



# **Caraway Trustees Annual Report**



**for year ending  
31 March 2025**

Registered Charity Number 1177743  
(CIO Foundation Registered March 2018)

[www.caraway.uk.com](http://www.caraway.uk.com)



# Caraway Trustees Annual Report

## Charitable Objectives

Spiritually resourcing the older person, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age or dementia, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."

## Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

## Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard. We have a special focus on the dementia community in Southampton.

We now have nine Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People and Revd Dave Hendra who is our new City Chaplain for Dementia. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

## The Context

In Southampton City, there is a total population of 263,769, of whom 3% are over the age of 65 years, 37,768 people (<https://data.southampton.gov.uk/population/population-size-and-structure/>).

In 2023 there were 1,726 people aged 65 or over in Southampton diagnosed with dementia, however the number of people living with dementia in the city was estimated to be significantly higher (2,663). This is expected to reach 4,480 by 2040. Of these, about 60% are living in the community and 40% are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. ([www.housingcare.org](http://www.housingcare.org)). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway. Dementia services have particularly been cut, closing the last council-run care home, closing the ward for dementia in-patients, and stopping the Dementia Navigators service which was provided by the Alzheimer's Society.

### **The Trustees have:**

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the development of new chaplains, community opportunities, and of courses, events and services to families living with dementia.

### **Our Aims and Objectives**

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.



4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

### **Rev Canon Dr Erica Roberts, City Chaplain for Older People**



#### **A CHAPLAINS REPORT**

This has been both a year of consolidation and of further growth. Consolidation, as our two new Dementia Chaplains have settled into their new roles, working as part of our Dementia Core Team and partnering well together. These appointments have enabled the development of the emotional and spiritual support for those attending the Carer's Course and for those living with dementia. Furthermore, they are both playing a key role as advocates for dementia care in Southampton.

Our Chaplaincy Service continues to grow, and it has been a delight to commission a further two Anna Chaplains this year, consolidating our team in the Lord's Hill area, led ably by Margaret Hague. With this ongoing growth, Catherine Wood has been appointed as our Chaplaincy Coordinator, to oversee the care, support and training of our Chaplains. We are delighted that Cath will also represent Caraway on the national BRF (Bible Reading Fellowship) Anna Chaplaincy team of Coordinators.

A further exciting area of growth is our Chaplaincy Visiting Service for Care Homes. We now have two teams led by Revd Dave Hendra at Mayflower Court and Jackie Cooper at Southampton Manor. We hope to learn from our experience, developing new models that can be replicated across the city for other care facilities. This builds on the successful, bimonthly Zoom Church Services that are offered to both Care Homes and Day Care facilities. We continue to offer regular space to support, pray and resource those volunteering in Care Homes. I have certainly found these to be both enriching and encouraging times.

As I have recently been reflecting on the privilege it is to be part of our Caraway family, and to see how some of the needs in the older community are being met by our wonderful team of Chaplains and volunteers, I am aware of the gentle and

sacrificial nature of what so many offer. It occurred to me that each of our offerings, be it of time, money, leadership, administration, friendship or prayer, is an act of worship that honours God and builds His Kingdom here in Southampton. What a beautiful picture for all those involved in Caraway!

Finally, as I step down from my role as City Chaplain for Older People and move on to a new chapter, I would like to express my huge gratitude again to all of those who are part of Caraway and enable us to make such a difference for our older community in Southampton. As I now entrust this work to others, I especially want to mention our wonderful core team, who not only work tirelessly, but also have fun together, dreaming, praying, planning and then bringing vision into reality. I leave Caraway in good hands, hugely grateful to God for all that has been possible and all that has been achieved over these past years. As I look to the future, I will continue to commit to be an advocate for those who are frail, vulnerable and isolated and also to pray that Caraway continues to move in step with God's Spirit, bearing fruit for our older people in Southampton.

### **Dr Ros Simpson, Chair of Trustees**



Caraway is growing in size, maturity and range of services provided. As Chair of Trustees, I encourage the charity to keep the work and energy as close to our recipients as possible, that we go towards people who ask for our help, and that we follow up well, and encourage connections for that person in the community. We

have developed a strong place in the community of Southampton and are respected and valued by other community groups and services, especially the NHS Social Prescribers which has been fruitful, and the Chaplains and volunteers connect us with many churches. Winchester Diocese has been very supportive, as opportunities to speak to clergy and ordinands and our annual conference day shows us.

Being safe, sustainable, financially stable and well led keeps me busy, and I am delighted to step down as Chair of Trustees so that Esther Clift can take over. Well done to all our trustees, staff, chaplains, volunteers and area workers for all you have achieved as teams in 2024-5 for the older people of Southampton. We are all people helping people and together we are stronger.

## How Caraway activities have delivered the public benefit

### In the past year Caraway has:

- Been involved with 10 amazing Memory Cafés across Southampton serving about 200 families living with dementia every month.
- Delivered Vintage Adventure @ Home Spiritual Resource booklets to over 300 people each month
- Our 10 Anna Chaplains have made over 200 visits to referred older people
- Welcomed 80 people to a Holiday @ Home adventure to Spain and shared resources with 4 other groups who hosted their own event
- Delivered over 170 prayer cards each month
- Welcomed over 60 people to an Afternoon Tea Dance
- Encouraged over 30 people on our Carers Course, enabling them and those they care for to live well with dementia
- Hosted 3 support meetings for all the 90 families living with dementia who have ever attended our carers courses.
- Celebrated Christmas with a service for all those involved with Caraway, whether on a team or being served
- Given away 100 Loneliness Packs to those in need
- Welcomed a new Trustee to the team who has taken responsibility for our Volunteers and their training
- Grown our Anna Chaplaincy team in number
- Regularly met 6 Care Homes on Zoom for a service of worship

### For any Older People in the Community, the Anna Chaplains

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK ([www.annachaplaincy.org.uk](http://www.annachaplaincy.org.uk)).

Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.



Anna Chaplains provide spiritual care to older people appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

The chaplains are well led by Rev Canon Dr Erica Roberts, City Chaplain for Older People in Southampton.

Our Anna Chaplains are:

- Marion Hitchins, St Denys, Southampton
- Esther Clift, Margaret Hague, Sally Ducellier and Juliette Hooper, Southampton West
- Karen Kingston Chaplain for Dementia and Bitterne, Southampton East
- Carol Kidd, Lynne Sillence and Susan Wareham, Harefield and West End, Southampton
- Jackie Cooper, Southampton
- Rev Dave Hendra, City Chaplain for Dementia
- There 3 new chaplains in training.

A chaplain helping someone, makes contact and listens well to their story. They listen to the family's story as appropriate and they offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships.

They are supported by their own churches or a church in the area they work and receive referrals from them and from other sources such as health professionals via the Caraway website.

### **Chaplaincy Report from Catherine Wood**

At the heart of Caraway's mission is our commitment to offering spiritual care and a compassionate presence to older people across the city. Over the past year, our chaplaincy team has continued to offer a listening ear, gentle encouragement, and a sense of hope in what can sometimes be challenging times.

Our chaplains work in partnership with local churches, care homes, and community organisations to support those experiencing loneliness, bereavement, illness, or transition. Whether through bedside prayers, quiet conversations over a cup of tea, or church services via zoom, we aim to affirm the dignity and value of every individual, and bring a little joy wherever we are.

This year we have commissioned two new Anna Chaplains on the West side of the City - Sally Ducellier and Juliette Hooper and Jackie Cooper on the East.



This year, our chaplaincy presence has grown in both depth and reach. We have:

- 13 Chaplains working across the city
- Provided regular chaplaincy input at 14 local Care Homes
- Walked alongside those navigating loss, change, and questions of meaning in later life
- Further trained and supported our Chaplains and volunteers in 1-2-1 Spiritual Care and other ways of helping people in the community
- Offered seasonal reflections and services that helped reconnect people with faith, memory, and community

The demand for spiritual care continues to grow as people face increasing challenges of loneliness, loss and ageing. We remain hugely grateful for the generous support of our volunteers, donors, churches and partner organisations who make this ministry possible.

Looking ahead, we are exploring new chaplaincy partnerships and developing training to equip more people to serve their communities with spiritual sensitivity and kindness. As always, our work is grounded in the belief that every person, regardless of age or circumstance, is cherished and has a story worth honouring.

## Loneliness Project

Our Positivity Toolkit continues to be a valuable resource for chaplains and volunteers, offering thoughtful and practical items to share with older people they

support. These toolkits are designed to lift spirits, encourage small acts of self-care, and help foster moments of joy and connection.

One of our chaplains shared:

*"I always carry a copy of the '50 Ideas of Things to Do' with me and have given out many copies. They're such lovely, inspirational prompts – even doing one small, positive thing each day can have a huge impact on someone who is housebound."*

The toolkit's activities not only provide mental and emotional stimulation, but also invite intergenerational play and fun. One recipient told us:

*"My grandchildren love the bean bag games when they visit – they even get me joining in! We have a little tournament – it's such good fun!"*



This year, BRF (Bible Reading Fellowship) distributed 50 copies of our Guide to Positivity to Anna Chaplains nationwide, which sparked encouraging interest and follow-up orders.

We're also delighted to share that the toolkit and related resources are now available for purchase through our new online shop, launched in March 2025. This opens up new opportunities to share Caraway's vision of hope, creativity, and companionship with a wider audience.

### **Report from Rev Dave Hendra – Chaplain for Dementia**

Dave Hendra joined the team in December 2023 and has developed a strong reputation for leadership and support for Chaplains, volunteers and staff. The work he has begun and supports includes: a men's carer group, support to care homes with trained volunteer visitors, supporting carers attending the Carers Course and running the ongoing carer support meetings. He is working with a psychotherapist to start a regular Bereavement Course for Southampton in April 2025. He has spoken in teaching sessions at the Diocese of Winchester, preached at local churches, visits many people with regular visits or telephone calls.



We really value him for his friendliness, warmth, fun loving gifts and he is always ready to help. He has also proved a good cocktail maker at Holiday @ Home, provides focussed, fun and engaging training sessions and represents Caraway on radio, TV and speaking opportunities. So glad we have him working with us.

*He says:*

**During a typical month I will ...**

Deliver VA@Home and prayer cards to three care homes, help run the Sholing Memory Café, support a course (like the Carers Course), visit individuals (carers and people living with dementia) in their houses, telephone individuals who have asked for support (approximately one a day), lead a service with our team at Mayflower Court, follow up individual queries via email, facilitate the men's walk'n'talk, attend team meetings, write talks, and deal with email admin.

**Some More Detail ...**

*Mayflower Court Care Home Service* - This service seems to be growing - we are now a regular team of three (while additional volunteers drop in occasionally). We welcomed twenty residents at the last service we took. It was great - outside, in the garden, in the sunshine, looking at Jesus' miracle of turning water into wine.

*Sholing Memory Café* is remaining stable, with approximately five volunteers, and thirty guests. (The guests vary depending on health and weekly life-pressures).

*Stats - Number of older people I have personally supported with telephone calls, visits, cards, meeting over the last 12 months:*

I estimate to have supported this many people over the last twelve months:

Telephone calls: 100

Visits and one-to-ones: 120

The three main community groups I support are:

The Sholing Memory Café - 30 on average. The Carers Course - 8 on average.

Men's walk and talk - 6 on average

We are in the process of setting up a new group (similar to the Carers Course) for individuals living with dementia who are able to share and would benefit from mutual support in a group setting. Launch is likely to be in October.



*Four examples of individuals I have supported in the past year through situations such as loneliness, isolation, and/or end of life.*

One.

I was invited by E to talk with them about a traumatic time during their marriage. Their spouse was living with dementia before they died. We spent two afternoons together, over the course of which E shared her story and the unforgiveness that was at the heart of it. E did not want to receive prayer but I was able to recommend a book by Desmond Tutu about forgiveness which contains Christian elements. E emailed a week later to say how helpful it had been simply to talk with someone and share the burden they had been carrying alone for decades. E also bought the book and found it very helpful.

Two.

I was invited by D to visit their partner B who is living with dementia. We did so a couple of times - at B's assisted living, and later in a care home. On both occasions we were able to read some Jesus Calling together and to pray. When B died, D and I continued to meet approximately once a month. D has a very inspiring faith but is understandably lonely. We were able to chat about all sorts of things, sometimes walk, and pray together often - which was great for us both! D was taken to hospital and I was able to visit them there. I felt very encouraged by D in my faith as well as being able to support them by listening to, and praying about, their hopes and fears. Before they died, D had even volunteered to be part of our team visiting individuals in care homes. I will miss D. My life is better for having known them.

Three.

P has volunteered to help at various things we do. They have their own needs and questions about faith too. We have had lots of great conversations about faith and aging one-to-one, and while en route to volunteer at the things Caraway is doing in the city. You never know when a significant conversation might happen. We have been able to pray together too as P explores faith.

Four.

Our walk'n'talk men's group seems like a bit of a jolly. And it is, for the first hour at least. We meet at the Cowherds usually, or sometimes at Woodmill Coffee Kitchen,



and from there we walk. As we walk, the group moves around and we often get to talk to a number of different people one to one. When we return to the watering hole we sit around a large table together. The group is very welcoming of new members. Every time, at some point one individual will naturally share something very difficult in their life relating to dementia. The men are very good at listening with empathy and are able to support the individual in that way. Often this will prompt a round of honest sharing which is great.

### **What I like most about my role as a Chaplain for Older People**

I really value being employed to spend time with people who are isolated because of their circumstances. I love the opportunity to visit people, listen to them, and pray with them. I also love being able to help individuals connect with the supportive community that Caraway has created.

### **The Future**

What is the greatest challenge for my work in the coming 12 months? I think this is still going to be the room to prioritize one to one contact over administrative demands. In addition, I anticipate that setting up the new group for people living with dementia will be both challenging and very rewarding. The challenge will be gauging the right level and type of content, and being open to adapt quickly as the abilities, wants, and needs of guests become obvious once we've started.

Despite any challenges my work is rewarding and exciting, and the Caraway team of staff, volunteers, and trustees are a great team to work alongside.

### **Anna Chaplain for Southampton West – Rev Margaret Hague**

This past year has continued to be busy but very blessed with Sally and Juliette being commissioned as Anna Chaplains to work alongside me in Southampton West - Sally in October and Juliette in November 2024. Beryl, a Caraway Volunteer (from Victory Gospel Church) working with us at Lord's Hill has now stepped down and we miss her as she undertook home visits, provided prayer cover and regularly attended a coffee morning in one of the sheltered housing blocks.



We continue to visit the six large sheltered housing blocks. We were able, with the help of Caraway, to print some flyers, which we distributed to some of the Courts introducing ourselves and creating an awareness of the CC&C group at Lord's Hill Church. When visiting the Courts we chat with various ones who pass by (including staff) and it remains a great way to informally build relationships in a safe, relaxing space, often knocking on a door for a quick chat as we pass by or posting the Vintage Adventure @ Home or Home Prayer Card through their door. 107 VA packs and 98 Prayer Cards are delivered in Southampton West per month, some by Sheila on her bike! These remain a valued lifeline to those who no longer attend church and those who are seeking God's peace for the first time. These numbers increase year by year. Alongside establishing relationships with many residents we are continuing to establish good working relationships with the Housing Support Workers and other staff members. Within these housing blocks there are significant numbers of adults with special needs and also sadly those with addictions.

**Manston Court:** Last year myself and one of our volunteers, Annette, visited their coffee morning once a month and occasionally their singing afternoon. The singing has now stopped and the coffee morning went into decline. I visit when possible but Annette continues to deliver the monthly VA/HPCs there, and many of the residents do now attend various events at Lord's Hill Church. We would however, like to re-instate a more regular visiting pattern although Lord's Hill Church do take a Communion Service there once a month.

**Sarnia Court:** Sally visits the coffee morning once a month where she is building good relationships with residents and staff. A staff member will phone Sally if there is a resident in need of a visit.

**Rozel Court:** Once a month Sally attends their craft afternoon where she is able to have many good meaningful conversations with those attending.

**Neptune Court:** Juliette has started visiting the newly restarted coffee morning on a monthly basis to build a relationship with the residents as well as the housing officers. She also visits the knitting group held there. Neptune Court is the largest of all the Courts and this is a significant breakthrough for us. Last year we prayed outside of the buildings.

**Erskine Court:** The three of us meet once a month at Erskine Court to plan and pray over this work. We then chat to residents and make any home visits. The Restaurant Manager there continues to alert us to any residents in need and Lord's Hill Church continue to take a monthly Church Communion service there. We are also able to take items the residents have donated, to Basics Bank held at Lord's Hill Church. We are hoping to draw up a leaflet to deliver to the smaller retirement flats nearby with our Chaplaincy services on one side and the restaurant details on the other as the restaurant needs to attract more local interest and increase its viability.

**Coffee, Cake & Connect (CC&C):** Juliette attends as Chaplain at this weekly drop-in on a Thursday at Lord's Hill Church. I attend once a month to give the monthly spiritual talk. I also organised and led the Carol Service for this group at Christmas.

**Rownhams Manor Care Home:** Some residents receive the monthly VA/HPC's. The minister of St. John's and St. Boniface, Graeme, takes a Communion Service there and we are currently looking at ways of supporting him. Visiting on their 1<sup>st</sup> Anniversary - a wide open door of opportunity presented itself.

**Templeton Place Nursing Home:** Occasionally Sally is able to help a local Church with a Care Home Service where she also delivers the monthly VA/HPC's.

**Bereavement Course:** I was able to help with the setting up of this new Caraway 6-week workshop held at Lordswood Church, with Sally, Juliette and myself each taking a turn in supporting the events. A further add on to the course is being explored to cover the spiritual dimension.

**Half-Orange Bereavement group:** Between myself and Sally we visit this group on a regular basis which runs weekly at Lord's Hill Church. We are able to pray with and support attendees.

**Potters Court (Maybush):** I continue to visit Potters Court Memory Cafe on a monthly basis. I met with the new Vicar of All Saints and St. Peter's, Maybush to see how Caraway can continue to work and support her - although our team resources are very limited. I continue to support by phone or visits - one in particular a Christian resident who was bereaved last year, helping her link back to her old Church fellowship. I've also been able to facilitate help for a dementia

resident from Dave our Dementia Chaplain. Potters Court continues to have significant building issues which is of ongoing stress to the residents and staff there. The Southampton West patch is large, as it also includes other smaller retirement housing, and individual family homes not included here, so it is often easy to feel overwhelmed but we rely on the Lord guiding us to the right place at the right time - where, by God's grace we often meet someone in such need. Maybe the topic of the VA/HPC is just right for their needs at that time, or they just need someone to pray peace over them. Recently phoning one lady she said *"I love the fact that when I am weak - you always seem to turn up!"* However, more workers would definitely make a difference enabling us to meet more needs.

I sit on the planning committee for the writing of the monthly Vintage Adventure and Home Prayer Cards and this remains such a rich source of encouragement both to me and to the recipients. These are looked forward to with such anticipation each month to the extent that if we are late delivering them for some reason - they start to panic!

I have conducted a funeral and attended many more.

For the second year running - a few days before Christmas Hamwic Brass Band came to 2 of the sheltered housing blocks (Sarnia and Rozel Courts) to play Christmas carols outside. Many came out of their flats and really enjoyed singing the carols whilst some opened their windows and listened. A Christmas evangelical newspaper was given to everyone and some VA's handed out too. This went well and everyone enjoyed the event.

Home visits continue to be a rich blessing to the recipient and myself! Often during the prayer time at the end of a visit the recipient will pray the Lord's blessing upon me! Home Communion has been taken also. Although this past year time restraints have meant that more phone calls have been made with less home visits, as this is more time efficient.

It's been a joy to see some of those met initially by us in the community now regularly attending church, either on Sundays or to the Church's weekly Tables Group/Alpha Courses.

**Looking ahead:** We will continue to go into the sheltered housing blocks and visit the various coffee mornings/craft groups etc. This year we have already booked the brass band to play Christmas carols again outside of Rozel Court and Sarnia Court as on previous years and hope to ask another brass band to play carols outside a further 2 sheltered housing courts.

We are meeting with the Vicar of Lord's Hill Church to share our vision for older people's ministry within Lord's Hill so that there can be a greater joining of Caraway vision to the local Church's vision. Lord's Hill Church has a focus on children and youth ministries and yet also such a heart for all generations and especially inter-generational ministry. We hope to explore this further.

Doors of opportunity continue to open, therefore by God's grace we still need to grow our team.



## Caraway Dementia Support Services

### Memory Cafés, people helping people

In March 2025 there were 9 memory cafés running once or twice a month each receiving between 15 and 20 guests regularly, each a small, supportive community of their own, run by caring, responsive, safe, well trained volunteers.

They are:

- Lord's Hill Coffee, Cake and Connect group
- Lordswood Memory Café
- Maybush Memory Café
- Shirley Memory Café
- Sholing Memory Café
- St Denys Memory Café, Thornhill Memory Café, Townhill Park Café, Weston Harmony Café, and Chai and Chat at the Hindu Vedic Centre.



Please see details about these cafés on our website:

<https://www.caraway.uk.com/dementia-support/memory-cafes/>

Creating community cafes for families helps people feel less alone. They are a lifeline for families living with dementia and guests attending socialize, make new friends, talk about their experiences, and access advice from volunteers and from visiting health professionals. The value of this support was recognised by the Archbishop of Canterbury when he visited the Sholing Memory Cafe recently. The cafés are supported by a large number of volunteers, musicians, exercise providers, activities, health professionals, social care providers and local organisations such as the MAST theatre and Southampton Museums and Heritage.



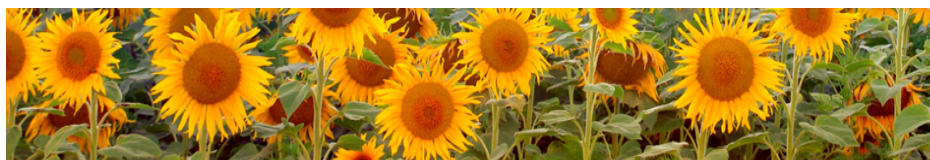
**Endorsement By Archbishop of Canterbury,** The Most Reverend and Right Honourable Justin Welby. October 2024 when he visited Sholing Memory Café and Carers Course.

*"The afternoon I was able to spend with you in October 2024 was memorable and moving. What a wonderful ministry it is that Caraway provides.*

*The difference the Carers Course and memory café obviously makes to all of those carers who gathered was tangible. So many spoke to me of the lifeline that community was for them, how it gave them respite, practical support, encouragement, companionship, understanding and hope.*

*To provide such a space is the work of the Kingdom of God. I commend you and esteem you for all your service and pray that God might bless it richly."*

**Caraway runs the Southampton Dementia Network Group,** with NHS Admiral Nurses, NHS Social Prescribers, Unpaid Carers in Southampton and other providers. Through this group, we develop links and connections that provide opportunities to improve the service for people with dementia.



## CARAWAY COURSE FOR CARERS

(for those caring for people living with dementia)

### Caraway Courses for Carers of People Living with Dementia

This unique course written and run by Dr. Ros Simpson, retired GP and medical teacher, started in April 2023, and runs three times a year. It is a seven session course of two hours each time.

*"The model that I use in my Carers Course and individual carer support is called Emotional Logic. It is a method designed by an extremely intelligent GP in Ivybridge in Devon called Trevor Griffiths, with his wife Marian. He knew that understanding the grief emotions in a practical and understandable way is essential to help people know how to unpack their emotions, realise if and where they are stuck and to know what to do to get out of that stuckness." (Dr. Ros)*

It is run in conjunction with an established Memory Café so that people living with dementia can also attend and enjoy some company and activities with others or in the memory café in the next room. 10 to 12 carers attend each course. They are referred to the course by Admiral Nurses, Social Prescribers and Memory Café leads, and of course self referral. The aim is to offer information, emotional support and advice on planning to live well with dementia. We believe that if the family understand about dementia, how to cope with it, gain knowledge about the journey and learn how to manage crises and transitions, then they will be less likely to feel burdened and stressed by their situation. They will act to ask for help to prevent crises and unnecessary hospital admissions, be well prepared with legal and financial aspects and they will involve their friends and family more.

**Feedback:** one man, a carer for his wife said:

*I felt rescued and it's been a wonderful journey with you. I've listened much better, I don't get so angry now, because I could really flare up, so I've learnt a lot.*



Another said:

*I'm part of this community the people out there who have the exact same feeling as me and they can understand me. I am more confident, there has been a big change.*

Professionals visiting sessions to give information and answer questions were: Admiral Nurses, Older Persons Mental Health Doctor, Occupational Therapist, Unpaid Carers in Southampton, Social Care in Action, Day Centres, a solicitor and telecare services.

### **Ongoing Support for Carers**

By March 2025, we have 90 carers in this group of carers who have attended a carers course and some of our expert carers that we have supported for several years. For this group we are arranging an arts based session of support and networking three times a year and we are encouraging other peer led groups and Rev. Dave Hendra runs a men's carers group. They continue to attend their local memory café.

Caraway Dementia Services have been supported in 2023-5 by the McCarthy Stone Foundation; Southampton City Council; No Wrong Door (Hampshire NHS ICB)

### **Combating Loneliness: Caraway aims to combat loneliness**

#### **Holiday @ Home - July 2024**

We provided resources for our Memory Cafés and other groups across the city and with the support of Highfield Church also hosted a day event ourselves to give our older community a 'day trip to



Spain'! There was a full programme of events for the day to choose from, including craft activities, quiz, hand massage and of course a sumptuous lunch. The local school also visited to entertain us with songs. We had over 60 guests, including some from local Care Homes and everyone was given a gift bag of goodies as they left.





## Feedback

*To everyone involved in the creation of 'A Taste of Spain' many thanks indeed for such an enjoyable time - and a delicious meal!*

*Please pass on thanks to all who contributed. I was particularly pleased to be diverted with something which gave me positive and happy thoughts today.*

*I've seen the adverts for this over the years and always wanted to come and finally this year I have. It's been a great day.*

*We had a very enjoyable time in Spain yesterday so HUGE THANKS to you and everyone else who worked so hard to make the day special. The time went so quickly - the lady who did the exercise routine really is the greatest fun.*

*We were all truly blessed. It was a great day.*

*Please pass on my warm thanks to everyone involved for their hard work to make Holiday @ Home such a HUGE success! We Oldies had such an enjoyable day.*

*I much enjoyed our outing to Spain. A big thank you to all those who worked so hard to get us into the air, without flight delays. Thanks.*



## Tea Dance – 1<sup>st</sup> October 2024

It was in December 1990 that the United Nations announced that they would commemorate the International Day of Older People on 1<sup>st</sup> October starting in 1991 and this year Caraway celebrated the day and the 33<sup>rd</sup> anniversary by hosting a Tea Dance at St Denys Church, Southampton. Through the generosity of Southampton Solent Rotary we were able to invite our older community to come and celebrate with us for free.



We were joined by over 60 people for the afternoon, some living with dementia and their carer, others visiting childhood memories of when they attended the local school and others came to enjoy an afternoon with friends and listen to the music. The fun began with teachers from a local dance school leading us and teaching a social foxtrot, a nice easy way to warm up the dancing shoes.

One of our team said: *'I danced with a lovely lady, brought along by her carer, who was delighted to be able to put on her dancing shoes! She shared with great delight that she had been a 'Tiller Girl' in her day and had danced and performed on a variety of stages! Watching her face light up as she recounted her stories, the cheeky twinkle in her eyes and the enjoyment she clearly got from listening to the music and being able to remember some of the steps from the dances (and teach me some!) was lovely - dancing had clearly been an important part of her life and she relished the opportunity to take part in the day.'*

Halfway through the afternoon we served a sumptuous cream tea along with assorted cakes, and of course a cuppa, while listening to a wind band playing live music. As the food went down more dancing continued until suddenly it was time to go home.



Everyone enjoyed the afternoon, including the wonderful team of volunteers who came to help, we had people baking scones and cakes, others serving on the day, and others coming to chat with people who were on their own. Another Caraway event that left people feeling cared for and part of a community as they connected with others during the afternoon.



We thank Southampton Solent Rotary for their financial support for this event.

### **Creating Community: Vintage Adventure @ Home**

Every month we send out an A5 booklet (A4 for those with poor vision) filled with worship, reflections, poems and activities all based around a theme for that month. We currently reach over 300 people, mostly within Southampton, but we do send to friends across the country as well. In the



past year we followed the theme of the seven days of creation and in 2025 are focussing on a different hymn each month.

It remains a much valued spiritual and social booklet researched, written, produced and delivered by a wonderful, faithful group of volunteers. Our Anna Chaplains use the monthly booklets focussing on those who are housebound or lonely.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2024	April	Creation Day 2 Land & Sea	279
	May	Creation Day 3 Plants	279
	June	Summer	285
	July	Creation Day 4 Sun, moon & stars	286
	August	Creation Day 5 Birds & sea creatures	302
	September	Creation Day 6 Land animals & humans	307
	October	Autumn	307
	November	Creation Day 7 Sabbath rest	313
	December	Christmas	315
2025	January	Our helper God	316
	February	Our Loving God	316
	March	Our Creator God	308

We were pleased to receive continued support from Highfield Church.

## Feedback

*Please do pass on my thanks to the whole VA@H and prayer cards team.*

*These resources are a huge blessing to people.*

*It was brilliant because it had a whole talk in it. I don't get the chance to go to church services because I'm not very mobile. I often can't get to the services that happen here. Thank you.*

*Please can you pass a special thank you to the VA team from M, she asked me to pass on thanks as she very much enjoyed the edition about the moon & stars.*

*Phone call from recipient after her first copy, thank you so much, and thanks to all for what you do.*

*I've received a text from a new recipient at Lordshill, Elizabeth saying "This is to let you know and to thank you for the Caraway brochure which was handed to me*

yesterday. I enjoy reading it. It is enlightening. My grandson Alpha, 10 years, just dropped by and he is happily doing some of the quiz. It's lovely. I am grateful."

Can I on behalf of the group thank you to yourself and your team at Caraway, for the monthly prayers and magazine that is written with such thought and holy love. Caraway and all of you are a great help to us all. God bless

The September VAH arrived a day or so ago and it has absolutely captivated me, and I am sure the friends living close by, who also receive your lovely monthly booklets, will be feeling the same. Actually we've loved all the booklets we've received so far but this last one stands out for me in lots of ways. The cover design is really striking, and everything you have put together inside is so beautifully expressed and so easy to follow and that includes your opening letter - the Bible passages and the excerpts from 'My dear child'. So much else in the booklet which is very good!! What a great team of contributors you've gathered. Please pass on our thanks for giving us all so much each month - to enjoy, to learn, to pray about and to reflect... it's a huge commitment you've taken on. We here around Bredon Hill want you to know how much your hard work is loved and appreciated....

Thank you so much for the booklet and prayer card you send, I really appreciate them. The VA@H is my special Sunday afternoon reading.

I wanted to say a big thank you for the Caraway booklets you send to us, particularly the Sabbath booklet we received recently. It came at a very fortuitous time. P has been very ill and when he was well enough, he found this particular edition particularly uplifting so thank you so much. I pass the booklets on to a friend of mine who enjoys reading them as much as P and I do.

I started receiving your magazine in December and find it inspiring and enjoyable. I find the VA magazine so helpful.

Just to say thank you so much for sending me the Vintage Adventure @ Home magazine, I find it very interesting to read and uplifting as well. I particularly enjoy doing the puzzles and these kept me well occupied over Christmas and New Year. Thank you especially for the heart you sent recently as the verse on it is especially relevant to my life and one of my 'life verses'.

*When I handed them out yesterday in the group Janet's face lit up and said "Have you got mine? Oh goody - I love these." She also likes the little cards with verses on we sometimes put inside.*

### Home Prayer Card

Every month we post over 170 copies of our Home Prayer Card to people across the city. Each month has a different theme and different people contribute. Our Anna Chaplains not only deliver them to those they care for but also use them for praying with those who are now unable to get to church.



### Feedback:

*I visited this week and took this month's resources. The lady was delighted and wants to receive the VA and prayer card each month.*

*Whilst visiting the bereavement group I was handing out the Christmas Prayer cards when one of the recipients mentioned she had been reading her last copy yesterday evening, when she read something that really helped her. She didn't say what it was - but she was blessed!*

### Supporting Care Homes: Virtual Christian Services

We aim to offer a bi-monthly Communal Christian worship service to our Care Homes via Zoom. 6 Care homes regularly join us along with Care Hubs as well. We provide a gift bag for each session with the orders of service, some activity sheets and an edible treat for them.

We are very blessed by our wonderful team of volunteers who assist with the service, giving a talk, leading the prayers, and dealing with the technology, and others who deliver the gift bags and orders of service to the Care Homes participating, they all help to make this possible.



*I wanted to say thank you on behalf of our care home for the warm welcome and hospitality you showed us during the Harvest Festival service this morning. Our*



*residents truly enjoyed being a part of the celebration, and it meant a great deal to them to join in the service. Thank you for making us feel so welcome.*

We continue to provide Spiritual Care boxes for our Anna Chaplains to gift to the Care Homes they support. They contain helpful guides for the Carers, prayer cards they can use with their residents for specific needs, a Bible, a wooden holding cross and copies of our latest VA@Home booklet and Prayer Cards.



### **Our Volunteers: People helping people helping people**

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who the guests. The majority of our volunteers are over 70 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate than themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have 104 volunteers participating in:

- Chaplaincy services
- Memory Cafés and other Dementia Community Events
- Course for Carers of people living with dementia
- Care Home Support and services
- Vintage Adventure @ Home
- Holiday @ Home
- Administrative and Operational support
- Other community supports such as special events and Prayer Cards

All volunteers are registered with Caraway and receive training, are DBS'd and given ongoing support.

This past year we have hosted two 'Inspirational Evenings' for our volunteers, and anyone else interested in the topic. Our first was about research into how

communities in Indonesia recognise and support their older people, and compared this with Southampton, led by Dr Elisabeth Schroeder-Butterfill and Dr Esther Clift, both trustees for Caraway. It was well attended and well received. Our second was on how to do worship in churches for those living with dementia. Again well attended with feedback:

*It was a good and helpful session, particularly the chat I was able to have with Frances at the end in which she was able to offer advice about my particular interest.*

*Thanks to all who were involved with organising and running this event. It did indeed give inspiration!*

*Thank you so much for the welcome you gave me last week and also for the slides. How generous of Frances to share them with us. Her talk was really inspirational. I am meeting soon with my vicar and part of our discussion will centre around starting a 'Memory Café' at our church for the wider community. Thank you, too, for all the food and drinks that were, again, so generously supplied. I had eaten already but it was such a kind thought.*

### **Our Website and Publications:** [www.caraway.uk.com](http://www.caraway.uk.com)

The Caraway website provides a window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.

Google Suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

### **The Important Role of Caraway**

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an

understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

## **What is Spiritual Care?**

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

## **Our Aspirations for 2025-2026**

### **So, what do we expect over the coming year?**

We have been encouraged by the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

#### **1. Develop the Caraway Chaplaincy service for older people**

We want to develop the Anna Chaplaincy work in Southampton, aiming to get a Chaplain for Older People in every community of the city. We will continue resourcing, supporting and encouraging our existing Anna Chaplains, helping them recruit volunteers, and welcome new local chaplains from surrounding areas. This includes using the Positivity Packs. We have a safe and clear referral route and respond promptly passing on the referral to a chaplain or trained volunteer. People can self-refer to this or be referred by their church, Social Prescriber or Admiral Nurse.

#### **2. Chaplaincy Teams for Dementia**

Our Chaplain for Dementia, Rev Dave Hendra, is developing a team with Karen Kingston and Jackie Cooper, also Anna Chaplains, focussed on dementia support. They will be working for various goals including supporting more care



homes, developing resources, liaising with churches, training Chaplains, volunteers and running the Carers Course and new men's group.

### 3. Maintaining and grow the Memory Café Service

Having expanded to 10 memory cafés a month, including some of the more deprived areas, we will strive to maintain quality, train our volunteers and offer Carers Courses and one to ones when requested. This is collaboration with the NHS Admiral Nurses and Social Prescribers and two care agencies, Walfinch and Nurse Plus. We are working to evaluate the schemes and improve signposting opportunities.

### 4. Supporting carers of and those who live with dementia

We will publish the Caraway Carers Course in collaboration with Emotional Logic, developing a team of 4 trained facilitators. We will support other areas wishing to run the course with training and ongoing support. Following the course, carers can join the Ongoing Carer Support Scheme of 90 carers which provides an arts based supportive meeting once a term.

### 5. Start a Bereavement Course

In April 25, start a new Bereavement Course of 7 sessions of 2 hours, run by Pippa Hadfield, a psychotherapist, and supported by Rev Dave Hendra, Chaplain for Dementia, and Dr. Ros Simpson. An initial pilot course will be evaluated and then run termly around the city, supported by various Anna Chaplains.

### 6. Refresh and Resource Day, May 19<sup>th</sup> 2025

A day of training and reflection for all those involved in the ministry of older people in the South of England and beyond. Focus will be on carers and self-compassion. It will be thought provoking, inspiring, creative, prayerful, and fun.

### 7. Raise funds to support these aspirations

We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

- The Listeners Trust for publication of Vintage Adventure @ Home.
- McCarthy Stone for starting new memory cafés.

- No Wrong door, an ICB grant for reducing mental health inequalities by preventing depression and anxiety of carers for people with dementia with the courses for carers.
- Highfield Church for photocopying and Vintage Adventure development.
- The Benefact Trust contribution towards the salary for a Chaplain for Dementia.
- National Lottery Community Fund.

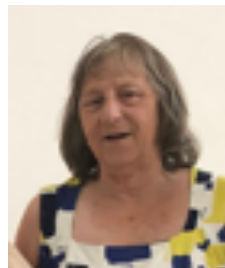
We are incredibly grateful for these grant giving organisations.

**Thank you for supporting Caraway, from the team...**

### Our Anna Chaplains

(left to right):

Rev Margaret Hague, Marion Hitchins, Carol Kidd, Esther Clift,  
Lynne Sillence, Susan Wareham, Karen Kingston, Rev Dave Hendra  
Sally Ducellier, Juliette Hooper, Jackie Cooper



### Our Trustees (left to right):

- Rev Canon Dr Erica Roberts, City Chaplain for Older People in Southampton
- Dr Rosalind Simpson, retired GP and Chair of Trustees
- Terry Martin, retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour, Dementia Services Lead
- Dorenda Chapman, Safeguarding Lead
- Keith Fox
- Barry Toward
- Elisabeth Schroeder-Butterfill, Volunteers Lead



### Our Admin Team (left to right):

- Jo Ladkin, Administration & Operations Manager
- Catherine Wood, Chaplaincy Services Co-ordinator
- Barry Hampton, Volunteer Coordinator
- Janet Hunt, Secretary to Trustees up to November 24
- Jill White, Treasurer
- Mel Fry, Secretary to Trustees (no photo)



## **Our Finances**

### **Reserve's policy:**

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 months unrestricted expenditure. At March 2025, there were reserves available to cover 6 months of expenditure.

### **Risk review:**

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Aviva.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2024	To	Period end date	31/03/2025	

## Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Income (Note 3)</b>						
<b>Income and endowments from:</b>						
Donations and legacies	S01	21,059			21,059	14,339
Charitable activities	S02	4,346	25,905		30,251	39,667
Other trading activities	S03	3,543			3,543	-
Investments	S04				-	-
Separate material item of income	S05				-	-
Other	S06				-	-
<b>Total</b>	S07	28,948	25,905	-	54,853	54,006
<b>Expenditure (Notes 6)</b>						
<b>Expenditure on:</b>						
Raising funds	S08				-	-
Charitable activities	S09	8,773	42,505		51,278	55,967
Separate material expense item	S10					
Other	S11				-	-
<b>Total</b>	S12	8,773	42,505	-	51,278	55,967
<b>Net income/(expenditure) before tax for the reporting period</b>	S13	20,175	- 16,600	-	3,575	- 1,961
Tax payable	S14	-	-	-	-	-
<b>Net income/(expenditure) after tax before investment gains/(losses)</b>	S15	20,175	- 16,600	-	3,575	- 1,961
Net gains/(losses) on investments	S16	-	-	-	-	-
<b>Net income/(expenditure)</b>	S17	20,175	- 16,600	-	3,575	- 1,961

**Extraordinary items**

S18	-	-	-	-	-
S19	-	-	-	-	-

**Transfers between funds**  
**Other recognised gains/(losses):**

Gains and losses on revaluation of fixed assets for the charity's own use

S20	-	-	-	-	-
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Other gains/(losses)

S21	-	-	-	-	-
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**Net movement in funds**

S22	20,175	- 16,600	-	3,575	- 1,961
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**Reconciliation of funds:**

Total funds brought forward

S23			48,319	48,319	50,279
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**Total funds carried forward**

S24	20,175	- 16,600	48,319	51,893	48,319
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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

**Section A****Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
CARAWAY

**On accounts for the year  
ended**

31/03/2025

**Set out on pages**

1-34

**Responsibilities and basis of  
report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31.3.25**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

## Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

**Signed:** A Rush

<b>Name:</b>	Amanda Rush
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**Relevant professional qualification(s) or body (if any):**

ICEAW- MEMBERSHIP NUMBER 8124863

**Address:** THREE OAKS, KEW LANE, BURSLEDON, SO31 8DD

## Section B

## Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

None





**Charity Number 1177743**

**[www.caraway.uk.com](http://www.caraway.uk.com)**

**07535 164014**



