

The Happiness Cafes

TRUSTEES' REPORT

for the period ended 31 May 2023.

The trustees present their Trustees' Report and the unaudited financial statements for the year ended 31 May 2023.

Objectives and Activities

Compliance with Public Benefit

The trustees have had regard to the Charity Commission's for Northern Ireland's statutory public benefit guidance to ensure that activities entered into during the year have helped to achieve the Café's aims and objectives as well as providing public benefit.

The purposes of the charity are:

To offer programmes and services that improve the quality of life for persons living with dementia as well as their family care partners and friends and any purpose for the benefit of people living with dementia in Northern Ireland. The Group promotes social inclusion for people with dementia, their families and their carers by preventing them from becoming isolated. The group provides facilities in which people with dementia, their families and carers have the opportunity to meet regularly with others in the same situation to speak openly about their problems, share their feelings and experiences and support each other. The group encourages peer support, provides practical information and signposts access to advice from health and social care professionals and others and raise awareness of dementia.

To offer a positive, non-judgemental environment. Caregivers & the Person With Dementia (PWD) socialise together and connect with/support/guide others in the same position.

- an extended close-knit network with emotional support & peer advice in or out of the sessions
- a free to attend service for 2 hours fortnightly with refreshments, fun stimulating entertainment, socialising, signposting of support services and making sure everyone is okay
- the only essential service in our rural area that provides ground level support to carers and PWD

The main activities undertaken by the Cafes are:

- Music - Provides comfort and can both soothe and stimulate people and elicit powerful emotional responses and reconnects them with memories. (singalongs, playing instruments, live singers). Our Dementia choir provides a range of inclusion and belonging.
- Reminiscence - photos, memory boxes & 'my story' boards - stimulating activities that leaves our People With Dementia and their carers in high spirits, providing freedom from concern that in turn lessens the effects of depression, anxiety and irritability. Recalling childhood memories and happier times is hugely advantageous.
- Painting, Crafting, Clay Model Making - Helps people create significance and give an insight to their thoughts in a non-verbal way. We encourage intergenerational participation as this brings out the nurturing/parental side of our attendees.
- Mindfulness - improves health & well-being – reflexology, massage, deep breathing.
- Poetry – Stimulates creativity and happiness, reminiscence – nursery rhymes, limericks.
- Chair / Gentle Exercises – Improves self-sufficiency, self-confidence and cognition, builds or maintains muscle, strength and balance, helping our PWD maintain their independence for longer. Also, it can help regulate their sleep and prevent restlessness and sleeplessness in the evening.
- Pets - help to relieve stress, depression and anxiety whilst also providing a sensory experience. Pet therapy helps lower blood pressure and heart rate, reduces the stress hormone cortisol, and boosts serotonin (happiness).

Structure, Governance and Management

Governing Document

The principal document regarding governance of the charity is the constitution. The committee members are the Charity Trustees. The Cafe is an unincorporated organisation.

Organisational Structure

The committee is responsible for the day to day running of the Cafes. The committee is made up of at least three volunteers elected each year at an annual general meeting. The committee stands down at the Annual General Meeting each year and a new committee is appointed in line with the constitution.

All committee members and trustees are volunteers. No-one receives payment for services.

Achievements and Performance

As with most community organisations, the normal activities were heavily impacted by the Covid-19 pandemic. The PWD are amongst the most vulnerable in society and at particular risk due to COVID, the Cafes have adapted how they stay in daily contact. There is a WhatsApp group, Zoom sessions either for general chatting or when a guest presenter is available e.g. singers/performers that previously attended the face-to-face sessions. This helps with familiarity. Additionally, throughout lockdown, 'Boxes of Happiness' have been distributed to all of the carers and PWD. These have been filled with items to stimulate all senses and a variety of sweet treats that help soothe challenging behaviours.

Financial Review

During the financial year the Cafes continued to raise funds via grant assistance, donations and via sponsored events.

The receipts and payments accounts set out on page 7 reflect the activities undertaken by the Cafes in 2023. The Cafes had income of £32,585.34 and expenditure of £20,654.30 resulting in a surplus of £12,021.04 The Cafes had unrestricted reserves at 31 May 2023 of £7,339.92

Volunteers incur fuel costs when carrying out activities for the charity. Within this financial period, two amounts were paid from restricted grants to meet these costs. The total amounted to £660 in this financial year.

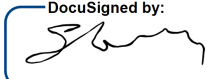
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for the financial year ended 31 May 2023

Going Concern

The trustees are satisfied that there are adequate funds in place to ensure that the Cafe can continue its activities and that the financial statements for the year ended 31 May 2023 can be signed off as a going concern.

Approved by the Board of Trustees on 10-Jan-2024 and signed on its behalf by

DocuSigned by:

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Seamus Doherty
Chairperson

DocuSigned by:

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Karen Brown
Treasurer