



THE MURRAYFIELD DEMENTIA PROJECT

*Trustees Annual Report
1st April 2021- 31st
March 2022*

Scottish Charity Number SC023210

Murrayfield Churches together

Funded by | Edinburgh Health and
Social Care Partnership



Church of the Good Shepherd

Saughtonhall United Reformed Church

Murrayfield Parish Church

SC000357

SC014175

SC005198

The Murrayfield Club - a safe, stimulating, supportive, fun place for older members of our community

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MINUTES of the ANNUAL GENERAL MEETING of THE MURRAYFIELD CLUB
Murrayfield Dementia Project, Charity SCO23210
Held remotely on Zoom
Thursday 8th July 2021 at 10am

Convenor's Opening Remarks

Acting-Convenor, Rev David Scott opened the meeting with a reading from Jeremiah Ch 29:11 that contains words of encouragement recognising the past difficult year but reminding us that God does have a plan and we just need patience and faith. This was followed by a prayer.

15 people in attendance.

Apologies

Apologies were received from Peter Scott, Susan Ward, Audrey Watson, May Lindsay and the City of Edinburgh Council

Minutes

Minutes of the AGM held on 7th July, 2020 included in the Annual Report Brochure.

The Minutes were then proposed for acceptance by Hazel Pryde and seconded by Agnes Spence.

Report from Convenor

Full report in the Annual Report Brochure.

Following the suspension of the Club in March 2020 due to the global coronavirus pandemic and following government guidelines, the staff of the Murrayfield Club have been extremely creative working hard for the benefit of the members. A huge part of this has been the production of weekly themed Activity Packs that include information, jokes, quizzes, puzzles and a Thought for the Week. Such has been the success of these packs that over the year they have evolved and the numbers being sent out steadily increased to include not only the Club members but the congregations of the three Murrayfield Churches Together and many others beyond.

Funding has continued and following the completion of a number of information requests the Council appear happy with the hard work being done by the Club.

As the Club looks ahead to 2021-2022, one major development will be a new 'Memory' café that will operate on a Friday morning at Saughtonhall United Reformed Church. When restrictions permit, this will be open to the public creating greater awareness and improved integration with the local community.

David then took the opportunity to thank Lesley and her Staff, the Board of Trustees and the secretary Isabell for their commitment to the Club during 2020-2021. Since our last AGM Sandy Marshall has stepped down as a Trustee. As Carer Representative Sandy was a valued Trustee who dedicated many hours to the Club. Thanks also to Victor Chlebowski who is stepping down as a Trustee, a position he has held since 2014. Victor was the lead in the Club's funding application process with the Edinburgh Integration Joint Board and his ability to interpret 'Council Speak' will be greatly missed. Thanks also to Susan Ward who due to work commitments will step down from the Committee as an observer. Susan was a regular contributor to the Activity Pack Thought for the Week and her thoughtful contributions will be greatly missed.

It has been a challenging year which is why David has continued as Acting Convenor and Chair of the Trustees as an interim measure. This situation is not sustainable so serious consideration must be given to this post and the recruitment of Trustees as the Murrayfield Club emerges from all that 2020-2021 has brought it. The Club is a major part of the Murrayfield Churches Together and something that the three congregations justifiably should be proud of.

Both Dean and Martha thanked David for an excellent Annual Report and for his hard work as the Acting Chair.

Financial Report and Adoption of Accounts

A full copy of the unsigned accounts for 2020/2021 are included in the Annual Report Brochure. The Trustees have already approved them and a signed copy is available for anyone wishing to view the accounts audited and signed by Johnston Smillie.

John has continued to provide regular accounts for the Trustees during the April 2020/March 2021 accounting year utilising the computer expertise of John Gibb as well as the accounting expertise of Johnston Smillie and wishes to thank both for their relevant input.

Both the audited accounts and a copy of the Annual Report has been submitted to the Office of the Scottish Charity Regulator following the end of the accounting year. In view of the restrictions imposed by the Covid-19 pandemic it has not been possible to progress any further work in the community and therefore there is still £2,706.10 in the fund specifically for outreach.

The Club has had to submit up-dated proposals to the Edinburgh Health and Social Partnership describing its modified targets and how the grant funding has been spent. Revised budgets have also been prepared relating to potential plans to re-open the Club during the 2021/2022 accounting period. It is anticipated that the Edinburgh Integration Joint Board grant funding for the Year 3 provision will be maintained.

The accounts for 2020/2021 show that income for the year has decreased by more than 20% mainly as a result of the loss of club member charges due to the pandemic. Expenditure however, has decreased by 28% mainly due to minimal expenditure on transport and catering, a result of which has been a surplus for the year of £112.34. The Club has not applied for any furlough monies from central government.

Payroll provision has continued to be provided through Mypaywindow in conjunction with Johnston Smillie. Pension details are also summarised and administered in the same way. The staff pay-scales now follow the Scottish Government guidelines for local government workers as reported last year. John thanked Lesley for all the relevant financial information that she has supplied throughout the year.

Adoption of the Accounts proposed by Dean Fostekew and seconded by Alva Harker.

John was thanked for all his hard work in preparing then presenting the Accounts.

Project Co-ordinator's Report

A full and comprehensive Report included in Annual Report Brochure. The past year 2020/2021 has been incredibly challenging following the difficult decision taken by the Trustees to suspend the Club in March 2020 following government guidelines due to the covid 19 pandemic. As a result, all the staff have been working from home communicating with a weekly Zoom meeting.

The decision was taken to make weekly telephone calls to members and to compile activity packs to send out each week with a view to keeping in touch, providing cognitive stimulation and reducing social isolation with all the staff having some sort of input and Jenny and Nicola taking turns with the editing. After discussion with the Trustees the packs were also sent out to the three Murrayfield Churches Together congregations who in turn have forwarded to family and friends around the world.

The Corstorphine Rotary Club have kindly donated 8 Kindle Fire tablets to the Club to enable staff to visit members in their own home (when government guidelines allow) and set up Zoom chats between staff, members and volunteers in the hope that it will reduce social isolation and cognitive decline.

The staff are very excited by the discussions being had about starting a new Memory café in Saughtonhall Church to help raise awareness of dementia in the community.

Lesley then extended her thanks to all the team who work seamlessly together to provide a stimulating, caring, fun and friendly environment for all the members with special thanks to David for his support and for always being available at the end of the 'phone!

Election of Trustees and Office Bearers

Trustees:

Rev'd David Scott, The Rev'd Canon Dean Fostekew, John Crispin, Agnes Spence, Lyzzie Dell, Alva Harker and Peter Scott.

Proposed by Martha Dickson and seconded by Hazel Pryde

Re-election of Office Bearers:

Convenor: Vacant

Vice-convenor: The Rev'd David Scott, Saughtonhall United Reformed Church (Acting Convenor)

Secretary: Isabell Coupland, Church of the Good Shepherd

Treasurer: John Crispin, Murrayfield Parish Church

AOCB

Victor wished to convey his thanks to the Trustees for giving him the opportunity to serve the Club for the past 7 years and reiterated the importance of remaining in contact with other organisations receiving the Council grants and maintaining links with them.

David intimated his concern that there has been no guidance received from the Council as yet with regards future funding but it is hoped that the Club will hear something soon. The positive feedback received from the many recipients of the activity packs and an increased interest in joining the Club is a clear indication that the role provided by the Murrayfield Club is as important and relevant as ever.

As there was no other business the Meeting was closed by David with the Grace.

Trustees - Management Committee

The current Board Comprises

The Revd. David M Scott, BSc BD(Min) (Acting Chairman):



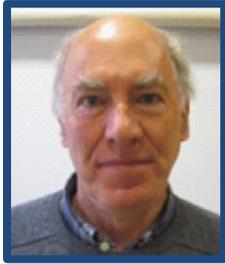
David is the minister of Saughtonhall United Reformed Church, which is part of Murrayfield Churches Together. David studied for ministry at the University of Glasgow and the Scottish United Reformed and Congregational College before being ordained in 2018. Prior to this David was a partner and director in a small firm of Chartered Valuation Surveyors within the Property Management Department. In addition to being the minister of Saughtonhall URC, David is also the minister of Duke Street URC in Leith. He sits on the United Reformed Church's National Synod of Scotland's Finance and Property committee and is involved in the Boys' Brigade as a leader and chaplain.



The Rev'd. Canon Dean Fostekew: Dean became a Trustee in 2009 when he was appointed as Rector of the Church of the Good Shepherd (Scottish Episcopal) and joined Murrayfield Churches Together Ecumenical Team. He has been the chair of the Trustees since 2012 but stood down from this role at the 2020 AGM. Dean continues to serve the Club as a Trustee. He has experience of over 20 years in ministry and has cared for family members living with Dementia.



Isabell Coupland (Secretary): Isabell joined the congregation of the Church of the Good Shepherd in 2003 and was invited to take over as the Secretary for the Board of Trustees at the AGM in 2017. She brings with her a wide and varied experience from serving as a police officer for 18 years, 6 years within the Community Liaison Department where she was very involved in a series of Personal Safety presentations throughout the city. Isabell is delighted to be given the opportunity to once again be involved in the local community.



John Crispin (Treasurer): John has been an Elder at Murrayfield Parish Church for over 30 years and became a Trustee and Treasurer of the Project in 2009. He graduated as a Doctor in July 1968 and has spent most of his career in General Practice working in deprived areas of Edinburgh. He was always interested in medical politics and towards the latter part of his working career held a position in medical administration as a Clinical Director with Lothian Health Board.



Lyzzie Dell (Trustee): Lyzzie has been a volunteer at the Murrayfield Club for a number of years. Her professional background lies in Primary School teaching and Nursing, the last part of her career being on the management team of a Stroke Rehabilitation Unit. In retirement she thoroughly enjoys being a member of Edinburgh People's Theatre and Cutting Edge Community Theatre Company, participating in everything from pantomime to Passion Plays. Lyzzie loves music and singing and feels privileged to be in the choir of the Church of the Good Shepherd.



Alva Harker (Trustee): Alva joined the Board of Trustees in 2018. She became a member of Murrayfield Parish Church after moving to Edinburgh from Carlisle five years ago. Alva is a retired hospital doctor having worked latterly in oncology. As well as her role as a trustee for the MDP she is a volunteer at St Columbas Hospice working in the Iona Cafe and as a volunteer driver.



Peter Scott (Trustee): Peter is a widower with a grown-up son and daughter and three grandchildren (all girls). He is an Elder in Murrayfield Parish Church and also a trustee of same. As a member of the sound team in Murrayfield Church Peter helps to operate the sound and vision system in the Church every Sunday. His interests include choral singing, golf, photography, computing and playing various musical instruments. Peter is looking forward to being involved with supporting the Murrayfield Club as one of the trustees.

Staff



Lesley Webster – Project Co-ordinator: Lesley joined the Club in June 2016. Lesley originally trained as a nurse and worked in various disciplines within the NHS (including A&E, Surgical Theatres and Stroke Rehabilitation). She then moved to a community role in the Rapid Response Team and also spent time as a Police Custody Visitor helping people at their most vulnerable. She has grown up within the Church from Sunday School to Session Clerk and feels very much at home within MCT. When not working, Lesley enjoys spending time with family, friends and looking after her grandchildren each week. Another treat Lesley enjoys is visiting her granddaughter and family in Aberdeen.



Jenny Rowe – Senior Support Worker: Jenny joined the Club in November 2017. After studying textiles and fine art at Duncan of Jordanstone in Dundee Jenny worked in Erskine Care Home in Edinburgh. She worked as an Activities co-ordinator there for 8 years, leaving to have her son Hamish in 2017. Jenny was looking for work closer to home and is glad the vacancy at the Club timed in nicely. Jenny enjoys spending time with her family and her hobbies are sewing, weaving, baking, gardening, cycling and walking.



Karen Avey – Support Worker:

Karen joined the Club in January 2015 as a part-time Support Worker, after working in the Private Healthcare sector for 15 years doing administrative work. She enjoys spending time with her two daughters and catching up with her friends.



Nicola Bhabutta – Support Worker: Nicola joined the Club in September 2018. She has had a varied working life including stints as an office supervisor for Marks and Spencer, holiday representative around Europe and Mexico, and then gaining a late degree in journalism from Napier University. She worked in PR in Edinburgh and then on a newspaper in Nottingham. Nicola gave up work when she married her husband to support

him in his career as a GP in the Army. She cared for her father when he lived with the family as he was diagnosed and lived with Alzheimer's. In her spare time Nicola enjoys presenting her afternoon shows for a community radio, playing netball, hosting afternoon teas for Contact the Elderly and spending time with her husband and daughter.



Audrey Watson - Cook: Audrey joined the Club in June 2017. She has worked in catering for the past 25 years. Audrey has 3 grown up children and enjoys gardening, socialising with family and friends and walking with her dog Jet. She enjoys cooking for the Club and catching up with the members

Volunteers

The Murrayfield Club is privileged to have the support of 5 Volunteers from the community who kindly lend their time either within the Club environment or assisting in safely transporting members each day. They bring with them an extensive knowledge of the care sector, a multitude of ideas and resources, many varied talents and a great sense of fun to assist in providing the best possible day for each individual member.

We have sadly lost 6 volunteers this year who felt that they would like to retire after the many years service they have afforded the Club. As such we are looking for new volunteers to join in the fun on a club day. If you are interested and would like to find out more, please contact Lesley on 07704 912088.



The Murrayfield Club

Report from Acting Convenor/Chair of the Trustees

AGM 2022

At the beginning of 2021-2022 The Murrayfield Club continued to produce and distribute weekly Activity Packs to an extensive number of recipients until October when it was considered that we could once again meet safely in person. This continued to be the situation until the Omicron Covid variant appeared in December. In response to this the Club suspended in person meetings and reverted to the production and distribution of Activity Packs until February when in person meetings resumed, have continued and been greatly valued and appreciated by the members.

The Trustees took the opportunity to review the Club's operation and impact during the months when in person meetings were not possible. From this the Memory Lane Cafe was launched on the 12th of November. This now meets every Friday morning from 10am to 12pm in Saughtonhall United Reformed Church and has become well established with regulars and visitors. Part of the thinking behind this was to increase the awareness of the Club. However, it was also an attempt to respond to the drive by City of Edinburgh Council to fund activities that lead to more good days than bad days alongside the creation of "20 - minute communities". This is a concept where accessible services are available within 20 minutes from any dwelling.

Two key words that reflect how the Club has emerged from the COVID experience are flexible and adaptable. This has however only been possible due to the commitment, dedication and passion of our staff team led by our co-ordinator Lesley Webster. Their care and concern for the well-being of our members has been exceptional. For this I am extremely grateful and formally recognise the many extra miles that have been travelled over an extremely challenging year.

Unfortunately, one consequence of the disruption to in person meetings has been a significant drop in the number of volunteers assisting on Tuesday and Thursday Club days. The role of volunteers has been an important part of the Murrayfield Club and we are grateful to all who brought so much to the Club over many years. The Club does however rely on volunteer assistance and the Trustees are exploring ways to address this, including an appeal to our three congregations of Murrayfield Churches Together, which the Club is very much part of.

Although we report a financial deficit for 2021-2022, it has to be appreciated that we have been operating in exceptional circumstances. The good news is that our EIJB grant has been extended for a further year to March 2023 and increased slightly.

Since our last AGM Agnes Spence has stepped down as a Trustee. I thank Agnes for her service. She has been a long serving Trustee whose considered, calm and wise words alongside her experience of staff and employment contracts will be greatly missed. Agnes does continue as a volunteer, which we all appreciate.

At this AGM Alva Harker will end her period as a Trustee of the Club. I therefore also thank Alva for all she has contributed to the Club, especially the work undertaken to set up the Memory Lane Cafe.

Finally, I thank all of the Trustees and Isabell as secretary, for their commitment to The Club during 2021- 2022. It was another challenging year, which is why I continue to be acting convenor and chair of the Trustees as an interim measure. As I reported at last year's AGM, this situation is not sustainable so serious consideration must be given to this post as the Murrayfield Club not only survives, but thrives following all of the experience in 2021-2022.

The Club continues to form part of the valuable work undertaken by Murrayfield Churches Together as it aims to serve the local community, recognises needs to be met and helps those who we engage with the best we can.

So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.

1st Corinthians 15:58 (NLT)

The Revd. David M Scott, BSc BD(Min)

Acting Convenor & Chair of the Trustees

Date 8th June 2022

SCOTTISH CHARITY NUMBER SC023210

MURRAYFIELD DEMENTIA PROJECT
ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

JOHNSTON SMILLIE LTD
CHARTERED ACCOUNTANTS
6 Redheughs Rigg
Edinburgh
EH12 9DQ

MURRAYFIELD DEMENTIA PROJECT
ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022
Scottish Charity Number SC023210
Current Management Committee

Rev'd. Canon Dean Fostekew, Convener	Rev David Scott
John Crispin	Elizabeth Dell
Agnes Spence (resigned November 2021)	Isabell Coupland
Victor Chlebowski (resigned July 2021)	Alva Harker
Peter Scott	

All members of the Management Committee have voting rights and, accordingly, are deemed to be "Trustees" in terms of Charities Legislation.

Contact Address:

2B Ormidale Terrace
Edinburgh
EH12 6EQ

Recruitment and appointment of Management Committee

All of the Project's management committee are appointed or re-appointed by the members at our Annual General Meeting.

Governing Document

The Project is a charitable unincorporated association and the purposes and administration arrangements are set out in our constitution.

Purpose

The purpose of the Project is to provide for the welfare of people with dementia in Murrayfield and district and to provide support to their families and carers.

Management Committee remuneration and expenses

No member of the Committee received any remuneration or expenses for their services as members of the Management Committee.

MURRAYFIELD DEMENTIA PROJECT

Activities and achievements

- The past year has seen a stop-start return to members meeting in person. The time frame for beginning a limited service, as indicated in last year's report proved not to be possible. The Club did re-open in Murrayfield Church Hall on the 12th October with the Memory café making its inaugural opening in the Saughtonhall Church Centre on the 12th November. Direct face to face contact had, unfortunately, to stop again from the 13th December until the week commencing the 1st February due to a further Covid upsurge.
- Contact was maintained with members during these breaks in attendance through phone calls, and activity packs.
- Member numbers as well as staff in attendance numbers have suffered as a result of individual covid infections and the need for isolation. A safe environment for those members able to attend however has been maintained as far as possible through volunteer support and regular covid testing.

- The revised plans submitted to the Edinburgh Integrated Joint Board as reported in the 2020/2021 accounts and report were accepted and in September 2021 confirmation was received that the grant funding would be extended to cover the year April 2022 until March 2023. A further financial report was made by the Club earlier this year culminating in a Grant Budget figure for 2022/2023 of £56,459 an uplift of 3%, being approved.
- There has been a satisfactory Attendance at the Memory Café with further details being included in the Trustee’s annual report booklet.
- Governance has continued to be provided through regular zoom meetings of the Trustees, staff and volunteers.
- The practice of including a detailed Treasurer's report in the Trustees’ annual report booklet to be presented at the Annual General Meeting scheduled for July 2022 will be continued.
- Further detailed reports on the activities and achievements of the Project can be found in the Trustees’ annual report booklet referred to above.

Reserves

At the end of the year the Project held funds of £43,846. Of this £42,360 is unrestricted and £1,486 is restricted with the restricted fund being for the Outreach service. The project has been awarded continued funding for 2022/23 at an increased level of £56,459 by Edinburgh Council. The Management Committee considers that the fund of £43,846 is sufficient for the Project to cover operating costs for a period of at least 6 months, which will allow an orderly wind down of activities in the event of cessation of funding.

.....
 Rev'd. David Scott, Acting Convener

.....
 Date

MURRAYFIELD DEMENTIA PROJECT

Receipts and payments account for the year ended 31 March 2022

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total £	2021 Total £
Receipts				
Grants -				
Edinburgh Council	54,815.00	-	54,815.00	54,815.00
Edinburgh & Lothian Health Foundation	-	-	-	-
Club Charges	800.00	-	800.00	1,500.00
Donations	1,155.00	1,000.00	2,155.00	1,170.00
Fund Raising	267.00	-	267.00	-
Bank Interest	-	-	-	-
Total Receipts	57,037.00	1,000.00	58,037.00	57,485.00
Payments				
Staff Costs				
Salaries	49,730.03	-	49,730.03	48,878.00
Ee'r Pension	568.91	-	568.91	648.42
Training	-	-	-	120.00
Office/Administration				
Computer, Stationery, Printing, Telephones etc.	1,667.77	-	1,667.77	2,749.69
Client Services				
Functions and Client facilities	-	-	-	40.00
Catering	1,138.79	-	1,138.79	151.62
Hall Rental	3,475.00	-	3,475.00	1,000.00
Transport	1,654.71	-	1,654.71	919.06
Other Costs				
Insurance	908.90	-	908.90	845.50
Miscellaneous (Sundries)	1,220.27	2,219.22	3,439.49	514.77
Bank Charges	-	-	-	32.00
Accountancy (Payroll)	513.60	-	513.60	633.60
Total payments for charitable activities	60,877.98	2,219.22	63,097.20	56,532.66
Governance Costs: Independent Examination	864.00	-	864.00	840.00
Total Payments	61,741.98	2,219.22	63,961.20	53,372.66
(Deficit) / Surplus for period	(4,704.98)	(1,219.22)	(5,924.20)	112.34

MURRAYFIELD DEMENTIA PROJECT

Statement of Balance as at 31 March 2022

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total £	2021 Total £
Bank and Cash in hand				
Opening Balances	47,065.03	2,706.10	49,771.13	49,658.79
(Deficit) /Surplus	(4,704.98)	(1,219.22)	(5,924.20)	112.34
Closing balances	42,360.05	1,486.88	43,846.93	49,771.13
Reserves	42,360.05	1,486.88	43,846.93	49,771.13

At the 31 March the charity also held

	2022 £	2021 £
Other assets		
Club fees due at the year end	-	-
PAYE	579.88	405.10
	<u>579.88</u>	<u>405.10</u>
Other liabilities		
Accountancy and Independent examination fees	900.00	864.00
Staff costs	639.32	112.47
Transport costs	508.08	-
Credit card	490.54	418.76
	<u>2,537.94</u>	<u>1,395.23</u>

The unrestricted fund represents free reserves.

The restricted fund represents unspent Edinburgh and Lothian Health Foundation funding which the funder has agreed can be retained and used for the Outreach service.

Approved by the Management Committee and signed on their behalf

.....

J Crispin, Treasurer

Date

MURRAYFIELD DEMENTIA PROJECT

Independent Examiner's Report to the Management Committee of Murrayfield Dementia Project (SC023210)

I report on the accounts of the Charity for the year ended 31 March 2022 which are set out on pages 3 and 4.

Respective responsibilities of Management Committee and Examiner

The charity's management committee are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended. The charity's management committee consider that the audit requirements of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 as amended. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent examiners statement

In the course of my examination no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, as amended, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts regulations as amended
have not been met; or
2. to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Lea Brash BA CA

Relevant Professional Body: The Institute of Chartered Accountants of Scotland

Johnston Smillie Ltd

Chartered Accountants

6 Redheughs Rigg

Edinburgh

EH12 9DQ

Date.....

Project Co-ordinator's Report

WHAT IS DEMENTIA

Our brains control almost everything we think, feel, say, and do. They also store memories for us.



There are illnesses that stop a person's brain from working properly. When a person has one of these illnesses, they may have problems remembering, thinking, and speaking. They might say or do things that seem strange to others and find it harder to do everyday things. They may not seem like the person they used to be.

Doctors use the word **dementia** to describe these different problems.

Most people with dementia have **Alzheimer's Disease** or **Vascular Dementia** but there are other types too.

According to the Alzheimer's Society there are around **850,000** people in the UK with dementia. This is projected to rise to 1.6 million by 2040. One in 14 people over 65 will develop dementia, and the condition affects 1 in 6 people over 80. The number of people with dementia is increasing because people are living longer.

Dementia is rapidly becoming the health and social care challenge of the 21st century. Numbers affected are set to soar because of an expanding older population. The total number of people with dementia in the UK is predicted to be in excess of 1 million by 2021. So, while there are no long-term cures, ways of alleviating symptoms are becoming more available and accessible

The Power of Music



The power of music, especially singing, to unlock memories and kickstart the grey matter is an increasingly key feature of dementia care. It seems to reach parts of the damaged brain in ways other forms of communication cannot.

'We tend to remain contactable as musical beings on some level right up to the very end of life,' says Professor Paul Robertson, a concert violinist and academic who has made a study of music in dementia care.

'We know that the auditory system of the brain is the first to fully function at 16 weeks, which means that you are musically receptive long before anything else. So, it is a case of first in, last out when it comes to a dementia-type breakdown of memory.'

Many music students throughout the UK, as well as more experienced musicians, now regard care home and community club visits as part of their learning experience. As well as being enormously beneficial to those with various forms of dementia and their carers, they can also be helpful and rewarding for the musicians themselves.

Organisations like Singing for the Brain, Music for Life, Lost Chord, Golden Oldies and Live Music Now have made it possible for every care home and community club in the country to have access to live musicians, both professional and amateur, most of them trained to deal with the special needs of an elderly, memory-impaired audience.

Singing and listening to music are not only enjoyable activities, they can also provide a way for people with cognitive impairments, along with their carers, to express themselves and socialise with others in fun and supportive groups.

There are five leading reasons why music is especially important to people with Dementia or any other cognitive impairment:

1. Music evokes emotions that bring memories
2. Musical aptitude and appreciation are two of the last remaining abilities in dementia patients
3. Music can bring emotional and physical closeness
4. Singing is engaging
5. Music can shift mood, manage stress, and stimulate positive interactions





Using the Alzheimer's Singing for the brain as inspiration, we have certainly seen the effects that music has on our members of the club and on many occasions have witnessed a member that is often withdrawn or uncommunicative become lively and interactive when music is introduced to a session.

At the Murrayfield Club, we try to incorporate music into each day, whether it be through a music and movement session, music related to the weekly theme, songs designed to help personal reminiscence or quiet, contemplative music after lunch.

Indeed, it has been known on many an occasion for us to burst into song around the lunch table!



We also invite local singing groups and musicians and even our own volunteers and staff to showcase their unique talents.

Roseburn School Nursery

Welcome to



Roseburn Primary
School
Nursery Class

Our established link with Roseburn School Nursery has, unfortunately, not yet been able to resume after lockdown. This is something we are aiming to get up and running again as soon as possible as the benefits were huge to all involved.

The children who visited were aged between 3 and 5 years and came along to visit us and take part in our activities on a monthly basis.

Great friendships were established between the children and our members. We taught each other songs, read stories, and played games together.

David, our Minister from Saughtonhall Church, was also involved with the children during worship together and hilarious fun was had using the giant parachute.

The topics covered with the children were wide and varied:

- Seasons
- Remembrance Sunday
- Reading
- Teaching each other songs
- Colouring pictures
- Crafts
- Planting seeds and watching them grow
- Playing musical instruments



- The children also made and donated small Christmas cakes to us

Some of the children do not have grandparents nearby, or at all, and the same can be said for our members re grandchildren, so this has been a hugely positive initiative which we plan to re-establish and continue for as long as we are able to.

I have communicated with the nursery teacher by email during lockdown and we hope to restart the nursery visits to the Club as soon as we are able to.

Edinburgh Leisure

MOVEMENT FOR MEMORIES

Since restarting after lockdown the Edinburgh Leisure Movement for Memories programme (which supports people with dementia to take part in a range of physical activities) is working in a different way.

Sessions are no longer provided in groups at clubs like ours but are still available on a one-to-one basis for people to attend at Edinburgh Leisure venues.

Thanks to generous donations to the Club last year, we were able to purchase our own Kurling, Boccia and table tennis sets.

These games are incredibly popular and our members are extremely competitive when playing! Members actually request to play these games regularly and they are very much enjoyed.





“Pets As Therapy is a national charity founded in 1983 by Lesley Scott-Ordish. We enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviourally assessed animals. We provide a visiting service in hospitals, hospices, nursing and care homes, special needs schools and a variety of other venues all across the UK.

Our therapeutic visits:

- Enhance lives in our communities by providing companionship and friendship and helps to tackle loneliness.
- Improve the lives of people suffering from debilitating mental and physical health conditions and illnesses such as Autism, Dementia and Stroke by including animal assisted interventions as part of a holistic approach to treatment”

Sadly, after lockdown Gillian and Bonnie, our weekly visitors, decided to retire. As such we have not yet been able to arrange a replacement therapist.

I am in regular contact with Pets as Therapy and we hope to have a new therapist visit us in the near future.



Transport

We have been fortunate in utilising the Pilton Equalities Project (PEP) buses on the two days per week that we operate. PEP is a member of the Edinburgh Community Transport Operators Group (ECTOG) and has always been consistent in their delivery of service to the Club. As well as



transport, PEP also provide a number of different services throughout North Edinburgh- including neighbourhood groups, gardening and decorating, homecare and companionship, lifelong learning and volunteer training. Our Staff and Volunteers have been fortunate to attend comprehensive Passenger Assistant Training in line with the Minibus Driver's Awareness Scheme (MIDAS).

Catering

Audrey our cook started work with us in June 2017. She provides a delicious two course meal each day and caters for any special dietary requirements. Our members enjoy home cooked foods such as mince and potatoes, haggis neeps and tatties, pineapple upside down cake and Eve's pudding to name but a few.

Audrey interacts well with the members and often tries out new recipes provided by them. It would be remiss not to mention Audrey's home baked scones which Members, Staff and Volunteers enjoy with tea/coffee when they arrive each morning – they have become legendary – even the Church window cleaner pops in for one when he is around!



Thanks also go to Pat Elgalib who, very kindly, covers Audrey's annual leave and days off. Pat has been working with us over the past 4 years and steps up in to Audrey's post without any difficulties. She integrates well with the members, staff and volunteers and it is always a pleasure to have her visit and work with us.

All members of staff have completed their Level 2 Food Hygiene and Safety for Catering Certificates, so anyone is able to step in and help if required in any unforeseen circumstances.

Spiritual Well-being



The importance of continuity of worship (and using familiar signs and symbols as part of that) as well as the capacity to create forms of worship that tap into spiritual memory are an important aspect in the Club environment.

We offer monthly Ministerial services and emotional and spiritual support to the members. This is optional and members have the opportunity to remove themselves from the room if they do not wish to take part and are provided with an alternative activity. Although the members are given this option all of them choose to partake in the services of worship and report that they very much enjoy singing and worshipping with others as many of them are now unable to attend Church themselves.

Mostly these short sessions are an opportunity to give the time, attention and listening support to individuals assisting them to find meaning and purpose in their lives. It also provides continuity for older people in terms of their familiar rituals and routines that help to sustain their memory and general wellbeing.

Spirituality can be expressed through the Ministerial services or through music, dancing, reminiscence, and poetry. All of which are readily included in the variety of activities at the Club.

Visitors/entertainment

Sadly, due to the lockdown for Covid-19 and the stop/start nature of being able to meet again as a Club this year, we have only managed to arrange one entertainer. Sarah Laing came to sing to us at our first Christmas Party on Tuesday 14th December 2021 but, unfortunately, we had to close again on 15th December so we did not manage to have our Thursday Christmas party.

Summary

The Murrayfield Club is now open two days per week and can accommodate up to ten individuals each day. On Tuesdays and Thursdays, we provide a service for socially isolated, frailer older people and those individuals with a diagnosis of cognitive impairment/dementia.

The Activities delivered within the Club environment are varied and flexible and aim to offer stimulation for each individual member. A programme of themed weeks reflects the seasons, local national and world events, interests and hobbies and has included: *Olympics, Great Mysteries, Wimbledon, the Armed Forces and Royal Ascot.*

The basic structure of the day stays the same (travel to venue, welcome refreshments and home baking, music and movement, 2-3 activities, lunch and

afternoon activity) but the specific activities will change on a daily basis. Some will reflect the themes, but others will incorporate reminiscence, mental agility/stimulation and sensory therapy. All the activities are in line with recognised Cognitive Stimulation Therapy and have an emphasis on enjoyment and fun.

Although delivered in a group setting, the Club endeavours to provide a person-centered approach to members. The staff and volunteers recognise the needs of individuals and are flexible in their approach to activity planning.

Members are encouraged to share their ideas, opinions and memories and often bring items to the Club for others to enjoy and talk about.

We welcome regular feedback and are able to adapt activities or react to any issues that may arise from this.

2021/2022 has been another incredibly challenging year for the Club. We restarted in October 2021 but sadly had to close again on 15th December 2021 due to Government Guidelines that no more than three people could meet together due to Covid-19. We re-opened once again at the start of February 2022.

Between April and October when the Club was closed the staff continued to work from home. We continued to make weekly phone calls to members and to compile activity packs to send out each week with a view to keeping in touch, providing cognitive stimulation and reducing social isolation. All the staff had weekly input into the packs and Jenny and Nicola took week about editing.

We continued to work along the weekly themed route for the activity packs (as we did when the Club was meeting) with varied topics e.g.: Edinburgh's Department Stores, Sweets & Treats, Uniformed Organisations, Anniversaries, Biscuits and the Armed Forces.

Everyone was delighted when we were able to re-open in October 2021. It was lovely to see "old faces" and meet again in person.

Unfortunately, we were hindered by members and staff falling ill with Covid-19.

Sadly, meeting together again did not last long as we had to close once more on 15th December as stated previously. We returned to weekly phone calls and producing activity packs for members and the wider community.

Thankfully, the Government restrictions were relaxed and we were able to open again at the start of February 2022. Initially, numbers were low but have steadily increased as the community starts to open up again.

MEMORY LANE CAFE



Our biggest achievement during this very challenging year has been the opening of our community café (Memory Lane Café) on a Friday at Saughtonhall Church. The aim of the café is to raise awareness of dementia in the community.

This exciting, new initiative obviously took much discussion, organisation and hard work from everyone but on Friday 12th November 2021 we were able to open the café to the public. We were only open for 4 weeks as we had to close again in December but, happily, we were able to re-open at the beginning of February 2022.

The Memory Lane Café has been a great success which shows there is a need for this form of outreach within our community.

The café continues to run every Friday at Saughtonhall Church with several people returning each week. We have managed to build up a rapport with these people and have in fact managed to encourage a couple of them to start attending the Club.

Everyone says how much they enjoy the café and coming along to meet other people. Almost everyone arrives within the first 15 minutes and stays for the full 2 hours. There is lots of chat and hilarity and the atmosphere is very welcoming. People are very good at mixing and moving between tables and not just sitting with one group of friends.

David Scott, our Minister at Saughtonhall, visits regularly and has played lovely music for us all to sing along to – everyone really enjoyed this.

We have planned an Easter daffodil tea and a Platinum Jubilee Tea party in June.



Establishing the café on a Friday means we are now reaching out to many more people who value our service than we were previously able to. We are now also meeting another target in our funding application agreement with the Edinburgh Integrated Joint Board who provide our grant.

We had a very successful Christmas sing along with Sarah Laing entertaining us in December – 52 people turned up at the café on that occasion.



It is lovely to hear the buzz of chatter and laughter in the room every Friday and to see everyone mixing and enjoying themselves.

Winter Warmer Grant

Following a successful application to Age Scotland we were awarded a grant of £1,000 to enable older people to enjoy Christmas.

We used the money to:

- purchase pantomime tickets to see ‘*Sleeping Beauty*’ at the King’s Theatre
- make up hessian “goodie bags” with the café logo containing a Christmas mug, individual Christmas cake, Thornton’s chocolates, shortbread, Shloer, chocolate, jam and a handmade Christmas bauble. The bags were given out to all our members at the Christmas party
- send every member an Alzheimer charity Christmas card
- pay for Sarah Laing to come to entertain and sing with us
- provide paper, envelopes, ink and stamps to enable us to produce Christmas activity packs to send to all our members and the wider community over the 2-week Christmas holiday break



We are very grateful to all concerned for very generously donating this grant to the Club.

Following discussion with David Scott, myself and Tomasz Stevens we are planning a new website for the Club. The staff are all very excited to be learning how to use this. The website will soon be up and running and we will be able to add pictures and stories of everything that is happening at the Club and the Café.

David Scott as Acting Chair has always been on hand to support, encourage and advise us as required. I very much appreciate all his support and guidance.

We are blessed with a cohesive team of staff and volunteers who discuss, plan, and organise activities which allow the Club to run smoothly for our members who are the main reason for everything we do.

I feel I am so privileged to work in such a wonderful, rewarding environment and I am sure the team feel exactly the same way as I do.

I must thank all the staff for being so supportive and adaptable in what has been a very challenging year for us all. I am confident we have worked together well as a team to deliver the best service we possibly could to our members and their families during these challenging times.

I would also like to thank Karen and Nicola for being so enthusiastic and managing to keep the Club going (with the assistance of volunteers) when Jenny and I both caught Covid at the same time.

Sadly, again this year we have been unable to see in person all the wonderful visitors who come to the Club but we have kept in touch by email and look forward in anticipation to the day we can welcome them all back into the Club.

I also extend a huge thank you to all our team who work seamlessly together to provide a stimulating, caring, fun and friendly environment for all our members and also to provide support and encouragement to all their families and carers.

Lesley Webster
Project Co-ordinator
11th June 2022

Feedback:

The Murrayfield Club seeks feedback from its members throughout each of their visits. Their daily needs are monitored, and service is adjusted accordingly, especially regarding risk assessments, likes/dislikes, allergies and mobility issues. There are also formal reviews at 6 weeks, 6 months and then annually.

Unfortunately this year, with the start/stop nature of the Club due to Government Covid Restrictions, we have been unable to carry out any formal feedback questionnaires but we have many verbal quotes from members and others involved with our service.

“How good it is to be back in person with my friends”



“I have missed our get togethers during lockdown, it is so nice to be back”



“It is lovely to be back in the theatre, something I have not done for a long time as I am unable to manage on my own now”



“Thank you for my goodie bag, it’s lovely to receive such a nice present”

“I felt so cut off during lockdown, it’s lovey to be back”

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Club days are Tuesday and Thursday 9:00 am – 4.00 pm at Murrayfield Church.

Café day is Friday from 10 am until 12 pm at Saughtonhall Church.

If you wish to peruse the Murrayfield Dementia Project Constitution or the signed copy of the AGM report, please contact The Murrayfield Club using the above details.