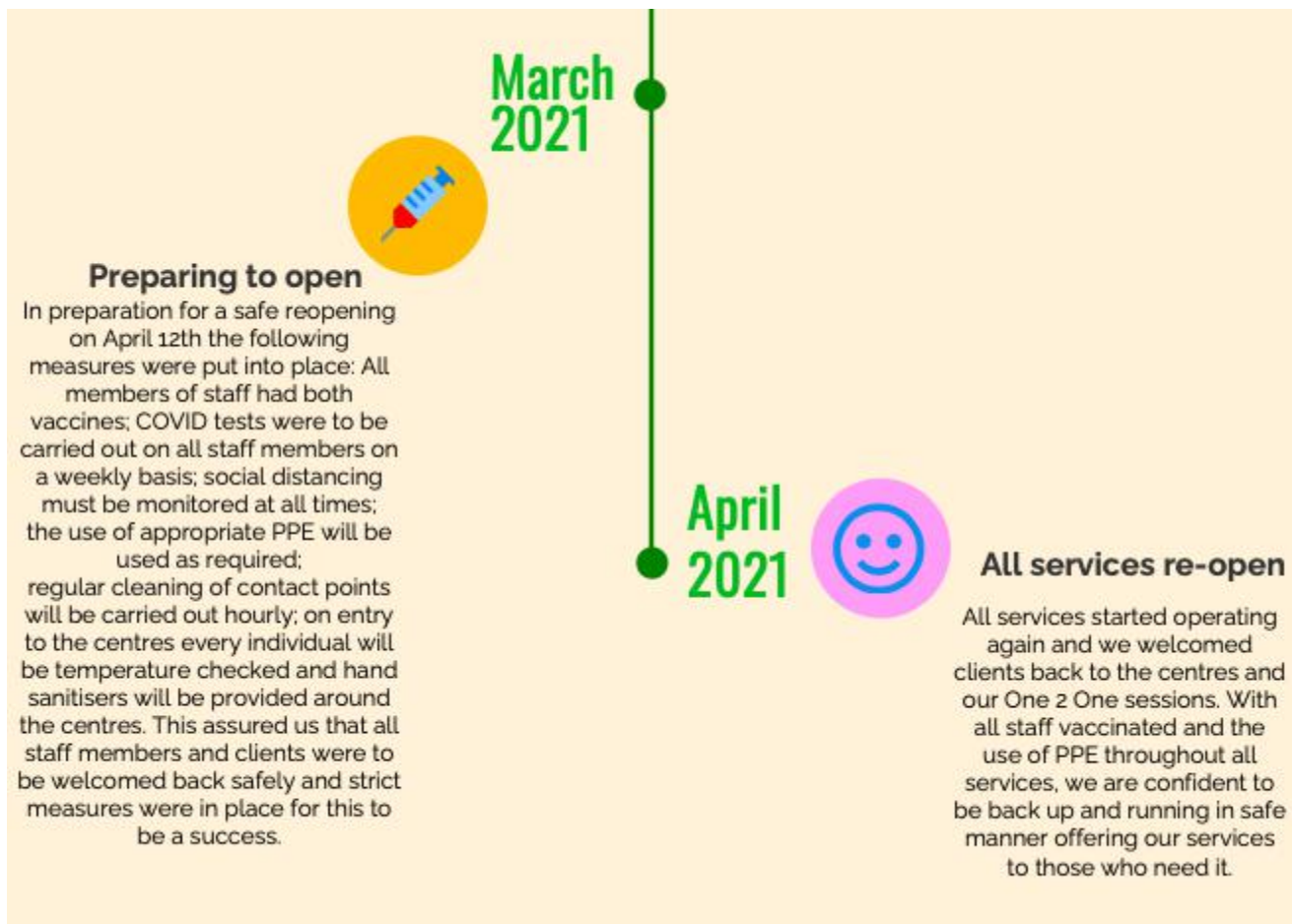
This is where Essex dementia care can step in though the support, we are able to offer we can help a person diagnosed with dementia to live well.

We work with families very often all the way though the journey of dementia and believe life does not stop with dementia.









2020/2021 has been a challenging time for Essex Dementia Care as it has for so many businesses and charities. However, we are proud of how we've managed to continue supporting our clients and their families in spite of the restrictions and challenges we have faced.

### The present and the way forward

We are all continuing to learn how to live alongside Covid-19 and how to proceed cautiously but optimistically to the pre-pandemic levels of social interaction. At EDC, whilst we still maintain the highest safety levels possible to protect our clients and practitioners, we will accelerate our efforts in the coming months to resume some of the more interactive activities such as group outings etc.



### Allotment project

Our allotment project was in full swing over spring and summer and was a real blessing throughout the period of additional restrictions allowing us to deliver activity outside.

The allotments are situated just behind our Bradwell centre and has been used for outside activities including afternoon tea, games afternoons, and much more.



We have planned the garden around our clients, and this includes raised beds and clear access paths to both the allotment and into the summer house.

As you can appreciate at times people living with dementia may become agitated and having this outside space enables us to offer a calming and relaxed environment.

Adaptions were made to ensure the environment remains safe in line with government guidelines.



## Special Events & Activities

At EDC we are always investigating new ways to provide happy and stimulating events and activities for our clients. We have outlined just a few examples out of many: -



## National Picnic Week

National Picnic Week was celebrated between 19<sup>th</sup> and 27<sup>th</sup> of July 2021 and EDC took the opportunity to involve our clients in activities relating to the theme. Our activity centre was decorated for an indoor picnic event with music, games, and lovely food. All clients that attended our Every Day Counts workshops were able to enjoy home make treats made by our cook using locally sourced ingredients from our own allotment.



## Clay Model Making

At our Oasis workshop in July, clients enjoyed creating their own clay models. There is plenty of research that shows how participating in arts and crafts can play a huge role in improving individual well-being. The clay modelling sessions provided a therapeutic activity along with some great stimulation and social interaction.



## Remembrance Day Project

Recently clients produced lovely cards featuring the beautiful poppy to take home for their mantel pieces to support Remembrance Day. Again, this type of crafting is good for stimulation and enjoyment of life.



## All About Hearts

The following theme was all about creating beautiful hearts and each one was a unique design, an expression of our individual client's imagination and an example of how crafting encourages freedom of expression.





## Testimonial

*"I would really recommend anyone living with or knows someone who has dementia to send them to Essex Dementia Care workshops just to help their minds to be at peace. They always go out of their way to ensure all their clients have as much fun as possible and constantly stimulate their minds, which is fundamental when living with dementia. I really hope the charity continues to support as many people as possible!"*

– Pam (Betty's daughter)



## **Comments on service from our Service Evaluation or Feedback examples from clients**

The best thing about the service for my relative is:

"Going out for walks or drives and using the same carer."

"Someone different to talk to."

"Giving me a break by meeting other people – more than a one 2 one environment"

"Allows me to do my walking and get out of the flat."

"Music and singing."

"Mixing with others."

"The stimulation."

"Meeting other people and going out to different places (pre Covid)."

"Only available one day a week near home."

"Getting out and mixing with different people."

"The staff, the activities."

“He is able to do activities he enjoys.”

“Allows them to get out of the house and mix with other people rather than sitting in the armchair all day.”

“Additional adult contact during the day.”

“It gets him out of his home and meets other people and joins in.”

“Happy and well cared for.”

“An opportunity to be away from home and enjoy the company of others in a safe and caring environment.”

“To be with other people who have time and patience and to interact with them.”

“It introduces her to another person outside of the family. This is more stimulation for her.”

“It keeps her mind active.”

“Having somewhere to go, something to do and social interaction.”

“Social interaction crafts all displayed in his house!”

“Having a friend.”

“Kind, friendly atmosphere where he feels secure.”

#### Other comments:

- The club is what is keeping my mum well. The club is Mum’s family that she knows and loves. The club is what my mum now lives for. As a family we do not know what we would have done without it.
- You are my lifeline. I could not continue coping without my “own time.”
- I think the day at Broomfield provides my husband with much stimulation and enjoyment and a lot of this is due to the lively and caring staff.
- The staff are always vey welcoming and have a positive outlook and understanding of dementia.
- I think we are lucky to have this service in Essex.
- The carer who takes mum out is lovely. I trust her absolutely to take care of mum while they are out together. Thank you.
- The girls are always friendly and do an excellent job with the patients. I just wish there were more classes for them to attend as 24/7 with the patient is extremely hard.
- The staff on the phone are so friendly and helpful. If either Eve or Frank were not able to visit Mum and someone else was to go, we are sure that they would be equally cheerful



## COVID finances / Working stats

Financially, we are finding this extreme situation very difficult as we still need to pay our staff and overheads whilst not receiving pre Covid19 levels of client fees.

Past 3 years average annual income £263k.

Current free reserves are £222k.

Core costs are c £35k per month.

Income lost due to Covid19 was £198k in the period up to March 2021. In addition a further £30k income has already been lost in 2021/22 financial year up to 31 August 2021, with a forecast of at least a further £20k income lost for the remainder of the year.

Net Covid19 specific grants of £115k were received in 2020/21 financial year used to offset some of the lost income.

I hope you find this information insightful and informative; we are extremely grateful for the funding we have received as it is truly aiding us in our achievements in the past year.

We look forward to updating you with our progress in the future.

Yours sincerely

*Kelly Bleasdale*

Kelly Bleasdale  
Senior Manager