

Forget-Me-Nots AGM 2014 Report

Financial summary

Two needs:

- Funding for groups (materials, refreshments, stationery, volunteer travel)
- Formal learning experiences for all volunteers as guided by current legislation & advice from Voluntary Norfolk

All projections are now based on past 3 years' experience

Income:

Sponsorship from the Octagon Unitarian Chapel – use of the Martineau Hall for no charge on a regular basis and for training events (that do not clash with regular bookings)

Grant from Norwich Consolidated Charities for past two years and potentially for 2014 third and final year for set-up funding for materials, equipment and training volunteers

Norse Care contributed £460.00 to support groups in 2013 & to secure our engagement with them

Participants at the Martineau Hall group contribute £2.50 each visit

Donations/fund raising

(All members of the Forget-Me-Nots are volunteers and receive no payment)

Current group commitments are:

1. Dell Rose Court, Norse Care

Tuesday morning group 8-9 participants

Helpers Sarah, David, Sally (lead), Judith plus Beverley weekly PHd Psychology, Holly and Ethan (alternate weeks Psychology students)

Care staff – Regular is Shelley and others are able to join us when possible

Expenditure approx. £7.00 per group max – squash, materials, flowers, cakes/biscuits.

For 2013 Norse Care gave £460 for 46 groups @ £10 per group

2. Doughtys Hospital

Friday morning 6 participants. Helpers Rosemary, Jane, Angela, Bekii (student Psychology)

Care Staff – Karen, Ginny, June

Expenditure met by Doughtys

3. Martineau Hall HQ group (all potential volunteers start here)

Friday morning 5-8 participants

Helpers – Judith, Sally, Sarah, Elaine, Sharon (may move to Dell Rose Court), Roger, family carers (2). Plus Students / new volunteers / visiting professionals/ interested parties

Expenditure met by FMNs and group donations of £2.50 per session

4. HMP Elderly Lifers Unit

Friday afternoon 4-7 participants

Helpers – Rosemary, Carol, Sarah, Judith (Lead), Jane

Staff – Gemma (Librarian), Michael (Canon volunteer visitor)

Expenditure approx. £5-£7.00 met by FMNs - refreshments, materials, X-mas gifts

Proposed plans for March 2014:

- Two day care resources: Harfold Hill, Ipswich Road, Thursday morning
Salvation Army, city centre, Wednesday afternoon

To work with these two day care facilities the Forget-Me-Nots will withdraw from Dell Rose Court on a 'leave of absence basis' returning in Summer '14 for a further 14-weeks course.

Training needs for volunteers in 2014 (as per policies manual)

3 half-day workshops:

- Therapeutic Touch workshop with Angela Sellens Drake, Reflexologist
£220.00
- Listening & Responding Communications Workshop with Clare Pastorius (open to Octagon Community)
£295.00
- Moving & Handling with Healthcare Training (open to Octagon community)
£225.00
- Safeguarding Vulnerable Adults with Clare Pastorius (open to Octagon Community)
£295.00

One full-day workshop: Cognitive Stimulation Therapy (CST) led by UCL Psychologist Dr Gemma Ridel (places sold to external people/organisations support the costs of this workshop) £700.00

Training needs in 2015:

As in 2014, plus First Aid at Work (via Norfolk County Council no charge) and basic food hygiene (via healthcare training £225.00). Both also open to Chapel community.

Summary of income needs for 2014:

- Expenditure to organise and support groups: £1,609
(see Appendix A: based on 2013 costs)
- Volunteer support & training: £1,735
(as per FMNs policy and procedures)

Total outgoings proposed for 2014 = £3,344.00

Fundraising for the Forget-Me-Nots

- We have a programme of fundraising in place and are continuing to explore options to support our income and promote the ethos of the Forget-Me-Nots
- Fundraising as all know is time consuming and inevitably asks more of the Forget-Me-Not volunteers both in financial terms and practical 'doing' the fund raising
- We are a small group of 8-12 volunteers with particular skills in the interpersonal and therapeutic arena of people with memory difficulties and other psychological needs
- We are very pleased to include volunteers on a temporary basis for work experience and to complement academic learning
- We would benefit from a sponsor(s), patron (s) and a fund raiser

Volunteer Feedback

“The reason I wanted to get involved in the forget-me-nots when I heard about it through a volunteering website was because you use CST and I'm a big believer of evidenced-based practice. Now that I am involved I really enjoy it. The sessions are fun and it feels like we are really making a difference, especially when you see improvements (no matter how small), and when the group members say they are happy to be there and enjoy the sessions.”

“What Motivates the Forget-me-nots?”

- 1. The pleasures of giving to and receiving from a group.**
- 2. Seeing anxiety lessen.**
- 3. The observation of the development of individuals in the group. ie: Confidence, joining in more, the pleasure when their individual memories are shared.**
- 4. The shared enjoyment of music and singing.**
- 5. Watching a group bond.**
- 6. Seeing people grow, however short term**
- 7. Joy when staff report changes in mood, and a lessening of anxiety.**
- 8. Helping the individual with the challenges in finding ways to cope.**
- 9. Pleasure in interacting with PEOPLE”.**

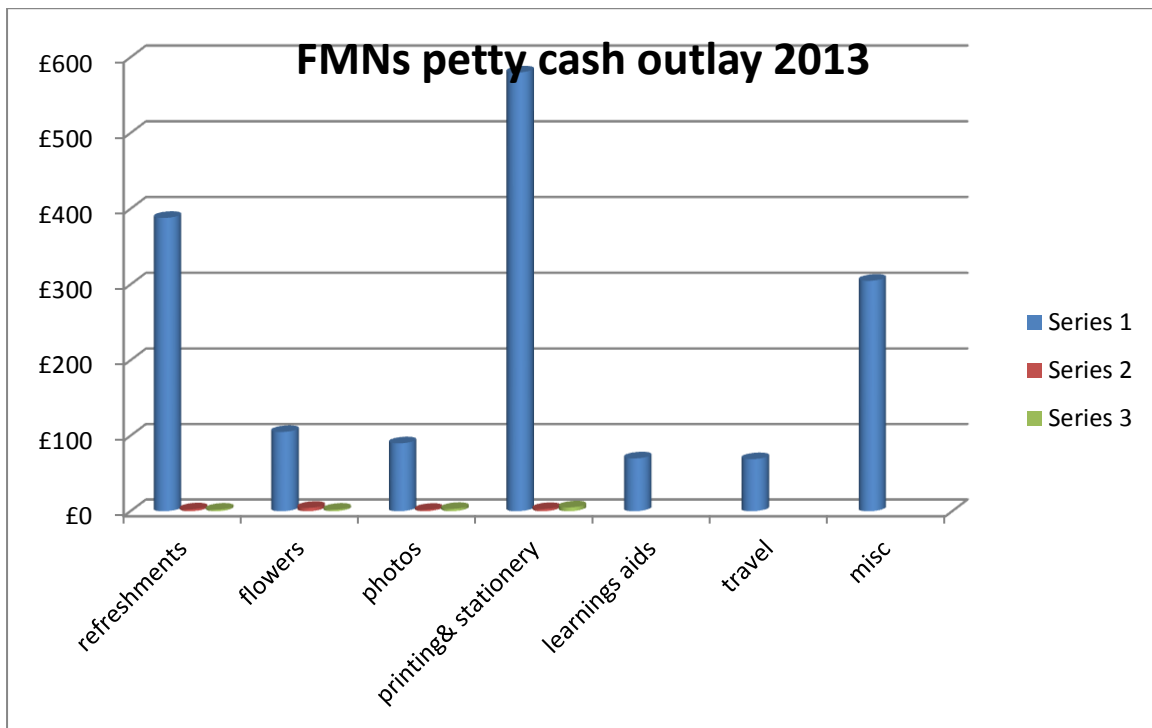
“The Group is wonderful, and caters for everyone's needs” (Sheila, Eds friend)

“We have found that the sessions have helped us to get to know our Tenants in a more Holistic way, and therefore has enabled us to provide better all-round care for them (member of the care team at Dell Rose Court)”

Participant feedback is always extremely positive. One person said at the end of a social evening “Thank you for making the end of my life so much better”

Our policies and procedure document has feedback from participants.

Appendix A:



This is a summary graph to demonstrate where the petty cash was spent last year.

For planned events such as the Communications skills workshop led by independent trainer Clare Pastorius, accessed by the Chapel community and the FMNs volunteers costing £295 paid by cheque.

22.01.14 JF

