



Town Break
Dementia Support Services

IMPACT REVIEW 2023



“Town Break was the lifeline I didn't realise I needed.”



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Our mission is to inspire and enable people across Forth Valley to live well with dementia.

Patron: Events Host and Radio Presenter, Gina McKie [@ginaontheradio](#)

Registered Scottish Charity No. SC020526
(A Scottish Charitable Incorporated Organisation)
Registered Office: 1 Springkerse Road, Stirling, FK7 7SN.

Our Charitable Mission, Purpose, Vision, and Values

Town Break's mission, purpose, vision, and values underpin everything that we do. They define us and set the tone for the way we work.

Our Mission:

To inspire and enable people across Forth Valley to live well with dementia.

Our Purpose:

To provide a highly personal and holistic approach that places the physical, emotional, and spiritual well-being of people living with dementia and their unpaid carers at our heart. This means that we can achieve something special.

Our Vision:

- To draw on the knowledge, energy, and experiences of people living with dementia and their unpaid carers ensuring our service commitment and compassion continues to reflect and meet their individual needs.
- To be creative, vibrant, and resourceful in our thinking.
- To seamlessly collaborate with healthcare professionals and other partners to ensure an efficient and timely referral process.
- To be proactive and responsive to an ever-changing dementia landscape.

Our Values:

Our values are our heart**BEAT**. They are at the center of who we are and run throughout everything we do. They inspire our thinking, guide our actions, and ensure we deliver the best for people living with dementia and their unpaid carers. We are:

- **B**.old - we listen, challenge stigma, learn, and find better ways to make a difference.
- **E**.xpert – we continuously develop our knowledge and skills.
- **A**.mbitious - we strive to be the very best in our field and positively influence those around us.
- **T**.ogether – we embrace diversity, work collaboratively and provide people with the care, consideration, and respect they deserve.

These foundational principles steer our course and reinforce our commitment to inspire and enable people across Forth Valley to live well with dementia.

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A Note From Town Break

We are excited to introduce Town Break's first-ever Impact Review, a testament to our collective efforts, dedication, and commitment to our mission: To inspire and enable people across Forth Valley to live well with dementia.

2023 was a remarkable 31st year, filled with both challenges and triumphs. This Impact Review serves as a comprehensive account of our achievements and highlights the transformative power of our work. As we embark on this Impact Review, we have three key objectives in mind:

- 1. Transparency and Accountability:** We believe transparency is a cornerstone of trust. This report is our way of opening our books, figuratively and literally. It provides an honest and detailed account of our accomplishments, that make our mission possible. We aim to assure our stakeholders and supporters that their trust in us is well-placed.
- 2. Celebration and Reflection:** It's essential to celebrate our victories, no matter how big or small, and to reflect on the lessons learned from our experiences. In these pages, you'll find stories of individuals whose lives have been positively impacted by Town Break's services. Through these stories, we honor the resilience and determination of the people who use Town Break's services and the dedication of our staff and volunteer team.
- 3. Roadmap for the Future:** This Impact Review also outlines our plans for the future. We are committed to continuous improvement and growth. By sharing our goals and strategies, we invite you to join us on our journey and provide valuable insights and support as we strive to create a brighter and more inclusive future for all.

We hope that this Impact Review not only informs but inspires. Whether you've been a part of our journey for years or are just discovering Town Break, we invite you to engage with our work, ask questions, and offer your perspectives. Together, we can amplify Town Break's impact and drive positive change.

Thank you for your continued support and dedication to Town Break's mission. We look forward to both the opportunities and challenges the future holds, knowing that we are stronger together.

Best wishes,

Daniel Keane



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Who We Are

About Town Break

At Town Break, our commitment is unwavering – to inspire and enable people across Forth Valley to live well with dementia. We take a highly personalised and holistic approach, centring the physical, emotional, and spiritual well-being of people affected by dementia and their unpaid carers at the core of our services. Creativity, vibrancy, and resourcefulness define our thinking, as we seamlessly collaborate with healthcare professionals and partners to ensure an efficient and timely referral process. Proactivity and responsiveness are our strengths, allowing us to adapt to the ever-changing dementia landscape. Our values drive our actions, guiding us to deliver the best possible social support, consideration, and respect to those who access our services.

Our History

Three decades ago, a visionary identified an urgent need for local support for people affected by dementia and their unpaid carers.

Their concept was simple yet profoundly impactful – the creation of a safe place where individuals affected by dementia could gather, share a cuppa, and engage in heartfelt conversations. This initiative also provided crucial respite to unpaid carers, allowing them the opportunity to connect with friends, run errands, or simply take a break for a few hours. On the 16th of September 1992, Town Break started, hosting its inaugural social support group in Stirling.

Throughout our history, Town Break has made a lasting impact on countless lives, crafting cherished memories, delivering tailored support services, and nurturing meaningful connections. We stand as a dependable guiding hand, supporting people every step of the way, and enabling them to cherish every moment with their loved ones.

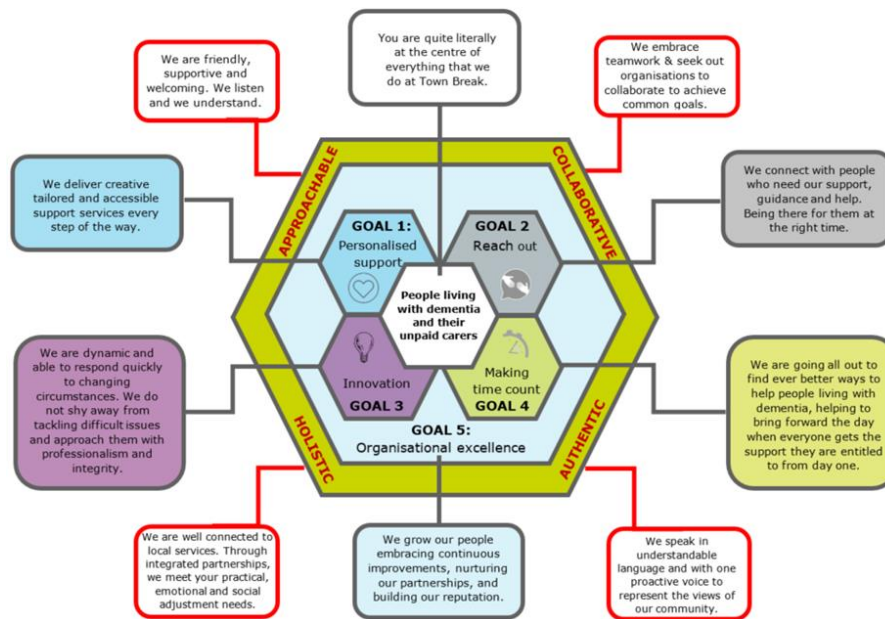
Our purpose, vision, and values underpin everything that we do at Town Break. They define us and set the tone for the way we work.

To learn more about Town Break and gain additional insights into our identity, please visit our website: <http://www.townbreak.org/about>

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Objective 1 – Personalised Support: Our commitment to personalised support is evident in the tailored and consistent social assistance we provide to individuals affected by dementia in Forth Valley. The testimonials from our community members reflect the impactful nature of this goal, demonstrating how our support has positively influenced their lives.

Objective 2 – Reach Out: In line with our second goal, we strive to expand our reach to a broader audience. The diverse stories shared by people in various Town Break services showcase the success of our efforts in reaching and connecting with more people, ensuring that our services extend to those who need them most.

Objective 3 - Innovation: Our dedication to innovation is mirrored in the collaborative approach we adopt. The provided comments emphasise the uniqueness and effectiveness of our services, avoiding duplication and introducing additional programs. The focus is on enhancing the quality of life and ensuring timely support.

Objective 4 - Making Time Count: Embedded in the heart of Town Break is the principle of making time count. The narratives shared by people who access our services illustrate how every action and initiative revolves around placing individuals affected by dementia and their unpaid carers at the forefront. Their experiences highlight the meaningful impact of this goal.

Objective 5 - Organisational Excellence: Our commitment to excellence is evident throughout our initiatives. The community's testimonials reinforce our dedication to being the best in everything we do, showcasing the positive outcomes achieved through our pursuit of excellence.

For a comprehensive overview of our strategic plan, visit www.townbreak.org/ourstrategy.

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Our Purpose in Action

2023 was a remarkable journey, filled with both challenges and triumphs. This Impact Review highlights the transformative power of Town Break's mission and provides insights into our work in action.

Impactful Initiatives: Our impactful initiatives are exemplified by the transformative story of an individual diagnosed with dementia. An individual initially hesitant, found confidence and joy through engaging activities. From a reserved individual, they became a vibrant participant, leading sing-alongs and connecting with others. The positive change highlighted how Town Break's initiatives go beyond activities, creating a supportive community that fosters personal growth and restores a sense of self for those affected by dementia.

Real-Life Transformations: An individual initially hesitant due to the diagnosis of dementia found renewed joy and connection at Town Break. Despite initial reservations, they engaged in various activities, forming bonds with others. Witnessing their increased confidence and happiness, their family noted the transformative impact of Town Break's support on their life.

Community Collaboration: Our purpose extends beyond Town Break, and we are proud to have collaborated with various community partners. This section sheds light on our collaborations and the collective impact we've achieved together.

Innovation and Adaptation: Facing the challenges of the pandemic, Town Break quickly adapted, introducing virtual Zoom sessions to maintain support for individuals with dementia. This innovative approach showcased their commitment to evolving with the community's needs, providing a lifeline during difficult times.

Sustainable Change: Our commitment to sustainability is not only about preserving the environment but also about sustaining the positive change we bring to people's lives.

As a leading dementia support charity, Town Break works closely alongside various healthcare professionals and social care organisations, fostering a comprehensive and holistic approach to supporting individuals affected by dementia.

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How we Measure our Impact

In our pursuit of a deeper understanding of our impact, this document signifies our departure from relying solely on service statistics. Our aim is to unearth the profound ways in which our services affect the lives of people.

Within these pages, you will find a wealth of quantitative data, detailing the support we've extended to people who access our services and unpaid carers over the past year.

Furthermore, we've employed a multi-layered approach to gather qualitative insights. Through surveys, interviews, and compelling case studies, we've harnessed the power of stories to capture the essence of our impact. To analyse this qualitative data, we've employed a systematic approach, drawing inspiration from Braun and Clarke's (2006) thematic analysis method.

We believe that this approach equips us with a more robust and objective lens through which to inspect our impact. These findings serve as a compass, guiding us as we navigate the development of our services in the future.

Our commitment to understanding and improving our impact remains firm, as we strive to create a more meaningful and lasting difference.

Benchmarked Against

The assessment of this Impact Review is based on Town Break's inaugural Impact Survey, making direct year-to-year comparisons impractical. Among local charities of similar scale, none identified have undertaken an impact survey.

To gain insights, we have analysed reports from three diverse charities, spanning different sizes: an international charity (Shift MS), a national charity (Alzheimer's Society), and a charity focused on a specific council area (Dementia Oxfordshire).

References:

- International: <https://shift.ms/impact/2023>
- National: https://www.alzheimers.org.uk/sites/default/files/2021-10/alzheimers_society_annual_report_2021.pdf
- One Council Area: https://www.dementiaoxfordshire.org.uk/wp-content/uploads/2023/05/Impact-Report-2022-Updated_compressed.pdf

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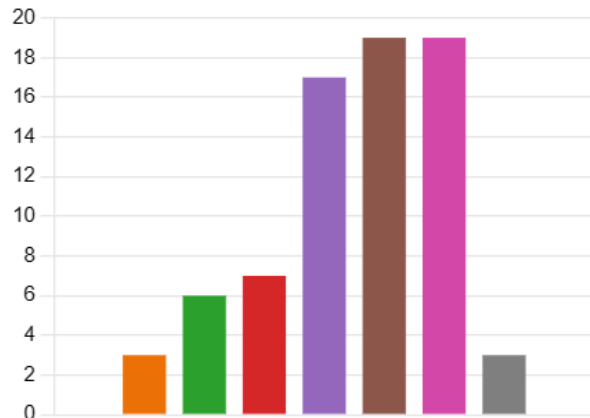
Impact Review 2023

Demographic

Town Break, in alignment with our mission to inspire and enable people across Forth Valley to live well with dementia, proudly presents the results of our first ever Impact Review. This document underscores our commitment to transparency, accountability, and ongoing improvement, reflecting our dedication to understanding and addressing the needs of communities across Forth Valley. From the valuable insights shared by 74 individuals, this report serves as a testament to the real experiences and perspectives of those who access Town Break's services. As we embark on this journey, we are driven by a collective vision to enhance the quality of life for individuals affected by dementia, unpaid carers, volunteers, our funders and partner organisations, setting out a more comprehensive understanding of our impact.

Age of respondents:

18-24	0
25-34	3
35-44	6
45-54	7
55-64	17
65-74	19
75-84	19
85+	3
Other	0



Local Authority Area:

Clackmannanshire Council	10
Falkirk Council	16
Stirling Council	46
Other	1



Association with Town Break:

A person who uses our services	10
Volunteer	19
Family member/ Friend uses To...	43
Other	6



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A Story of Transformation

4	anonymous	Town Break kept me sane when my husband had dementia and I made friends in the same situation. It is a place when you don't need to apologise!
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A shared story highlights Town Break's transformative impact comes from an anonymous users who faced challenges.

In their words, "Town Break kept me sane when my husband had dementia, and I made friends in the same situation. It is a place where you don't need to apologise!" This powerful statement reflects the emotional strain and isolation often experienced by unpaid carers.

The person emphasises the role of Town Break in providing a supportive community, breaking down the barriers of stigma, and creating a space where individuals in similar circumstances can connect. The phrase "a place where you don't need to apologise" speaks volumes about the acceptance and understanding nurtured by Town Break.

As the person found solace and companionship, the transformative journey extended beyond the direct services and indirect respite. The community aspect, coupled with Town Break's commitment to treating people as individuals. Town Break became more than a service - it became a lifeline, contributing to the user's well-being and mental resilience during a challenging period.

This story underscores Town Break's ability to offer not only practical support but also a profound emotional and social impact on the lives of those affected by dementia. It exemplifies how Town Break, through its programmes and supportive environment, plays a pivotal role in transforming the lives of people affected by dementia, turning what could be a period of despair into a community-driven journey of triumph and resilience.



Stories of Change

At Town Break, we understand that the heart of our mission lies in the real stories of change that emerge from our work. These narratives reflect the tangible impact we have on the lives of individuals affected by dementia and communities. In this section, we present a collection of these compelling stories that exemplify the transformations brought about by our initiatives.

- **Story of Social Rejuvenation:** An individual who, initially hesitant to attend Town Break's services, found comfort and joy in the supportive community. Over time, the person not only became an active participant but also began joining in sing-alongs and contributing positively to the group dynamics. This transformation not only rejuvenated the individual's social life but also showcased the empowering and inclusive nature of Town Break's services. It reflects our impact in reigniting social connections and fostering a vibrant and supportive community for those affected by dementia.
- **Building Confidence and Joy:** An individual, initially reserved and hesitant, discovered a newfound confidence and joy through the weekly sessions. Initially unsure about participating, they were gently encouraged by staff and volunteers. As they started engaging in activities a transformation unfolded. The supportive environment allowed them to break out of their shell, and soon they became a regular, showcasing a beaming smile. This experience not only brought personal joy but also inspired others to join, creating a ripple effect of confidence and happiness within the community.
- **Stimulating Memories:** An individual attending Town Break who, despite facing memory challenges, discovered a treasure of cherished recollections during weekly engaging sessions. Whether it was through music, quizzes, or interactive activities, this person found avenues to stimulate and reconnect with their memories. The joy and satisfaction expressed during these moments showcased the power of Town Break in providing a stimulating environment that goes beyond the challenges of dementia, creating opportunities for individuals to reminisce and cherish their past experiences.

As you read through these stories, we hope you found them not only inspiring but also a testament to the impact we collectively make. These narratives are a driving force, motivating us to continue our mission to create a brighter and more inclusive future for all.

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Real Lives Real Impact

In our commitment to uncovering the true extent of our impact, we turn to the real voices and experiences of those who access our services. Through our comprehensive Impact Review (conducted using Microsoft Forms), we have collected valuable insights and stories that shed light on the tangible transformations brought about by Town Break.

These stories are not just statistics; they are personal accounts of individuals whose lives have been positively affected by our services. In this section, we share a selection of these impactful narratives, providing a genuine look into the profound changes we help create.

- “Never have to persuade my husband to go to Town Break each week. This is unheard of as he has never been a ‘group’ person.” – Unpaid Carer.
- A person shared how the 'Coronation Lunch' organised by Town Break became a cherished memory. The event not only provided a joyful day but also stimulated memories of celebrations from the past. It showcased the impactful of Town Break in creating meaningful and enjoyable experiences for individuals affected by dementia
- “The services provided are priceless. The utter joy support you feel from Town Break is wonderful. The sense of togetherness in the services due to the bond you forge with others. Everyone is included made to feel part of something.” – Unpaid Carer.
- The Impact extends beyond organised events as a daughter expressed gratitude for the 'Transport to Glasgow Transport Museum.' The collaborative effort between staff, volunteers, and the community allowed her dad to enjoy a day out, creating meaningful memories. This story exemplifies how community collaboration can contribute to the well-being and enjoyment of individuals with dementia.
- “I cannot thank Town Break enough for all the care, laughter and social interactions they have provided for my Dad. It makes me feel less anxious about his well-being.” – Unpaid Carer.

These stories are not just anecdotes; they are a reflection of our purpose in action. They highlight the human impact, resilience, and determination that lie at the core of our mission. We believe that sharing these stories is an essential part of understanding our impact and using it to guide our future work.

As you delve into real-life accounts, we hope you'll be as inspired as we are by the profound change we collectively make possible. These stories are a testament to the positive difference we can create when our community comes together.

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Voices From Our Community

Our work at Town Break is not only about the impact we create but also about the voices and perspectives of the people who access our services. In this section, we provide a platform for the voices from our community to be heard, sharing their experiences, thoughts, and insights.

"I look forward to this. The friendship meetings with music." – PLwD Anonymous

"The support during COVID helped me maintain my mental health, and my husband looked forward to parcels, doorstep visits, etc." – Unpaid Carer Anonymous

"It made a whole day of it! Mum loves singing and connection with others." – Unpaid Carer Anonymous

"My husband always enjoys the exercises and sing-alongs." – Unpaid Carer Anonymous

"I appreciate the respite. My husband thoroughly enjoys the clubs, and I appreciate the respite." – Unpaid Carer Anonymous

"It enabled me to do as much as I could for him." – Unpaid Carer Anonymous

"Town Break has helped to show us that we still matter and have something to offer others." – Unpaid Carer Anonymous

"Just enjoy it 'in the moment.' They all enjoy Olympics, others are not keen on sticky, painting, etc. They are all different." – Volunteer Anonymous

"The people who come to these groups love it and always leave with a smile." – Partner Organisation Anonymous

"It just helps me get out on those days, tackling feelings of isolation. It is motivation to get out." – PLwD Anonymous

These quotes represent the diverse voices and experiences within the Town Break community, highlighting the positive impact, appreciation, and sense of belonging felt by individuals and their caregivers.

Impact Review 2023

Impact Review 2023 - Analysis and Insight

In our Impact Review 2023, a total of 74 individuals, comprising people affected by dementia, unpaid carers, volunteers, and partners, shared their insights and experiences. While this represents a valuable cross-section of our community, it's noteworthy that the impact of our services extends far beyond these responses. In 2023 alone, we received over **320** referrals for Town Break's support, indicative of the growing recognition and need for our support. Week after week, more than **150** people actively engage with one or more of Town Break's services, underscoring the widespread accessibility and relevance of our offerings.

● Yes
 ● No
 ● Maybe
 ● Other

Question 1: Loneliness and Isolation



82% of people answered **"Yes"** to Question 1: "Have you, or someone you know who is affected by dementia, experienced feelings of loneliness or isolation due to the diagnosis?"

"I know that a lot of clients are forwarded to other forms of help if they need it. I think this is very valuable to PLwD/ carers/clients".

Question 2: Managing Mental Health



83% of people answered **"Yes"** for Question 2: "Do you, or someone you know who is affected by dementia, feel less confident or capable of managing their mental health since receiving the diagnosis?"

"I feel that coming to these groups helps build clients confidence and helps with their mental health. They always go away with smiles".

Question 3: How heard about Town Break

Respondents shared various channels through which they first learned about Town Break. Word of mouth proved to be a significant factor, with **(27)** individuals discovering the organisation through personal recommendations. Other common sources included Stirling Council **(8)**, Social Work **(6)**, and Community Psychiatric Nurse (CPN) **(9)**. Additionally, some respondents mentioned sources like Advertisement **(11)**, Falkirk Council **(3)**, and General Practitioner (GP) **(3)**. This diverse range of discovery pathways highlights the organization's widespread recognition within the community.

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Question 4: Services Accessed

People who accessed our services engaged in a variety of offerings provided by Town Break. People can access more than one service. Noteworthy numbers include **(32)** individuals participating in the Lunch Group+, **(51)** in the Social Group+, and **(14)** in Musical BEAT. Additionally, **(5)** individuals benefited from Cognitive Stimulation Therapy, **(6)** from Peer Support+, and **(9)** from Time Out+. Some respondents also benefited from special services or chose not to share the accessed service. This showcases the diverse range of support options catered to individual preferences and needs.

Question 5: Supported by Town Break



91% of people answered **"Yes"** to Question 5: "Do you, or someone you know who is affected by dementia, feel supported by Town Break?"

"The Town break staff are always welcoming, they take time to talk to me and to make sure I am Ok they always ask me about what I have been doing."

Question 6: Expectations

When asked about their expectations, participants highlighted various aspects they anticipated from Town Break's services. The majority, **(46)** individuals, expressed a desire to connect with others, emphasising the importance of social connection. Additionally, **(36)** participants anticipated social support, **(27)** expected enjoyment, and **(22)** sought respite through the provided services. Fun and laughter were expected by **(19)** individuals, while **(12)** respondents indicated having no specific expectations. This diverse range of anticipated outcomes illustrates the multi-layered impact of Town Break's initiatives on the community's well-being. Please note this questions reflects higher numbers than the total survey participants, as respondents could select multiple answers.

Question 7: Most Valuable Aspects

Participants identified the most valuable aspects of Town Break's services, with **(67)** individuals emphasising the significance of connecting with others. Enjoyment, along with fun and laughter, were highlighted by **(61)** respondents, showcasing the positive impact of these elements on the community. Social support was deemed valuable by **(58)** participants, while **(39)** individuals recognised the importance of respite. Only **(4)** respondents had no specific expectations, and **(5)** participants mentioned other aspects they found particularly valuable. These responses underscore the diverse and impactful nature of the experiences provided by Town Break. Please note this questions reflects higher numbers than the total survey participants, as respondents could select multiple answers.

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Question 8: Connected to Support



82% of people answered **"Yes"** to Question 8: "Have you, or someone you know who is affected by dementia, felt more connected to a support network through Town Break's services?"

"It showed us that we still matter and have something to offer. For my husband, it eased his feeling of isolation, and he responded to the interaction with others and became his old self for a time."

Question 9: Recommend to others



91% of people answered **"Definitely"** to Question 9: "Would you recommend Town Break's services to others?"

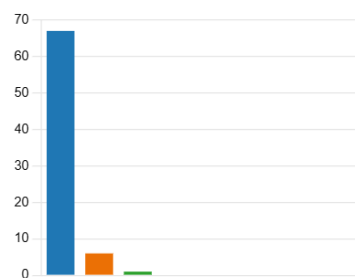
"Town break has given us social interaction, empathy, care, cheerfulness and we would be lost without it. Can't speak too highly. Staff and volunteers are special, they have a deep understanding of the needs of those with dementia, everything managed with care and empathy."

Question 10: Why would you recommend Town Break?



"I would recommend Town Break to others because the staff are great and so are the volunteers. I would like more music in the groups. It became our normality, and with tea and biscuits."

Question 11: Are you satisfied?



"I've seen the enjoyment on the faces of people who use the services, and the interaction both with each other and the staff and volunteers. Excellent service!"

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Question 12: Well being Improvement



84% of people answered **"Yes"** to Question 12: "Did you, or someone you know who is affected by dementia, experience an improvement in overall well-being as a result of Town Break's services?"

"I have saw a lot of people who have come to Town Break thrive in a group setting and look forward to coming to groups."

Question 13: Addressed Your Needs

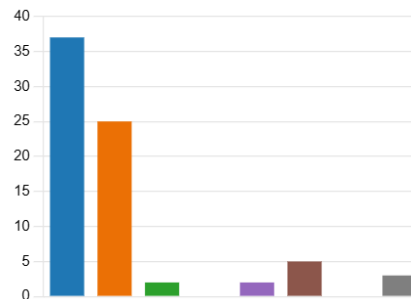


88% of people answered **"Yes"** to Question 13: "Have Town Break's services effectively addressed your needs or the needs of someone you know who is affected by dementia?"

"I volunteer with people who have dementia in a group setting. I feel that these groups help people who may experience loneliness due to the diagnosis."

Question 14: Impact on feelings of Loneliness and Isolation

Significantly reduced feelings of...	37
Somewhat reduced feelings of I...	25
No change in feelings of lonelin...	2
Increased feelings of loneliness	0
No impact	2
N/A, as we did not experience f...	5
Negative impact	0
Other	3



"Town Break has been a lifeline for us, pulling us out of isolation. When my husband had Zoom calls, it brought us out of isolation, and then we joined meetings as they opened up. We had a social life opening up again, and it was very much appreciated. It enabled me to do as much as I could for him."

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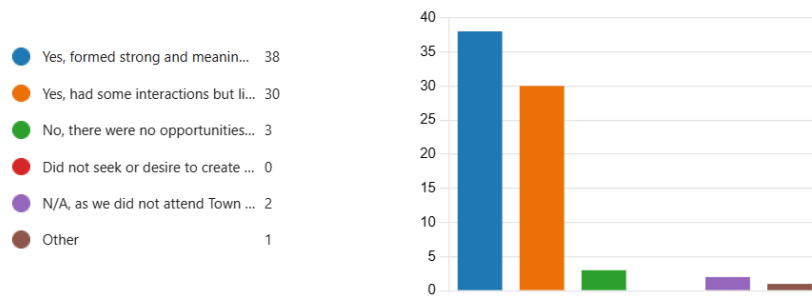
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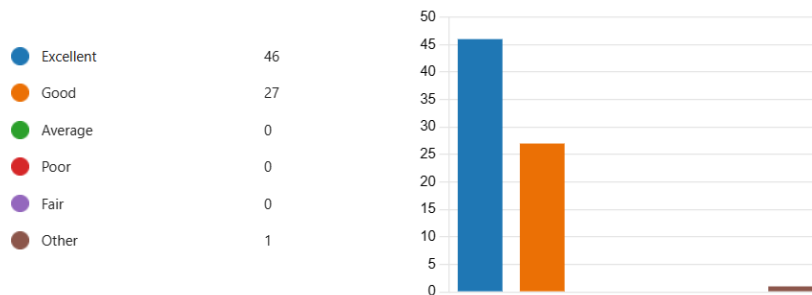
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Question 15: Meaningful Connections

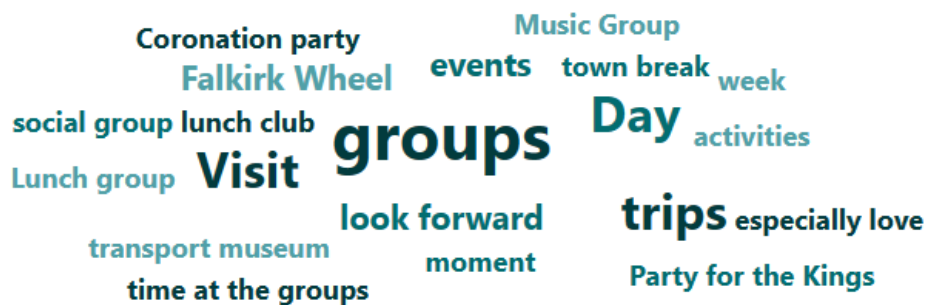


"I enjoy the interaction with both others; we laugh a lot. The service I so magical and I habve made lots of meaningful connections."

Question 16: Communication from Town Break



Question 17: Most Memorable Activity



"As a volunteer, I remember a man who, in his younger days, was a pillar of his local community, organizing social events for the people in the area where he lived. When he came to Town Break, it was challenging initially to get him to attend. Living with dementia had taken a toll on his confidence. Slowly but surely, his confidence grew each week, and he started leading sing-alongs, becoming the confident character he once was. His family loved seeing him interact with others, and Town Break provided him with the opportunity to regain his confidence and improve his quality of life. Without Town Break, he wouldn't have had this chance."

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Patron: Events Host and Radio Presenter, Gina McKie @ginaontheradio

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Question 18: Events/ Activities Enjoyed Most



"As a participant, my mother enjoys all the activities provided by Town Break. From quizzes and games to singing and dancing, every moment is cherished. The variety of engaging activities, including small group games and weekly quizzes, not only stimulate her mind but also create opportunities for social interaction. It's heartening to witness the smiles on everyone's faces during these activities, making each event a source of joy and connection for my mother and others in the group."

Question 19: Events/ Activities Enjoyed Least



"While my father thoroughly enjoys the various clubs and events organized by Town Break, there are certain activities, like quizzes, that he isn't particularly fond of. However, the beauty of Town Break lies in its flexibility, acknowledging that different individuals have varying preferences. The willingness to cater to diverse interests ensures that everyone can find enjoyment in some aspect of the services, creating a supportive and inclusive environment for all participants."

Question 20: Did You Achieve a Goal

"For my husband it eased his feeling of isolation and he responded to the interaction with others and became his old self for time, telling stories and singing!"

"When my husband had Zoom calls and later to me separately it brought us out of isolation and then we joined meetings as they opened up. We had a social life opening up again and it was very much appreciated. It enabled me to do as much as I could for him."

Impact Review 2023

"It gives me a chance to go home and batch cook some meals for my own family and get housework done. It's the only time during the week that I have without Mum and/or my children around to look after."

"Yes attendance at services has given a new lease of life and got my brother walking and out the house."

"We see Town Break's events as not to be missed if at all possible. Attending regularly maintains social interaction and is motivation to keep trying."

"Partner can go alone and meet up with friends meaning I can work knowing he sees other people on these days."

Question 21: Additional Comments

"All the volunteers are so kind and helpful and have brought meaning again to my life."

"Town Break is an excellent operation and since COVID has expanded the services on offer and catered for a wide group, of people at different stages of the illness."

"Provides me days I can work without having to pop home."

"I like putting my personal problems to one side and enjoying company with no pressure."

"We would definitely miss town break if wasn't there."

"Thank you for all of the kind and thoughtful input. This is a great service which has something to offer for everyone affected by dementia providing a range of activities suitable for different abilities."

"Thank you for all that you do, it's a great invaluable service you provide."

"You have shown so much love and support to my parents, mum is happy and settled after her time at the group."

"Keep doing what you are doing. Your support is the best dementia support I have heard about talking with friends and family."

"Thanks for the support - Mum feels content after her Monday lunch group and I get the week off to a good start buy getting jobs done around the house. I don't know where I would find the time otherwise."

"Just hope you continue to be there for us and the countless others who will need your support in the future."

"The support we receive through Town Break is first class."

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"An excellent organisation who enrich the lives of those living with dementia, through meaningful activities."

"Never have to persuade my husband to go to Town Break each week. This is unheard of as he has never been a "group" person."

"Love how they look out for all people in their communities."

"Can't speak too highly of Town Break's activities, staff and volunteers put their all into it."

"Town Break is a great service for people with dementia and their loved one/ carers to access. They support people to live well with dementia and support their loved ones/ carers through their journey too, signposting them to other organisations that may be of benefit."

"My husband thoroughly enjoys the clubs and I appreciate the respite."

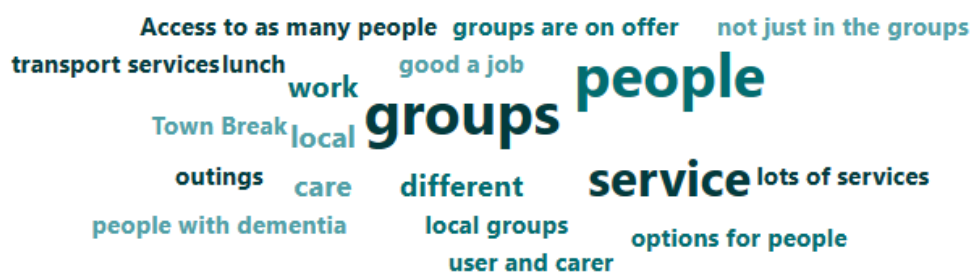
"Services provided is priceless. The utter joy support you feel from town break is wonderful. The sense of togetherness in the groups due to the bond you forge with others. Everyone is included made to feel part of something."

"Thanks for all the staff and volunteers that run the services. Much needed and appreciated."

"I cannot thank Town Break enough for all the care, laughter and social interactions they have provided for my Dad. It makes me feel less anxious about his well-being."

"Mum just loves attending. She calls it her time."

Questions 22: Suggests for Support



"Town Break's commitment to personalisation is commendable. While my mother appreciates the range of activities offered, she expressed a suggestion for more music and singing in the groups."

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Building a Brighter Future: Reflections and Enhancements

The inaugural Impact Review not only celebrates Town Break's current achievements but also serves as a strategic roadmap for future initiatives. The commitment to continuous improvement in our mission to reach a broader audience within the community, is a vision shaped by insights derived from the present survey. With over 320 referrals received in 2023 and more than **150** people accessing Town Break's services weekly, the survey responses from 74 individuals represent a significant cross-section of the community.

As Town Break moves forward, the integration of additional voices, particularly from individuals living with dementia, becomes a focal point. Future impact surveys aim to gather more comprehensive feedback, ensuring that the services provided align more closely with the diverse needs of the community. The commitment to extending support to rural communities also reflects Town Break's dedication to inclusivity, recognising and addressing unique challenges faced by this demographic.

Moreover, the acknowledgment of the desire for more musical elements in activities exemplifies Town Break's responsiveness to the evolving preferences of its participants.

Connecting Town Break's Impact Review with the Scottish National Dementia Strategy

In the mission of enhancing the lives of individuals affected by dementia, the Scottish National Dementia Strategy stands as a comprehensive and forward-looking framework. Integral to its success is the collaborative effort with organisations like Town Break, whose mission closely aligns. This Impact Review provides valuable insights into the practical implications and effectiveness of dementia-related initiatives. This intersection between Town Break's assessment and the national strategy offers a joint understanding of the challenges faced. By exploring the link between Town Break's impact review and the Scottish National Dementia Strategy, we reveal crucial insights for advancing the collective mission towards a dementia-friendly Scotland.

Challenges

Loneliness and Isolation: The Impact Review highlights that a significant percentage of respondents (**82%**) have experienced feelings of loneliness or isolation due to the diagnosis of dementia. This aligns with the broader challenge of social isolation faced by individuals with dementia and their carers nationally.

Mental Health Management: A considerable percentage (**83%**) reported feeling less confident or capable of managing their mental health post-diagnosis. This reflects the mental health challenges associated with dementia nationally and emphasises the need for support in this area.

Vision

Enhancing Quality of Life: The Impact Review reflects Town Break's vision of enhancing the quality of life for individuals affected by dementia. This aligns with the broader vision of the Scottish government to improve the lives of people with dementia.

Principles

Personalisation: Town Break's commitment to personalised support aligns with the person-centered care principles advocated by the Scottish government's dementia strategy.

Transparency and Accountability

The commitment to transparency in the Impact Review aligns with the principles of openness and accountability outlined in the government strategy.

Building Blocks

The dedication to innovation, as mentioned in the Impact Review, is a crucial building block. It aligns with the Scottish government's emphasis on innovative approaches to dementia care.

Community Collaboration

The collaboration with various community partners, as highlighted, reflects a community-based approach, aligning with the collaborative building block of the strategy.

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More Connected Experience

Town Break's collaboration with community partners enhances the connected experience for individuals with dementia and aligns with the strategy's emphasis on community engagement.

Enabling Delivery

Town Break's commitment to continuous improvement aligns with the strategy's focus on ongoing development in dementia care services.

Transparency and Accountability

The Impact Review's commitment to transparency contributes to enabling effective service delivery by building trust with stakeholders.

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Closing Reflections and Invitation: Navigating Impact Together

As we conclude our inaugural Impact Review, Town Break renews its commitment to the mission: To inspire and enable people across Forth Valley to live well with dementia. Our Impact Review 2023 has provided us with invaluable insights from 75 individuals, forming the cornerstone of our commitment to transparency and improvement.

Looking ahead to 2024, Town Break is dedicated to expanding our impact. We aspire to reach more individuals within our community, ensuring that their unique experiences shape our understanding and guide our initiatives. Embracing innovation, we will diversify our services to meet the ever-evolving needs of the local community, demonstrating our pledge to continuous enhancement.

This Impact Review was conducted with the utmost respect for data privacy under GDPR guidelines. For those who wish to delve deeper into the results or share their perspectives, appointments for discussions can be arranged directly with Town Break.

As we look ahead, this report serves as a foundation for growth, collaboration, and the pursuit of a community where everyone can live well with dementia.



To inspire and enable people across Forth Valley to live well with dementia

Call 01786 641 541 or email admin@townbreak.org
Open Monday – Friday 9 am until 5 pm

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