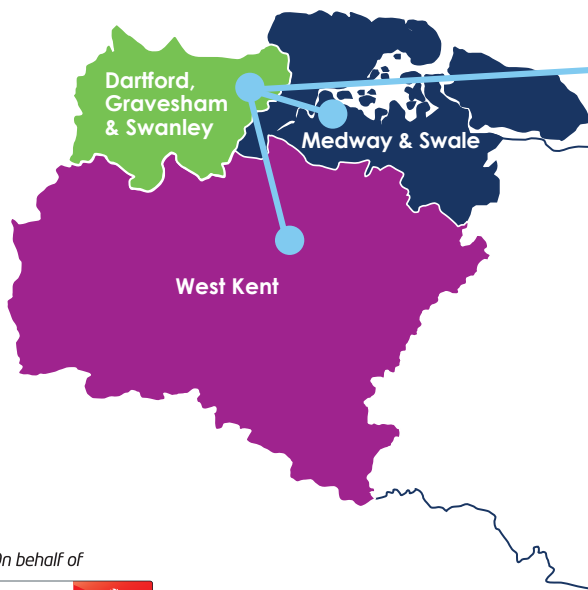


Impact

2022/2023



ADSS are the leading specialist dementia service for Kent and Medway



On behalf of



Kent and Medway

““

ADSS have been there through our whole journey with dementia. Not only through using the Beacon Day Centre, where they treat our mum like a member of the family, [they are] not only caring but adapt their style depending on each individual including the bus service to and from the centre. This was also true of the daily home care visits including detailed notes and support on each visit which we have used in the past.



This is not support for just the person with dementia but with the whole family. One of my first interactions with ADSS was the [carer] support training. Very intuitive, insightful and helpful both from my mother's journey through dementia and the importance of understanding that everyone's dementia journey is as individual as the person with dementia. We could not have done or continue to do this journey without everyone at the ADSS. ””

Daughter of someone living with dementia

““

The team at ADSS certainly bring out the best in us. ””

Husband of someone living with dementia



We had
4,048
new referrals
to the services

Average of
1,405
people supported
each month

4791
people
supported



That's an
84%
↑
increase on
last year



42
compliments





A few words from our Chair of Trustees...

The year 2022-23 was a transformative year for the charity, as we took on new contracts and managed rapid growth. It is a testament to everyone's hard work, passion, and dedication that we are in such a positive position today..

In the past year we have supported a record number of people and our income has increased by **53%**. We employ more staff than we ever have before, and have also seen an increase of more than **200%** in referrals to our services. However, like most organisations, we have also experienced many challenges over the past 12

months, and our success has also brought with it significant "growing pains".

And while expansion does come at a cost, our ambitions for ADSS will continue to grow. Our vision is that everyone living with dementia in Kent and Medway gets the support they need to live the life they want. As a Board, we believe there is no organisation better able to support people with dementia, and therefore we want to keep expanding, and keep reaching more people.

Sam Barton

A few words from our CEO



As years go, 2022-23 has been an outstanding one for ADSS we are now significantly bigger, brighter and bolder.

Bigger in terms of income, staff and volunteer numbers, geography, the number of services we now provide and, most importantly, the number of people living with dementia we are reaching. We are brighter; our new logo and bright colour palette now sets us apart and ensures we have a visibility in Kent and Medway that we have never previously enjoyed. We have attracted a wealth of new talent to the charity, whilst retaining much of the experience we have in our team. We are also bolder; ADSS has a new-found confidence that means we are

demanding more for people with dementia; we are now firmly entrenched as equal partners in the Dementia Pathway in the Kent Health and Social Care System.

The success of the organisation would not be needed if it wasn't for the devastating impact that dementia can have on people and their families. The impact of Covid-19 and the lockdown is still being felt by people with dementia, and this has resulted in people needing more from us and other health and care professionals. People affected by dementia are entitled to the best care and support possible to enable them to have fun and fulfilling lives, and that is what motivates the team at all levels of this wonderful charity.

Katie Antill



68%

increase
in our volunteer
contribution

4048

new referrals

214%

increase on the
previous year

Average of

1405

people supported
each month

16,066

hours of
Support at Home
delivered



15

Dementia Cafes
per month



What we do

ADSS delivers a range of services to people affected by dementia through our two service lines '**Dementia Care**' and '**Dementia Support**'.

Dementia Support

Dementia Support is there to ensure people understand what dementia is, what support is available, help people build peer networks, but most importantly to have fun and live a fulfilling life.



The services include Dementia Cafés, Peer Support Groups, support and learning groups for carers, activity groups and cafes, day trips and so much more. We work in partnership with Age UK Faversham & Sittingbourne and Age UK Sheppey to deliver a range of post diagnostic services funded by Kent County Council.



Dementia Coordinators

Working on behalf of Kent & Medway NHS each Dementia Coordinator works closely with a group of doctors' surgeries called a PCN (Primary Care Network). They identify the patients with dementia and then conduct a holistic assessment and create a person-centred support plan. This service operates in north Kent (the districts of Dartford, Gravesham, Swanley, Swale and Medway) and west Kent (the districts of Maidstone, Tunbridge Wells, Tonbridge and Sevenoaks).



Kent and Medway

Post diagnostic support

Our post diagnostic support is largely funded by Kent County Council and led by our Dementia Wellbeing Coordinators. They are responsible for facilitating Peer Support Groups, Activity Cafes, Dementia Cafes, Activity Groups and Carers Learning Groups.



687
unique people
supported

The total number
of groups delivered
this year across
all areas is

765

totalling

2,314.5
hrs

of support

The total number of
group attendances
(including events and day trips)
across North Kent,
Sheppey, Faversham
& Sittingbourne is

9,194!



31

group sessions
per month

Events and Day Trips

In total, **259 people** attended the events we held throughout the year. Carers and family feel comfortable and safe at our well organised events.

We held a **Queen's Jubilee party** in June 2022, attended by 76 people living with dementia, their carers and family members.

Quote from a carer that attended:



It's so nice to have a get together with like-minded people, fabulous atmosphere everyone enjoying themselves.

Someone living with dementia

In 2022 we also **visited Dymchurch** for a day trip in September, with 46 attendees, and **Rochester Christmas market** in December, with 55 attendees. We held our **Christmas Extravaganza Party** in December, with 82 attendees!





In 2022 we developed and set up our Befriending Service called Connections. Our Volunteering and Befriending Coordinator, Maria, has worked tirelessly to find dedicated and reliable volunteers and match them to the people we support.

Here is what a few of our Befrienders have said:



For me personally I have got a real sense of purpose and value from being a befriender. Befriending someone who is housebound and lives alone is invaluable - that 60-90 mins I spend with Beryl brings such joy to her, and in turn me, as I feel I'm really beneficial in her

week in providing her with some valuable face to face 1-2-1 time she might not get from a family member or carer.

Some people see nobody all week. Some see carers who rush to do their job and leave. Some see family sporadically. For the service user to receive quality 1-2-1 time from a befriender is imperative to adding value, friendship, and someone they can rely on to give them a boost to their week.

I began volunteering for the ADSS befriending service in April 2023, and it was indeed a enlightening experience for both myself and the service user. ”

Jo Dart, Volunteer and Befriender

“

I have been a befriender for about 9 months now for ADSS. It has been a totally new experience for me. Each visit is a different and sometimes challenging time spent with my clients but both are equally worthwhile. I never know what to expect when the front door opens but the smile I receive melts my heart.

Sometimes I am recognised immediately other times it takes a while to get some recognition. We look through photographs, listen to music, play games, and generally just chat. The pleasure I get from seeing clients faces light up when talking about loved ones, pets, careers etc is immeasurable.

Yes, I may have heard the same story many times before but as long as I can show my client I'm

interested in what they are telling me then we are both happy.

I feel I give my clients a brief time of normality and when I leave them I feel I have played a small part in making their day which makes my day.

I would recommend befriending to anybody who has any free time to spare. ”

Chrissy Page, Befriender



Pauline and Tom's story

by Pauline



My husband, Tom, was diagnosed with Lewy Body Dementia in October 2020. He had various warning signs for a while before that but resisted being tested.

In September 2019 I left work to become his full-time carer, as I realised, he shouldn't be left alone for long, if at all.

From that time until October 2022 Tom had undergone 6 operations (not related to Dementia). After one of these operations the hospital set up a care package for one week and they decided ADSS was the best company for us. Thank goodness



they did. Tom really connected with Danielle. He was relaxed and chatted to her, opening up about his parents, etc. Enjoying her company, having lots of laughs.

Following that Tom was given a place at The Beacon Day Centre. It really made a difference now I could do our shopping, meet friends, or just do things in the house and garden. Even better was the fact

that Tom was being stimulated, meeting new people, in a different place and was safe.

We went on a coach trip to Herne Bay, lunch included. I was nervous, I didn't know anyone and didn't know how Tom would cope. I needn't have worried. ADSS were very supportive and helpful, making sure we were alright and enjoying the day. It felt like a holiday for me (first one in 2 years).

When we joined ADSS, I was a bit nervous of Tom going to The Beacon Day Centre, and us going to various groups and outings. It didn't take long for me to feel comfortable, and staff felt like friends. We know quite a lot of people now and everyone is so friendly. I feel much more confident. We are with people who understand. ”

“

Your various groups have made a big difference to us and the quality of our lives... The days at The Beacon have certainly changed our life experiences and happiness levels...

Staff and peers are very friendly and helpful in every type of group we have experienced and a big help on trips too.

Staff giving help to us, as and when needed in every situation (always with a smile). ”

Someone with dementia



Dementia Care

Dementia Care consists of our Support at Home Service (SAH is enabling and well-being led and SAH+ is our Regulated Home Care Service), and our Beacon Day Centre. It is our aim to offer life- enhancing, stimulating support and care throughout these services.

They are predominantly aimed at people whose dementia is quite advanced, and with our specialist knowledge and experience, we enable people affected by dementia to live the life they want to live and take part in activities that they enjoy.



The Beacon

The Beacon is a safe, welcoming place for anyone who would enjoy the opportunity to socialise, join in with activities, make new friends and feel as if they are part of something special. The majority of people who come to The Beacon call it 'The Club'.



My mum lives alone and The Beacon has made such a difference to her quality of life. Not only is her general mood and wellbeing uplifted, but her dementia is also improved on the days she attends. Although her memory may be fading; she knows that she will be picked up in a minibus, will be greeted warmly and affectionately, have a lovely meal and lots of fun and games.

Debbie



Support at Home (SAH)

Support at Home is a service we have delivered for 30 years: no one does it better! Visits are a minimum of 2 hours and they enable people to get out and about into the community and do the things they enjoy.



Support at Home Plus

Support at Home Plus is our traditional home-based care service. During these visits, which are a minimum of one hour, we support people with personal care, nutrition and hydration, medications and so much more.

Inspected and rated

Good



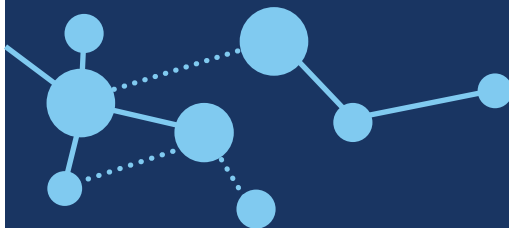
CareQuality
Commission



Can I pass on feedback to Julia from Dad. He sings her praises so much, her help, kindness but respect on how she communicates and helps dad still allowing some independency and input into things. It is so humbling to hear and helps us too to be reminded on how dad likes to be supported. We are so lucky to have ADSS in our lives and all the wonderful people behind the scenes.

So reassuring to know dad is in safe care and still able to enjoy his life and know he is supported when needed. ”

Daughter of someone living with dementia



Our Support at Home team in action.

Alan became known to us through a multi-disciplinary team meeting; his dementia coordinator, Christina, contacted us and told us of everyone's concerns about Alan.

Alan lives alone, and his grandson had been supporting him with paying bills etc. His grandson was growing increasingly concerned about Alan – he would regularly take out large sums of money from the cash point, but there didn't seem to be any trace of how the money was being spent.

Alan had also recently been prescribed medication to help with some of his symptoms of dementia, but he wasn't taking them as prescribed.

Our Support at Home team commenced 3 visits per week with Christine, with the plan being that she would get to know Alan and his routine, and gradually work towards supporting Alan with his unmet needs.

At the start, Alan didn't want any help – he would allow Christine to enter but would ask her to leave after a short while. Christine noticed that Alan's clothes were often unclean and in need of repair and he was regularly visiting the pub every evening (we discovered this was where the money was going!) with very little food in the house.



Fast forward a few months, and Alan is now having a visit every weekday – he now has a shop delivered to his home each week, which Christine helps to put away, and he is taking his medication as prescribed, with Christine's support. Alan laughs and tells Christine that she now 'runs the household' and because laundry is being done regularly, Alan always looks smart and presentable.

Christine has Alan's best interests at heart and will always involve

Alan in any decisions or choices that need to be made. Alan is no longer preoccupied with cash, as his grandson is now managing his finances; Alan will ask Christine if he has other cash – she'll tell him how much he has, and he trusts her when she reassures him that he doesn't need to go to the cash point as he has enough money in his wallet.

Alan enjoys Christine's company and has told her how much he likes having her there and that he feels sad when she leaves, which is a stark contrast to how he felt at the start.



'Kent's Most Inspiring Care Provider'

In May 2023 ADSS were awarded **Kent's Most Inspiring Dementia Care Provider** by Kent Dementia Action Alliance. We are truly grateful to everyone who nominated us.



We are proud
WINNERS of
'Most Inspiring
Dementia
Care Provider
2023' at the
Dementia
Friendly Kent
Awards.



The way we work

OUR PURPOSE

Too many people affected by dementia do not get the vital social care, support, and guidance they need. We use our person-centred experience of dementia to define and implement social care services, from diagnosis to end of life, that reduce the devastating impact the disease can have.

OUR VISION

Everyone living with dementia, in Kent and Medway, gets the support they need to live the life they want.

OUR MISSION

Our mission is to give people affected by dementia the knowledge, support and care they need to take back control of their lives, take part in family and community life and manage their symptoms.

OUR VALUES



That everyone's **rights** and **dignity** should be promoted.



In being **person centred** and **focused** on people's abilities.



In being **inclusive** and embracing everyone in our community.



In **working together** to **deliver excellence** in the information and support we provide.



In being **caring** and **compassionate** in all we do.



In acting with **integrity** and **honesty** at all times.

Thank You's



Fundraising continues to be an ongoing challenge and focus for us to support the work we do. We are truly grateful to all the organisations and individuals who make it possible for us to support people affected by dementia.

As ever, our appreciation goes to **Kent Community Foundation**, who do so much to support us and so many other charities across Kent and Medway. They

kindly awarded grants to us from their Elderly and Isolated Themed Fund, Kent Reliance Provident Society



Community Fund, and Wards Charitable Fund. Additional specific thanks go to **Ebbsfleet Community Investment Fund, Screwfix Foundation, Sports England, Percy Bilton, Childwick Trust**, and the **National Lottery Community Fund**.

Our continued thanks go to **The Albert Hunt Trust** who loaned us the money to buy Safeharbour in 2019. Their enormous generosity has been extended this year and they have now donated the value of the loan, which will help secure the future of the building and the charity.

On Your Bike 2023

A DSS was delighted to have been chosen by Gravesham with Ebbsfleet Rotary to be the main beneficiary of their fantastic 'On Your Bike 2023' cycling event which took place on Sunday 21st May 2023.

We are grateful to the Club for recognising the support we offer those in our community affected by dementia and for choosing ADSS. The weather was kind and cycling conditions were perfect when 430 riders gathered at Riverside, Gravesend

Promenade, before setting off on their cycling challenge of 15, 30 or 45 mile route across North Kent with various support checkpoints along the way. Riders came from across the South East with both first time and returning riders supporting the event, bringing with them some unusual bikes including a Penny Farthing!

We are so grateful to all those who rode in the event and raised funds, those who gave up their time to volunteer on such a special day, and our greatest thanks go to the OYB Committee 2023 for again organising such a wonderful event.



Gravesham with Ebbsfleet
Rotary



Let's get fundraising!

We are so grateful for your continued support. Your donations are helping to transform lives, change attitudes, create a society that is more dementia friendly, and care for people affected by dementia.

We could not offer the support we do without the generosity of those who raise funds for us, our donors, and volunteers. Thank you so much for being a part of ADSS.

If you are taking part in a challenge or event and would like to fundraise for us via the Just Giving website, please visit: [justgiving.com/alz-dem](https://www.justgiving.com/alz-dem)

If you wish to support us by donating, please text the relevant code to the number below:

Text ADSS5 to 70580 to donate £5

Text ADSS10 to 70580 to donate £10

Text ADSS{followed by donation amount} to 70580 to donate a different amount.

Texts will cost the donation amount plus phone standard network rate message, and you'll be opting into hearing more from us.

Alternatively, if you wish to donate but would not like to hear more from us, please text either ADSS5NOINFO or ADSS{followed by donation amount} NOINFO



Registered with
**FUNDRAISING
REGULATOR**

To keep up to date with all our latest activities or if you would like to leave a review, please connect with us on social media!



**Alzheimer's and Dementia
Support Services**



@alzdemsupport



**Alzheimer's and Dementia
Support Services**



@alz_dem