



Artwork by  
Lillian Wallace



Together  
Dementia  
Support

A Year in Review  
2021-2022





# WHAT PRIORITY DO YOU GIVE DEMENTIA?

**From 2019 - 2022, our Friendship & Activity groups were evaluated by Salford University's Institute for Dementia. Their recommendations for commissioners and funding bodies were:**

- It is important to recognise the social health benefits of attending groups such as TDS for people living with dementia. These can accrue with ongoing, regular attendance.
- Support provision can be resource intensive, but possible benefits that could be achieved from running numerically larger groups (such as financial economies of scale) run the risk of reducing the benefits of person-centred care that are currently achieved.
- Providing transport can be difficult to fund and organise, but for individuals with limited access to support from family and friends, arranged transport is essential to enable ongoing attendance.
- Support sustainability of activities, including continuity in staffing. The benefits of attending accrue with familiarity achieved through regular attendance. In addition, staff and volunteers bring much expertise and attendees establish ongoing relationships with them. This takes time to acquire and can be lost if staff and volunteers move on or projects lose funding.
- Continue to provide funding for groups that support a person's social health. This evaluation makes a clear case for social and activity groups to be continued and developed, enabling more people to access them and to experience the benefits. Commissioners should consider whether investment in relatively low-cost interventions such as these might reduce costs of early admission to residential care or more input from mental health professionals, as well as a positive impact on family care partners.
- Dementia activity and support groups should also be developed and run according to the social and cultural contexts of the communities they serve. Rather than 'one size fits all', different groups will suit different individuals. Commissioning and funding of services should allow for this diversity among providers.

# Together Dementia Support: A Year in Review

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Thank you to our volunteers, fundraisers and partners

# Welcome from our CEO, Sally Ferris

**Thank you for taking the time to attend our Annual Showcase and to read this report.**

We hope we've given you a flavour of what we do as a charity, and about the ever-increasing need for our work. Our carers have spoken powerfully and from the heart about their lives and we really worry about the impact that caring is having on the health of some of them. Our members should never be overlooked because they, too, can tell us what they like and what's important to them. It just takes time and support for them to do so. It's vital that their voices, as citizens, are heard as much as their carers' are.

I also want to use this opportunity to celebrate and thank our staff and volunteers for all the time, energy and skill they give every day. From our drivers to our finance officer, they couldn't be more committed to this cause and often go above and beyond to make people feel valued and cared for.

We would love to develop the support base that we have as we are still a relatively small charity that cannot grow further without secure income and more goodwill. If you can think of just one thing you might be able to do to support us with your time, skill or money, we'd be very grateful. In this report you'll find information about the different ways in which we are trying to fundraise, but do get in touch with us if you have any of your own ideas!

The number of people living with dementia will continue to grow until ways of preventing the underlying brain diseases can be found. Like others, we will continue to campaign for a greater share of health and social care funding for people affected by dementia. We will also continue to advocate for best practice in Manchester's dementia pathway through the various partnerships in which we work.

We hope you feel similarly inspired!

Sally



Sally Ferris, BSc, MA, MSc  
Dementia Care

Sally has worked with older people in Manchester, Trafford and Salford for 30 years.

She has an MSc in Dementia Care and has managed the Dementia Support Service for Salford Age UK, running a DoH pilot project to set up and evaluate peer support for people with dementia.

Sally loves the opportunities TDS has to offer innovative services that respond to local people's needs – to make a difference on the ground.



## DID YOU KNOW?

'Dementia' is an umbrella term under which many memory diseases are included, such as Alzheimer's disease





Jeff Seneviratne,  
Chair of Trustees

# Welcome from our Chair of Trustees, Jeff Seneviratne

Welcome to this, our first, Annual Showcase event. I recently became a Trustee after caring for my late wife for a number of years following her diagnosis of Alzheimer's Disease.

My wife, Teresa, was a founder member of the Fabulous Forgetful Friends and was proud to teach and influence dementia services for as long as she was able.

I therefore have personal experience of the service provided by Together Dementia Support both to her and to me as a carer.

Together Dementia Support plays such an important and vital role in supporting people living with dementia and those caring for them. We hope this will give you a taste of what we do to help people to continue to live well after they have been diagnosed with this illness. This includes supporting those caring for them, particularly as the disease progresses.

As a charity, of course, we need to raise funds to support our work and, to date, we have been fortunate to receive grants from a number of charitable sources and small amounts of non-recurring local authority grants. Uncertainty about future sources of funding makes planning our service more difficult. Fundraising activities and donations make important contributions to our finances but we have, understandably, not been able to run any events over the last three years. The reality is, that without increasing our income from all sources, the organisation will need to contract.

Much needs to be done to improve the care of people living with dementia and their carers. We hope that the good work of Dementia United, one of our partner advocacy organisations, will bear fruit and that improvements will be achieved by integrating voluntary sector provision with statutory health and social care services.

## The Fabulous Forgetful Friends!

The Fab Forgetful Friends is a monthly peer support group for those who have insight and want to talk about dementia. They are signed up to the rights of people with dementia (<https://tinyurl.com/OurDementia>), and want there to be equal access to services across the UK (starting in Greater Manchester!)

If you would like FFF members to share their lived experience of dementia, or if you would like them to co-produce a piece of work, get in touch with [Jo@togethersedmentiasupport.org](mailto:Jo@togethersedmentiasupport.org)



## DID YOU KNOW?

People living with Dementia are one of the most socially isolated minority groups in the UK.



# Meet the Team



Sally Ferris  
CEO



Fiona Brown  
Business Support  
Manager



Claire Marrett  
Service Delivery  
Manager



Suafina Aslam  
Volunteer  
Co-ordinator



Cheryl Howarth  
Finance Business  
Support Officer



Hana Ali  
Business Support  
Officer



Anne de Rouffingac  
Groups Business  
Support Officer



Dorothy Allen  
Dementia Group  
Leader



Jo Brizland-Cullen  
Dementia Group  
Leader



Rukaiya Pandor  
Dementia Group  
Leader



Zsuzsi Földes  
Dementia Group  
Leader



Anna Hulme  
Dementia Group  
Leader



Mike Taylor  
Dementia Group  
Leader



Daphney Thompsom  
Dementia  
Support Worker



Gwenneth McCorkle  
Lead Driver





## Meet the Trustees



Jeff Seneviratne  
Chair of Trustees



Maria Walsh



Nicki Campbell



Nisa Khan



Amanda Woodvine



Richard Hatley



David Simpson



John Tupman

## Meet our Drivers



Gwenneth  
Lead Driver



Asif



Tam



Lizzie

## Meet our Students of 2022



Jess



Beth



### DID YOU KNOW?

During the pandemic lockdowns, our volunteers & staff sent 1,502 letters & emails to our members, and hand-delivered 882 activity packs to members at home. They continue to be amazing!





# A Year in Review

**It has been a busy and challenging year at Together Dementia Support, with uncertainty in 2021 about funding, followed by funding success, growth, and then worries about funding once again.**

The COVID-19 pandemic has continued to impact our work to get people living with dementia out to groups, socialising, exercising and maintaining skills, but we've persevered despite having at least three waves of COVID running through our staff team.

Our staff and volunteers rose to the challenge and exceeded our expectations. They have worn PPE through uncomfortable heat for long periods, submitted their lateral flow test results before coming to groups, and have sprayed, wiped and cleaned surfaces, equipment and resources, all to keep our members safe and healthy. Without their steadfast commitment to health and safety, we would not have been able to deliver face-to-face support to such a high standard.

The last twelve months saw us as an organisation trying to reach some kind of return to routine and normality. Our eleven groups began meeting regularly at venues new and old, our buses started running again, and our people were able to get back together and catch up with friends for the first time in a long time.

In the bright August sunshine of 2021, we enjoyed three large trips, thanks to the JT Blairs Trust and Duchy of Lancaster Fund. We hired coaches and took members and carers to Dunham Massey and RHS Bridgewater, and for many it was their first proper outing since 2019. We enjoyed ice creams, the great outdoors, and plenty of gentle exercise.

The Pyaari Yaadein group raised their own funds to have an extra trip to Blackpool. The weather was exhilarating and fresh and they had a great time. Our staff member, Ali, wrote a favourite motto very large in the sand: 'Adventure with Dementia!'

In December some of our carers again spoke to 150 nursing students online, giving powerful accounts of what it's like to be a carer of someone with dementia. We believe those messages will be remembered by those students and we hope it impacts on the way they practise. We've run a further three carer training courses and maintained the monthly Zoom gatherings and face to face socials. The June Carers' Social was a walk and evening picnic in Alexandra Park; a great combination of exercise, chat and good home-cooked food.

We're also pleased that we've started working in partnership with staff from GMMH (the mental health) trust to run three Dementia Cafés. These daytime cafés are primarily for the benefit of carers, enabling peer support and opportunities to speak to dementia professionals.



However, they can do that more easily because we provide activities and staff & volunteers to sit and interact with their relatives. We also used some grant funding to provide a massage service at each café and, now that that funding has run out, GMMH are helping to keep that offer available.

In the autumn of 2021, with the phenomenal help of our members and volunteers, we raised money to enable the Bike Hive to buy three tricycles. These are kept at Alexandra Park, but the volunteers bring them out whenever we ask, so we've taken all our groups to have a go. Our Walk & Talk group have weekly access on a Wednesday morning and it's great exercise for carers and people with dementia alike. For those who really can't manage a tricycle, there is now a tricycle rickshaw available in which you can sit back and be taken for a ride around the park. We're really very fortunate and grateful to have all this available to us.

We also raised money for a high tech piece of equipment called a Mobii projector which projects images onto the floor or a table, plays accompanying music and enables people to interact with the images. It's an engaging way of getting a group to focus on a shared picture or activity without requiring too much skill or mobility. We are sharing this resource with Laurel Court care home as we can see the benefits to people who are more cognitively impaired.

As ever, we celebrated important cultural events, including Chinese New Year, Ramadan, Eid, Easter, Christmas, Valentine's Day and many more. We even had weeks themed to 'A Day at the Seaside', ABBA', and 'London Fashion Week'!

Our Together at Home project saw some good progress, with temporary Dementia Support Workers recruited to visit members who can no longer attend groups from February to the end of May. We learned a lot from this short run of the service, but then that grant ended and we've had to put people on a waiting list. One relative has said what a difference it made to his uncle, who lives alone in Gorton, that he was able to visit the local shops each week with his support worker. That gentleman (who lives with dementia) even wrote us a letter saying 'Thank you for making life pleasant for me'!

Apart from COVID, there have been other challenges for us as a charity. In 2021 we weren't sure if we would be able to keep going after our Lottery grant came to an end. However, thanks to a lot of hard work, and help from an external fundraiser, we managed to secure another three-year Lottery grant and other one year grants.

As you can imagine, a year isn't a long time, and we're back writing lots of grant applications again! We know that we need to raise more money ourselves, but COVID hasn't allowed us to run any fundraising events. We do charge our members to attend groups and trips, but we keep the charges low as we don't want anyone to be excluded.







We continue developing our fundraising strategy and this event will be the first of hopefully many more over the years to come.

Running and maintaining two large vehicles has also become much more expensive. We wouldn't run a successful service if we didn't have them, but we need seven driving shifts completed every week, as well as the funds for insurance, fuel and repairs.

Our greatest asset is also, currently, a vulnerability. It has proved more difficult to recruit staff and volunteers. We have a real shortage of volunteers and drivers despite advertising in all the right places. We get great loyalty from the volunteers we do have, and one of them, Val, said that she gets more out of volunteering than she puts in. Being at a group with members who have dementia cheers her up and sends her home feeling the world is a better place. If you can share this positivity and encourage anyone to volunteer please do so as we can't invite more members to groups if we don't have enough personnel to take good care of them.



You will see the summary of an independent evaluation of our Friendship & Activity groups, carried out by Salford University's Institute for Dementia, inside the front cover of this report. We commissioned this evaluation to see how our group work looks to an outsider, and to see what benefits are reported. Whilst people living with dementia find it difficult to give scores and recall how they have felt over the past week, some of our members were able to give strong qualitative evidence of benefits when interviewed. The researcher also observed some great friendships and signs of wellbeing at the groups.



Our Fab Forgetful Friends advocacy group discussed and sent messages to the Government about what people with dementia need. They also attended the Dementia United event to help shape the future of services in Greater Manchester. Some of them are getting disillusioned and frustrated by the slow progress, and this reinforces how vital it is that we work to empower our members and keep fighting for better services and awareness.

If we're feeling a bit blue, we only have to turn to the Dementia Gospel Choir to cheer us up. With songs like 'Lean on Me', 'No Woman No Cry' and 'This Little Light of Mine' they continue to impress us with their joy of singing and dancing, and their solidarity. Look out for them on the next series of 'Vicky McLure's Dementia Choir'.



## DID YOU KNOW?

We are the only provider of group- based dementia support in Manchester. Without us, there would be nowhere for people living with dementia to go and make friends, and no weekly respite for carers.

# Yvonne's Story

**The raw story of a carer who we've been supporting. A very strong, positive woman who has been brought very low because of the relentless pressure she's been under. And she's been caring for her Mum for 20 years....**



**Would you take a job that pays £70 a week, but pays nothing at all if you're older?**

Would you take a job that requires you to give up pay if you go on holiday, are sick, or if your relative is sick and in hospital?

When you're caring for someone, they're not just 'on your mind'. You carry the weight of another person, like a child. The difference is this dependence doesn't get lighter over time and being called at any time of night - whether by mum or by the assisted living scheme - meant I struggled with sleep deprivation over a long period, on top of my own insomnia and menopause. I am still expected to function like normal every day, and make decisions regardless. Insanity!

I wouldn't have left mum in a care home after I saw the quality of care offered in [the care home]. It started off with the honeymoon period but quickly descended into the stereotype: staff paid very little, but again expected to manage a lot. A shortage of staff due to Brexit and COVID. I heard the Manager of the home left recently. Not surprised.

In all honesty, I was glad to get her out. But I also feared whether I could be true to her needs, knowing I myself am dealing with burnout, or a version of it. Caring should come with a health warning similar to cigarette packets. The irony is people would still do it despite knowing the damage it could do.

Looking back and knowing what I know now, I went into caring too quickly. I wish I had had someone to sit me down and check in on my understanding of the commitment I was making. Love just isn't enough.

All carers should have a discussion about the realities, be questioned about the financial, emotional, psychological impact on themselves and their families. Almost like doing a course, so they are equipped or develop practical strategies for caring before taking on the commitment.

My family took a massive hit financially when I offered to care for mum and these new energy bills are pushing us closer to poverty. I'll catch my breath, but I know I'll be looking for work shortly. We should be paid more. It's costing the Government more now that I've stepped back. If you foster you'd get paid for that type of caring.

Caring should include mentors who walk with us and check that we look at packages of care that don't automatically involve family stepping in so completely. However, I know that any care package is only as good as the individuals involved and why family step in to offer the quality of care that we want. Easier said than done. Our communities teach us "to honour thy mother and father" -but also take advantage of our emotional vulnerability.

I have no answers, only hindsight and as such, I'm stepping back but not out.

*"Looking back and knowing what I know now, I went into caring too quickly."*

*I just wish I had had someone to sit me down and check in on my understanding of the commitment I was making."*

*Love just isn't enough."*

*Yvonne*



Claire,

Just wanted to thank you for an excellent time last night. You and your team are awesome. It was brilliant speaking to other carers and being able to put things into better perspective which has benefited me (already) and mum (in moments). In terms of my more changed attitude, although since last night she's not been on one, yet.

The proof will be in her off days.

Thank you for making life pleasant for me.

My mum comes back elated, nothing is more than a mother's smile that's all down to the sessions.

Very grateful!

TDS feels like my family. I know I can rely on you all to understand me and support me. I like the way that you do things with us (carers), not to us, recognising our expertise and different perspectives.

Nothing stops  
TDS delivering  
smiles!



To:

TDS



Sally and the Team,

Whilst we are currently in the middle of Lockdown 2, it still feels like we have never left Lockdown 1.

As a carer things have been very challenging but on a number of occasions members of the TDS team have provided various stimulation packs and occasional outdoor visits for my mum.

I cannot thank Elaine enough, she took my mum to Dunham Massey, and it has been the highlight of the last few weeks; its mentioned at every opportunity and the experience has really stayed with her.

Please pass on my thanks to Elaine. My mum thinks she is fantastic and thank her for the respite hours that I have so enjoyed.

I know COVID19 has a lot to answer for but I wanted to take this opportunity to say a BIG Thank You for all you continue to do during this very difficult period

The bonding began on the minibus and by the time we arrived at Ghyll Head it was obvious that this was a special group of people. Our lives as carers mean that we often forget who we are, the needs of our loved ones take priority and we lose our individual selves. This weekend we opened up to each other, listened and supported each other and gained strength from that. Being with people who totally understood our frustrations, our fears and our exhaustion somehow freed us to be ourselves, to let go and just enjoy the peace, the company and the activities. I did things I never dreamt I could because you were all there cheering me on.

Saturday morning was bliss. I woke up remembering the great group of people I only met last night but how great the feeling of comradeship which had developed. Of love and support too. I woke up at my own pace. I felt like a teenager. No real worries. I lay there enjoying the feeling of just being well rested. So much healing and the weekend had only just begun!





# Steve's Story

**For Carer's Week, we spoke to one of our male carers to get his perspective on his role as a carer and his experience over the last few years.**



Steve became his Dad's 24/7 carer a few years ago after his step-mother passed away, which totally changed Steve's life in many ways. Steve is no longer just his dad's son, he is his dad's full time carer, which comes with totally new dynamics, new worries and some sadness. This is made harder again when his Dad doesn't even recognise him as his son on occasions. Steve is also a very skilled man and worked all his life in demanding roles at Nuclear Power stations. Returning to living with his dad as a full time carer was a real shock to his system and something that has been very hard to adjust to.

Steve didn't have many friends or family in Manchester which has meant he's been doing this mostly alone, the carer's role being a very isolating one for him. He explains that when he goes to the pub, others will be speaking about doing something with the 'Mrs' or will state to Steve that he's not really all on his own which only makes him feel more alone as there's an obvious lack of understanding of his situation. He feels as though people don't tend to know what it's like for him. He sees people in the parks in what appears to be a paid carers' role: they may understand conditions like dementia but he's aware they get to clock off; they get to go home on their own.

Steve's Dad's dementia has caused him to be very wary (if not paranoid) of strangers coming into the home or meeting strangers when out and about. This links back to his time in the military. He feels that medical professionals are there to say he cannot go on military leave, which he can find distressing. This also makes it hard for Steve to plan anything or join any social groups as he never knows how his Dad will react. Each day is very different and things can change at a drop of a hat for them, which can become quite draining.

*"Other than a miracle, what would make a real difference to us in the future is more access to respite."*

Steve feels he is very much still learning in this role. When asked what could make a difference to them in a future, Steve said 'other than a miracle', more access to respite would be wonderful. However, it would have to be someone that his father has built a relationship with and can trust. He believes there could also be a difference in housing opportunities. He would love for his Dad to live in Blackley the neighbourhood that is most familiar to him, but housing restraints means they currently can't.

There are some things which have made a real positive difference for Steven as a carer. He says that people like Claire at Together Dementia Support and his Admiral Nurse have made a world of difference for him, he doesn't know how he would have done it without them. Having people to talk to and to give practical and emotional support has made him feel understood and less alone.



# DID YOU KNOW?

Of the 427,000 people living with Dementia in England, 5,000 of them live in Manchester?

In July 2021, we had 346 service users  
Now, in July 2022, we have 547 service users

**A 60% increase in service users is still only 5% of everyone living with dementia on our doorstep**



We are the only provider of group-based, dedicated, regular and specialised dementia support in Manchester.

If 95% of people living with dementia aren't supported by us, then 95% of people living with dementia aren't supported by any specialist dementia service.

We are not a commissioned or contracted service. We are not part of a local authority or the NHS. We are a charity.

If your local council has not commissioned or contracted us, then your local council has not commissioned or contracted any specialist dementia service.

We can't let the 95% fade into the background, but with only 11 FTE staff our services will not stretch to meet demand.

Local leaders must take dementia seriously. They must invest in making dementia services a priority in our region. Ask your local representative: "What priority do you give dementia?"





## Meet Mobii



Thanks to Manchester Airport, Ford Britain Trust and the Sylvia Waddilove Foundatoin, Together Dementia Support have acquired an exciting new piece of equipment - the Mobii Table!

This interactive projection technology allows us to create exciting games, gentle exercise, and social activities in our groups. Participants can paint pictures, push a ball, interact with fish, brush away leaves, take part in quizzes and much more!

## Adapted bikes



Thanks to the help of some amazing volunteers, money was raised to purchase some adapted bikes with the Bike Hive at Alexandra Park, Whalley Range.

Our members frequently get to enjoy gentle rides through the park during our Wednesday Walk & Talk group.

# What we offer people living with Dementia

## Friendship & Activity Groups

Our Friendship & Activity Groups for people living with Dementia take place across a range of venues in Manchester and north Trafford.

Our members take part in baking, cooking, gentle exercise, arts & crafts, reminiscence, gardening, games and singing.

We often have themed sessions at our groups, giving our members opportunities to take part in popular culture and events. We even did our own Fashion Week in 2021!

The main aim of our groups is to be a positive, welcoming place for all people, where a vast range of ages, abilities, backgrounds and experiences can connect, share thoughts and feelings, talk openly, maintain skills, and - most importantly - make friends.

## Pyadari Yaadein خوبصورت یادیں

We have a dedicated group for our South Asian community members which runs every week with a range of fun, culturally appropriate activities and always ending with samosas or a light lunch. The group is led in South Asian languages and English to ensure it is accessible for all members of the community.

## Together at Home

Our Together at Home service allows people living with Dementia who are unable to attend our groups the opportunity to take part in social activities, creative activities and gentle exercise.

Together at Home matches trained volunteers with a person living with Dementia in their local community to take part in a range of different at-home activities, including creative projects, walks and gentle exercise, music & singing, cognitive and memory games, or just having a chat.

A Together at Home session can be from 30 minutes to 2 hours.

# What we offer carers of people living with Dementia

## FREE five-week training course

We recognise that family carers do most of the caring, supporting and worrying about the person with Dementia. We see you as experts in caring, and we think that you deserve the best information, advice, guidance, emotional support and practical support.

We run regular training for carers to help them feel more prepared and confident when caring for loved ones. Courses vary in length from a one day course to five weekly sessions and we also offer courses specifically for carers from South Asian communities delivered in Urdu and Bengali.

Our comprehensive 'Caring for Someone with Dementia' training covers:

- "What is Dementia?"
- Benefits and legal matters
- Activities to do at home
- Communication techniques
- Taking care of yourself

## Socials & Well-being Activities

Finding time for yourself, looking after your health and well-being and socialising with others who understand your situation are of paramount importance for all carers, but especially those caring for a person living with Dementia.

We regularly organise day time and evening socials, from meals out, to cinema trips and walks in the park. We also offer access to treats such as spa treatments, massages, and gentle exercises to promote well-being.

Sign up to our TDS Newsletter by e-mail or post to receive information about upcoming social and well-being events.

## Dementia Cafés



We run regular Dementia Cafés in Wythenshawe, Withington and Beswick, where carers can get together and have a chat over tea and cake, get to know each other, and share experiences. We even offer relaxing subsidised massages at some venues!

Dementia Cafés are also attended by Admiral Nurses and Dementia Support Advisors so carers can ask questions and get professional advice.



## TDS Newsletter

The best way to stay up to date with everything happening at Together Dementia Support is to sign up for our bi-monthly Newsletter.

Sign up on our website, [TogetherDementiaSupport.org](http://TogetherDementiaSupport.org) or call 0161 226 7186 to receive it in the post.

We also have a WhatsApp group just for carers, and a Facebook group for anyone to join and stay up to date.



## Smaller Grants



**MCR CITY COUNCIL**

£20,000 per year until 2023



**SOCIAL PRESCRIBING FUND**

£20,000 to fund our Volunteer Co-ordinator and Together at Home service until February 2023



**Greater Manchester Mental Health**  
NHS Foundation Trust

**GMMH NHS FOUNDATION TRUST**

£9,000 to run a Dementia Café and support our Friendship & Activity groups in Manchester

## Funding Successes

### National Lottery Community Fund



Thanks to the hard work of our staff and volunteers, the vital services we offer have been recognised again by the National Lottery Community Fund. In December 2021 we were awarded a further £346,547 to help toward the cost of running the charity for a further three years.

We are truly grateful to have benefitted from National Lottery Funding. A substantial part of our running costs has been covered by the National Lottery over the last few years and to have their support again into the future means a great deal. They truly believe in what we are doing and what we want to achieve for people living with Dementia and their families in our area.

### the Tudor trust

The Tudor Trust granted us £90,000 over three years to help fund our targeted support for people from disadvantaged backgrounds. This grant funds our Pyaari Yaadein group for people of South Asian heritage, ensuring our services are available to people in our local community in languages that are familiar to them with people who share their experiences.



### Trafford Housing Trust

To deliver targeted services for people living in the Trafford area and their carers, THT granted us £54,109 to support this work from 2020-2023. They ensure we can reach families living in the North Trafford area, including support for South Asian communities.



**Garfield Weston**  
FOUNDATION

Garfield Weston granted us £25,000 so that we can work to improve the quality of life for people living with dementia and their carers in 2022. The money will help fund our Together at Home service, which has seen a huge rise in demand since its first pilot scheme in 2019.



The Trusthouse Charitable Foundation supports our work with a grant of £15,000 toward the provision of dedicated carer support.





Together  
Dementia  
Support

# Make a difference Donate today

## Donate Online

Donate online at  
[www.TogetherDementiaSupport.org](http://www.TogetherDementiaSupport.org)

DONATE



## Regular Giving

Set up a monthly or  
annual Direct Debit



## Donate as you Shop

Shop with the below  
services and donate while  
you shop with no further  
cost to you.

**amazon**smile  
You shop. Amazon gives.

 [easyfundraising.org.uk](http://easyfundraising.org.uk)  
feel good shopping



# Direct Giving

**EVERY DONATION HAS AN IMPACT, AND EVERY PENNY GOES DIRECTLY INTO SUPPORTING OUR MEMBERS AND CARERS.**



## ANNUAL SUPPORTERS CLUB

Join our Annual Supporter Scheme for a minimum £30 per year. You will receive regular updates, and a goody bag of TDS freebies as a 'thank you' for your support.

## REGULAR GIVING

You can set up a monthly or annual Direct Debit to an amount of your choosing. Let us know if you would like to receive regular updates - you may even get a goody bag!



## ONE-TIME DONATION



If you do not wish to give regularly, you can send us a one off donation any time by visiting our website and clicking the 'Donate' button.

## LEGACY DONATION

If you are interested in leaving a cash gift to charity in your will, you can find more information about how to do this and the benefits to you and your loved ones by visiting [www.TogetherDementiaSupport.org/legacy](http://www.TogetherDementiaSupport.org/legacy)



# FUN-draising

## JOIN OUR 200 CLUB LOTTERY

Make a single donation of £24 for the year and we will enter you into our draw for a chance to win up to £100 every month

Email [christine@togetherdementiasupport.org](mailto:christine@togetherdementiasupport.org) and be in it to win it!



## GIFT ON EBAY

There are two ways you can use eBay to support us:

### SELLING YOUR OWN THINGS

When you put up a listing to sell something on eBay, you can now choose for a percentage of your sale to be donated to Together Dementia Support while setting up your listing.



### DONATE ITEMS TO OUR EBAY CHARITY SHOP

If you have some high-quality items you would like to donate, we can list them in our TDS eBay Charity Shop! Send us good photos, an idea of the item's value, and we'll do the rest. Once the item has sold, it will be collected from you and posted out by one of our fantastic Fundraising Volunteers.

When you're ready to donate, contact [christine@togetherdementiasupport.org](mailto:christine@togetherdementiasupport.org) and she will give you all the information you will need.

## DONATE WHILE YOU SHOP

**amazon**smile  
You shop. Amazon gives.

 [easyfundraising.org.uk](https://easyfundraising.org.uk)  
feel good shopping



# The Year Ahead

**We have a clear strategy and plan for what we want to do over the next twelve months. We want to continue supporting both carers and our members with dementia, ensuring that we can respond quickly, and give extra help at times of crisis or transition.**

We really hope we can secure the funding to grow the Together At Home service so that it can be an alternative to attending groups. At the same time we want to be able to transport more people to our groups and increase membership at them but we need more transport capacity, more drivers and more volunteers.


We want to continue helping members to walk and exercise more and we want to persuade and help carers to take more breaks and look after themselves.

Together Dementia Support is keen to build stronger partnerships with other organisations because we know that we're just one piece in a large puzzle of services.

And, of course, we await the Government's long, long awaited reforms and extra funding for social care, as well as fresh momentum to deliver a strong dementia strategy both locally and nationally.



## COMING UP ...




### **FREE Workshops for carers**

**Safe Moving and Handling of Your Relative**

Tues 9 Aug, 1.30-3.30pm


**Managing Incontinence**

Tues 20 Sept, 1.30-3.30pm



### **FREE Five-week training course for family carers of people living with Dementia**

Starts Weds 10th August, 1.30-3.30pm



### **Fabulous and festive FUN-draising events!**

Visit our website to sign up for our newsletter to get all the up to date info on our fantastic fundraising events coming up.

To sign up for any of our courses or workshops, email [admin@togetherdementiasupport.org](mailto:admin@togetherdementiasupport.org) or phone our office on 0161 226 7186

# Thank you to our Volunteers

**Our volunteers are the lifeblood of our service, and we wouldn't be able to deliver our services without you.**

Lisa Adshead, Sarah Batal, Carol Bodey, Margaret Booth, Laila Choudrey, Brad Cooper, Isla Crawford, Janet Crossley, Rev. Bob Day, Anne de Rouffignac, Shagufta Deane, Elaine Gibbons, David Gilmore, Mahfuz Haque, Sylvia Hinde, Christine Howard, Paul Hutton, Subah Imran, Hazel Lawson, Gay Lemmey, Danny Mairs, Anne Matthews, Vicky Matthews, Gwenneth McCorkle, Jeanette McLaughlin, Jak Miller, Alima Niang, Michael Oladokun, Dean Owens-Cooper, Meg Raw, Nazia Rubani, Adrian Scott, Ila Shah, Susan Shaw, Effa Tariq, Janice Tattersall, Marlene Taylor, Daphney Thompson, Karl Tonks, Val Veal, Khaperai Yousafzi, and Kishwar Zafar.

# Thank you to our donors & fundraisers

Roger Kay, Penny Bailey, Damian Dwyer, and the family of Ghazanfer, who in 2021 went above and beyond to support our services, raising over £12k for vital and innovative equipment for our services users, including the adapted bikes currently in use at Alexandra Park.

Our Fundraising Volunteer Group, David Simpson, Christine Howard, Gay Lemmey, Sylvia Hinde & Anne de Rouffignac who have some fantastic things planned for 2022 and 2023 to raise money for TDS.

Christine also volunteers every Thursday with our business support team, writing funding bids, and also masterminded our venture into eBay fundraising.

# Thank you to our partners

Koffee Kranks  
DEEP Network  
Limelight Community Centre  
Ardwick & Longsight engAGE  
The Trinity Community Church

buzz Manchester  
Ambition for Aging  
Southways Housing Trust  
Hide Away



# Can you help?

Our work is funded by a range of grant-making bodies, but we also rely on our own fundraising, member contributions, donations and legacies.

Get in touch if you can help us in any way to grow our work and make a difference to more people.



0161 226 7186

[admin@togetherdementiasupport.org](mailto:admin@togetherdementiasupport.org)



*"Volunteering with Together Dementia Support is so fulfilling. You get so much out of it, meet some amazing people, and you see week in week out the difference you are making to people's lives."*

*~ Anne, volunteer for 7 years*

Our website is available 24/7 and is full of useful information about Dementia, support for people living with Dementia, their carers and their families

[www.TogetherDementiaSupport.org](http://www.TogetherDementiaSupport.org)



**Garfield Weston**  
FOUNDATION



The UK Network  
of Dementia Voices

Registered Charity 1180628



**Together  
Dementia  
Support**

Enabling people in Manchester  
to live positively with Dementia

0161 226 7186 

[admin@togetherdementiasupport.org](mailto:admin@togetherdementiasupport.org) 

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