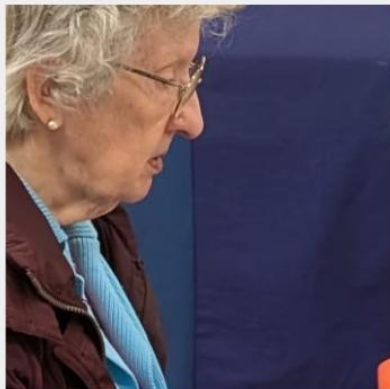
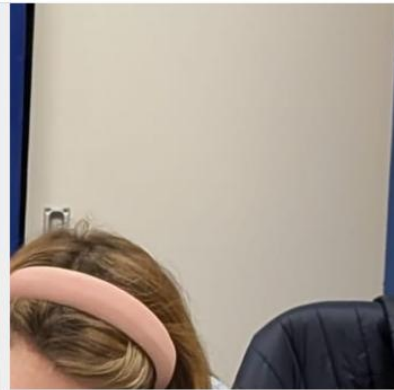
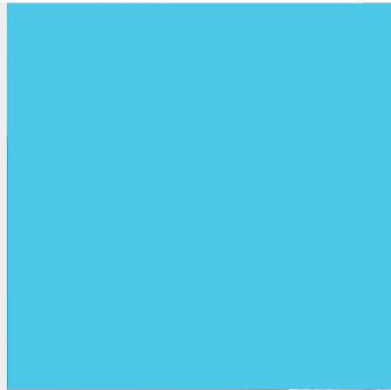




Town Break
Dementia Support Services

Impact Report 2025

Person-led dementia support across Forth Valley. Built on connection and community.



Explore More





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Executive Summary

Across Forth Valley, more people are living with the social, emotional and practical impact of dementia, often alongside unpaid carers carrying significant responsibility with limited support. This report draws together the experiences of people living with dementia, unpaid carers, volunteers and professionals who engaged with Town Break Dementia Support Services during 2025. It combines survey evidence, service data and lived experience to show both the scale of need and the difference that consistent, community-based support can make.

Drawing on survey responses, written feedback, service data and wider organisational evidence, it provides a clear picture of both the difference Town Break makes and the context in which that support is delivered.

The findings tell a clear story.

For many people, dementia is not experienced first and foremost as a medical condition. It is experienced through changes in everyday life. Confidence reduces. Social situations become more difficult. Familiar routines begin to shift. Over time, this can lead to isolation, reduced wellbeing and a growing sense of disconnection from ordinary life.

The responses gathered for this report reflect that clearly. Individuals and families described spending less time out of the house, feeling uncertain in group situations and finding that opportunities for social connection had narrowed since diagnosis. Unpaid carers described a different, but linked, experience: one of constant responsibility, limited time for themselves and the emotional strain of always needing to think ahead.

At the same time, the evidence in this report shows that consistent, community-based support can make a meaningful difference.

People told us that Town Break helps them feel less isolated, more confident and more like themselves. They described the value of familiar faces, weekly routines and environments where they feel welcome and understood. Carers spoke about the reassurance of knowing that their loved one was safe, settled and enjoying themselves, and about the relief of having time to rest, attend appointments or simply manage the practical demands of daily life.

These changes are rarely immediate. They happen gradually, through trust, repetition and relationships built over time.

Key Figures from 2025

- 402 new referrals, representing a 1% increase in demand.
- Over 70 detailed survey responses informed this report.
- 80% of respondents described increased loneliness or isolation following diagnosis.
- 75% described reduced confidence or wellbeing.
- 75% said Town Break had helped reduce isolation.

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- 70% reported improved mood, stimulation or overall wellbeing through participation.

The report also highlights continuing pressures. Respondents raised concerns about limited availability, difficulties accessing support in rural areas and the impact of financial pressure on families. Professionals described Town Break as an important part of the wider support landscape, while also recognising the growing gap between need and capacity.

Taken together, the findings present a clear and balanced picture. Town Break is delivering meaningful and measurable impact in people's lives, while operating within a context of rising demand and constrained resources. This report provides a strong basis for future development, partnership working and continued investment in community-based dementia support.

How this report was developed

This report draws on more than 70 survey responses from people living with dementia, unpaid carers, volunteers and professionals, alongside service data from 2025. Responses included both structured questions and open comments, allowing Town Break to understand not only what people experienced, but how that impact was felt in everyday life. Percentages are rounded to the nearest whole number and reflect the responses received to individual questions.

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Chief Executive Officer's Statement

Dementia affects people in deeply personal ways, but it also affects families, friendships and communities. It changes how people take part in everyday life, how they connect with others and how confident they feel in continuing to live the lives they want to live.

At Town Break, we see that every day.

We support people at many different points in their journey. Some are newly diagnosed and are trying to make sense of what lies ahead. Others have been living with dementia for some time and are dealing with changes in confidence, communication, mobility or wellbeing. Alongside them are unpaid carers, often family members and friends, whose own lives are shaped by the practical and emotional demands of providing support over time.

Within that context, community-based support matters enormously.

Throughout 2025, Town Break continued to provide spaces where people could reconnect: with others, with their communities and, in many cases, with parts of themselves that may have felt less certain or less visible since diagnosis. These are places where people can laugh, talk, join in or simply be present without pressure. They are also places that offer reassurance to carers, creating time, trust and a sense that they do not have to manage everything alone.

This report reflects the impact of that support. It shows what happens when people have somewhere safe and familiar to go, when relationships are built over time, and when support is shaped around real lives rather than fixed expectations.

It also reminds us that the need continues to grow. Demand for support is increasing, and so too are the challenges around access, capacity and long-term sustainability. Families are asking for more. Communities need more. And services like ours are working within an increasingly difficult funding environment.

Even so, the voices in this report are full of clarity and purpose. They show that this work matters, that it makes a difference, and that continued investment in community-based dementia support is essential.

I would like to thank everyone who contributed to this report, especially the people who shared their experiences so openly. Their voices continue to shape our work and strengthen our resolve as we look ahead.

Helen Duncan

Helen Duncan

Chief Executive Officer

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Operations Manager Statement

This report has been shaped by the people who know Town Break best: people living with dementia, unpaid carers, volunteers and professionals.

Their feedback gives us more than a list of outcomes. It gives us a clearer understanding of how support is experienced in practice, what matters most to the people who use our services, and where we still need to do more.

One of the strongest messages in this report is the importance of continuity.

People consistently described how confidence is rebuilt not through one-off interventions, but through regular contact, familiar places and relationships that develop over time. They spoke about how much it matters to know who will be there, what the atmosphere will be like, and that they can participate in a way that feels right for them.

That consistency is especially important in the context of dementia, where change can feel unsettling and confidence can be fragile. The responses show very clearly that trust, routine and familiarity create the conditions in which people are more able to take part, enjoy themselves and feel that they belong.

Carers also highlighted the value of reliable support. They described the importance of having time to themselves, but also the reassurance that comes from knowing their loved one is safe, understood and genuinely enjoying the experience.

At the same time, the report does not present an overly simple picture. People also told us where things remain difficult. They spoke about limited places, rural access, financial pressures and the challenge of responding to growing need within finite resources. These are important messages, and they must shape how we plan for the future.

This report therefore serves two purposes. It evidences impact, but it also helps us understand where further development is needed. It strengthens our ability to speak clearly with funders, partners and communities, and it ensures that lived experience remains at the heart of service planning.

We remain committed to delivering high-quality, person-led support and to continuing to listen carefully to the people who rely on our services.

Daniel Keane

Daniel Keane
Operations Manager

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About Town Break

Town Break Dementia Support Services is a Scottish Charitable Incorporated Organisation (SCIO), established in 1992 and regulated by the Office of the Scottish Charity Regulator (OSCR).

Over more than three decades, the organisation has developed from a small local initiative into a well-established provider of community-based dementia support across Forth Valley. Throughout that time, it has adapted to changing need, expanded its services and strengthened its partnerships, while maintaining a consistent focus on its core purpose:

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

Town Break's work is rooted in the belief that people living with dementia should remain connected to their communities, supported in ways that reflect their individuality and enabled to continue participating in meaningful aspects of everyday life.

This is achieved through a combination of group-based activities, one-to-one support and wider community engagement, all delivered within local settings that prioritise familiarity, accessibility and human connection.

Since its foundation, Town Break has:

- supported over 23,100 families
- worked alongside 1,230 volunteers
- secured over £3.2 million in grants and trust funding.

Today, Town Break is a trusted part of the dementia support landscape across Forth Valley, offering both continuity for families and an important community-based response to growing need.

For many individuals and families, Town Break is experienced as more than a service. It is often described as somewhere people feel recognised rather than defined by their diagnosis, and where relationships can continue to develop in a supportive environment.

As one unpaid carer put it:

“Town Break makes them feel cared for, welcome and socially connected.”

That long-standing trust is one of Town Break's greatest strengths, and it remains central to the impact described throughout this report.

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When Dementia Changes Everyday Life

Dementia is one of the most significant and growing challenges facing communities across Forth Valley. Although much of the public conversation around dementia focuses on diagnosis and clinical progression, the experiences shared in this report show that the social and emotional impact is just as important.

Across the responses analysed, a consistent picture emerges of everyday life becoming gradually more difficult. This change is rarely sudden. Instead, it unfolds over time, often beginning with a loss of confidence and leading to reduced participation in activities that once felt normal and familiar.

One respondent described this clearly when reflecting on a friend's experience:

"My friend Margaret was fed up stuck in the house... she didn't want to go at first."

Another highlighted the effect that reduced engagement was having on a loved one's overall wellbeing:

"He's happy at home but shutting down and losing muscle tone."

These reflections show how dementia can gradually shrink a person's world, not through one single event, but through the cumulative effect of uncertainty, reduced confidence and fewer opportunities to stay connected.

As confidence reduces, people often begin to do less. They go out less often, take part in fewer activities and, in many cases, become more isolated. Over time, this narrowing of daily life can affect not only emotional wellbeing, but also physical health, social confidence and sense of self.

Many respondents described feeling uncertain about how to navigate social situations after diagnosis. Everyday interactions that once felt easy can begin to feel unpredictable or exhausting. Several family members and carers referred to confidence having worsened over time, particularly where there were fewer opportunities for meaningful social contact.

At the same time, unpaid carers described a parallel experience of increasing responsibility. Their responses highlight that caring is not simply a practical role, but an ongoing emotional and mental commitment.

This is captured powerfully in the following comments:

"You don't realise how much it takes over until you have no time to yourself."

"It's not just the caring. It's the thinking, the planning, the constant awareness."

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These insights underline the interconnected nature of dementia's impact. It affects both the person living with dementia and those who support them, often changing the rhythm, pressure and emotional tone of everyday life for everyone involved.

Without appropriate support, these combined experiences can lead to:

- increased isolation
- reduced wellbeing
- greater pressure on families

The rise in referrals during 2025 reflects this growing need. The increase to 402 new referrals, a 1% rise, suggests not only increasing prevalence, but a growing awareness that people need support earlier and in more flexible ways.

The evidence presented in this report shows that community-based support has a critical role to play in responding to this. It creates opportunities for connection, engagement and respite that people may not otherwise have access to, and it helps prevent lives from becoming smaller over time.

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Support Built Around People, Not Processes

Town Break's approach has developed over more than thirty years of direct work with people living with dementia and their families. That experience has led to a clear understanding that effective support is shaped less by formal activity alone and more by the quality of the relationships, environments and routines that surround it.

For that reason, Town Break's model is intentionally relationship-based.

It begins with the recognition that dementia affects people in different ways and at different times. Needs change. Confidence changes. Preferences change. Support therefore needs to remain flexible enough to respond to those differences, rather than relying on a fixed or overly structured model.

A central part of this approach is creating environments that feel safe, familiar and non-judgemental. Respondents repeatedly described the importance of being able to attend without pressure, and of being able to participate in ways that felt comfortable to them personally.

One volunteer summed this up well:

"Some people love the crafts, others really don't - and that's fine. It's about finding what works for each person."

This flexibility matters because meaningful engagement does not always look the same. For one person, it may mean singing, talking and joining in fully. For another, it may mean sitting quietly in the room, listening, observing or taking part in a smaller way. The important point is that both forms of participation are respected.

Consistency is another defining feature of the model. Familiar faces, regular attendance and predictable routines all contribute to building trust over time. For people living with dementia, this familiarity can support both emotional wellbeing and confidence. For carers, it can provide a rare sense of reassurance and stability.

One family member described this particularly clearly:

"He never forgets it's group day. It's something he looks forward to every week."

Alongside group-based services, Town Break has continued to develop its Town Break at Home service, recognising that group-based provision is not suitable or accessible for everyone. One-to-one support allows the organisation to reach people who may have mobility issues, more advanced support needs or a preference for quieter interaction. In this way, support remains personal and inclusive, rather than dependent on one setting or format.

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Perhaps most importantly, the organisation's approach recognises that dementia affects relationships, not just individuals. Support is therefore designed with both the person living with dementia and the unpaid carer in mind. While one person is supported to connect, engage and enjoy themselves, another is often able to rest, catch up on practical tasks or take a necessary pause from caring.

That dual benefit is not incidental. It is built into the design of the service and is reflected consistently throughout the feedback gathered for this report.

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Growing Need Across Forth Valley

The findings within this report are based on a substantial body of responses collected from individuals across multiple stakeholder groups, including people living with dementia, unpaid carers, volunteers and professionals.

Survey participation

- Over 70 detailed survey responses were collected.
- Responses included:
 - family members and unpaid carers
 - volunteers
 - professionals from health, social care and carers services
 - people living with dementia.

This breadth of input provides a credible evidence base and gives the report a strong foundation in lived experience.

Service Reach, 2025

- 402 new referrals were received in the reporting year.
- Services were delivered across:
 - Stirling
 - Falkirk
 - Clackmannanshire
 - Weekly engagement took place across group services and one-to-one support.

The data reflects both breadth and depth of reach. Some respondents described relatively recent involvement with Town Break, while others had been engaging with services over a much longer period. This combination provides insight into both first impressions and longer-term impact.

This matters because it allows the organisation to understand not only whether support is accessible, but whether it remains valuable over time.

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What Support Looks Like in Practice

People affected by dementia do not all need the same kind of support, at the same time, or in the same setting. Town Break's service model reflects that reality.

Town Break delivers a wide range of services designed to support people living with dementia and their unpaid carers in ways that are both meaningful and accessible.

These services are not defined solely by structure or activity. Instead, they are shaped by the experience of those who attend.

Across Forth Valley, Town Break provides:

- social groups and friendship groups.
- lunch groups and peer support opportunities.
- community-based initiatives such as monthly Toastie Thursdays and carer support.
- one-to-one support through Town Break at Home.

Each of these services contributes to a wider ecosystem of support, offering different points of access depending on individual needs, preferences and circumstances.

Group-based services provide opportunities for shared experience. They create spaces where people can engage in conversation, take part in activities or simply spend time alongside others in a relaxed and supportive environment.

These environments are intentionally informal. They allow people to engage at their own pace, without pressure to participate in a particular way. This flexibility is essential in ensuring that services remain inclusive and responsive.

The introduction of initiatives such as Toastie Thursdays and carer support reflects Town Break's ongoing commitment to developing new ways of supporting connection within the community. These sessions provide a more informal, drop-in style of support, creating additional opportunities for engagement, particularly for those who may be hesitant about more structured group settings.

At the same time, the continued development of Town Break at Home reflects an understanding that not all individuals are able to access community-based provision. This service provides tailored, one-to-one support within people's own homes or local environments, ensuring that support remains accessible regardless of mobility, health or personal preference.

Across all services, a consistent theme emerges.

These are not simply activities. They are opportunities for:

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- connection
- routine
- shared experience
- continued participation in community life

This distinction is important. It reflects the difference between providing a service and creating an environment where people can continue to live well.

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Demand, Access and system Pressures.

A clear theme running throughout the report is the increasing demand for support.

Professionals described Town Break as:

"A lifeline to carers... providing much-needed support."

This external perspective aligns closely with what families and carers themselves told us. As need grows, so too does the pressure on services.

Respondents identified a number of structural challenges, including:

- limited availability of places
- waiting lists in some areas
- uneven access across different locations

One professional described the issue directly:

"We really need more services... many people cannot access what is available due to location."

Carers also highlighted the pressure this creates in everyday life. Several respondents expressed a wish for more frequent support or longer sessions, not because current support was lacking in quality, but because it had become such an important part of sustaining daily life.

One person wrote:

"It would be great to have this support at least three times a week."

These responses show that Town Break is delivering significant impact, but that it is doing so within a context of rising demand and constrained capacity.

In other words, the need is not only real but growing.

What Changes When Support is There

The survey data reveals a consistent pattern of impact across four main areas:

- reduced isolation
- increased confidence
- improved wellbeing
- sustained caring relationships.

Across the responses analysed:

- 80% indicated that dementia had led to increased loneliness or isolation.
- 75% reported a decline in confidence or wellbeing following diagnosis.
- 75% said that Town Break had helped reduce isolation.
- 70% reported improved mood, stimulation or wellbeing through participation.

These figures show both the scale of the challenge and the value of the support provided.

However, the strongest aspect of the evidence lies in the way these outcomes are described in people's own words.

People did not only speak about outcomes in abstract terms. They described changes in everyday life: leaving the house more often, speaking more confidently, returning home happier, looking forward to specific days, and feeling that life had become less closed in.

That combination of quantitative and qualitative evidence provides a strong basis for understanding impact in a way that is both measurable and human.

When Change Happens Gradually

One of the clearest findings in the report is that impact is rarely immediate.

Instead, people described a gradual process in which:

- familiarity leads to comfort.
- comfort leads to participation.
- participation leads to confidence.

This progression appears across multiple responses.

One respondent reflected:

"At first she didn't want to go... now it's the best day of the week."

Another wrote:

"He comes home happy, talking about everything they've done."

These comments may appear simple, but they reflect a significant shift. They show what happens when support is provided consistently, in a setting where people feel known and accepted. Over time, what begins as hesitation can become anticipation, and what begins as withdrawal can become participation.

This long-view understanding of change is particularly important in the context of dementia, where progress is not always linear and where meaningful outcomes are often found in everyday confidence, comfort and connection rather than in dramatic transformation.

Impact for People Living with Dementia

For people living with dementia, the impact of Town Break is most clearly seen in changes to confidence, engagement and overall wellbeing.

Many respondents described a loss of confidence following diagnosis, particularly in relation to social interaction. Everyday situations that were once familiar can become more difficult to navigate, leading to withdrawal from activities and reduced participation.

Engagement with Town Break services was consistently associated with a gradual rebuilding of this confidence.

Individuals described feeling more comfortable engaging in conversation, taking part in activities and spending time in shared environments. In some cases, this included returning to behaviours or interests that had previously reduced.

One respondent shared:

"She even got up to dance... something she wouldn't have done before."

This example illustrates the significance of creating environments where people feel safe enough to express themselves freely.

Another key theme is the maintenance of identity.

Several responses highlighted the importance of feeling recognised as a person, rather than being defined by diagnosis. This is captured in the comment:

"It helps me feel like myself again."

This sense of continuity is particularly important in the context of dementia, where changes in cognition and communication can affect how individuals see themselves.

Activities within Town Break services were also described as providing cognitive and emotional stimulation.

"It helps stimulate his brain and gets him thinking."

"The quizzes and music really bring him to life."

These activities are experienced as enjoyable and meaningful, rather than clinical or task based. This distinction contributes to a more positive and engaging experience overall.

Social connection is another significant outcome.

Many respondents highlighted the importance of being alongside others who share similar experiences:

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“Meeting people in the same position.”

“Lots of fun and company with others who understand.”

This shared understanding reduces isolation and creates a sense of belonging that is difficult to replicate in other settings.

Supporting People Who Support Others

The impact of Town Break on unpaid carers is both immediate and long-term.

Carers consistently describe their role as continuous, requiring ongoing attention, planning and emotional resilience. Within this context, the opportunity to step away, even briefly, is highly valued.

One of the most frequently cited benefits is the provision of time.

"It has given me a few hours of my life back."

"A much-needed break from the responsibility."

This time is used in different ways. Some carers attend appointments or manage practical tasks. Others simply rest. In all cases, it provides a pause within a role that is otherwise constant.

Equally important is the reassurance that their loved one is safe and supported.

"I know he is safe and well looked after."

This reassurance allows carers to use their time more effectively, without ongoing concern or anxiety.

Many carers also described Town Break as essential in enabling them to continue in their role.

"It helps me carry on."

"I don't know what I would do without it."

This highlights a critical point. The impact of support is not limited to the individual attending services. It extends to sustaining caring relationships over time.

In some cases, carers also benefit from social connection through the service.

"We have both made friends... it helps in difficult times."

This shared experience strengthens both individual and relational wellbeing.

Impact for Volunteers

Volunteers are central to the delivery of Town Break services and play a significant role in shaping the environment in which support is provided.

During 2025, volunteers contributed 4,300 hours of their time. This contribution is equivalent to an estimated £81,196.50 in salary value, representing a substantial investment in the organisation's work.

However, the impact of volunteering extends beyond this financial value.

Volunteers consistently describe a strong sense of purpose and connection:

"It has given me a purpose in my life."

"I feel part of something important."

Many also describe the mutual nature of the experience:

"I benefit as much as the group."

This reflects the relational nature of the service. Volunteers are not separate from the environment - they are part of it.

In addition, volunteers reported increased understanding of dementia and its impact:

"I have learnt how individual dementia is."

This contributes to a more informed and supportive community, extending the impact of the organisation beyond its immediate services.

Challenges and Barriers

While the evidence throughout this report demonstrates clear and meaningful impact, it also highlights the realities of delivering community-based dementia support within an increasingly pressured environment.

Across responses from individuals, carers and professionals, a consistent picture emerges of growing demand alongside limited capacity.

One of the most frequently raised issues relates to access and availability of services. Respondents described difficulties securing places, particularly in areas where demand has increased more rapidly than provision.

Professionals highlighted this directly:

"We really need more services... many people cannot access what is available due to location."

Carers echoed this concern, often in practical terms:

"It would be great to have this support at least three times a week."

These reflections are not a criticism of the quality of support provided. Instead, they reflect the extent to which existing services have become embedded within people's lives. Demand is growing because the value is recognised.

Geography presents an additional challenge. Individuals and families living in more rural areas described barriers linked to travel distance, transport availability and time constraints.

"We live over 40 minutes away... we can't attend groups."

This highlights a structural inequality in access. While Town Break has worked to deliver services across multiple locations, gaps remain, particularly in more remote communities.

Financial pressure is another emerging theme. Although not always expressed directly, several responses referenced concerns about affordability and the broader financial context in which families are operating. This reflects a wider cost-of-living environment that affects both individuals accessing services and the sustainability of those services themselves.

Alongside these practical barriers, professionals highlighted systemic challenges within the wider support landscape:

"The issue is funding... there is so little support available."

This reflects a broader context in which community-based services are increasingly relied upon, while funding streams remain uncertain or time-limited.

Taken together, these findings highlight a key tension.

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Town Break is delivering demonstrable impact and responding to clear need. At the same time, the scale of that need is growing, and the resources available to meet it are under pressure.

This context is essential in understanding both the achievements described in this report and the priorities for future development.

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Why Sustainable Funding Matters

The sustainability of Town Break's services is closely linked to the strength of its partnerships and the availability of funding that supports community-based provision.

Funding has been secured through a combination of:

- local authority and community funding programmes
- grant-making bodies.
- community fundraising initiatives
- individual donations and organisational support

This diversified approach is essential in maintaining resilience. However, it also reflects a funding landscape that is increasingly complex and, in many cases, uncertain.

A recent communication from a funding partner provides valuable external validation of Town Break's role:

"Support services like yours play a crucial role in reducing isolation and supporting families in our community. It has been a pleasure to be able to support such a worthwhile project."

This statement reinforces the findings within this report. It highlights the recognised value of community-based dementia support, not only from those who access services, but also from those who fund and partner with them.

At the same time, the communication also highlights a key challenge:

"The programme is coming to an end this year... we don't know yet if community grants will be part of delivery models."

This reflects a broader uncertainty within the funding environment. While new national programmes are being introduced, the extent to which they will support community-based organisations remains unclear.

This uncertainty has direct implications for service sustainability. It affects:

- long-term planning
- staff capacity and retention
- the ability to expand services in response to demand.
- confidence in maintaining continuity of provision.

Town Break has already demonstrated resilience in responding to funding challenges, including the withdrawal of funding from Falkirk Health and Social Care Partnership. The organisation continues to seek alternative funding opportunities and strengthen partnerships to ensure continuity of support.

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However, the findings within this report make a clear case. Sustained investment in community-based dementia support is not optional. It is essential in maintaining the impact described throughout this document.

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Strategic Alignment and National Context

Town Break's work aligns closely with the priorities set out within the Scottish National Dementia Strategy, particularly in relation to person-centred care, community-based support and improving quality of life for individuals and families.

This report provides local evidence of how those priorities are being delivered in practice.

Addressing Loneliness and Isolation

The report shows that 80% of respondents experienced increased loneliness or isolation following diagnosis. This reflects a well-recognised national challenge for people living with dementia.

Town Break's services directly address this through:

- regular group-based activities
- opportunities for peer connection
- community-based engagement

As a result, over 75% of respondents reported improved social connection.

Supporting Mental Wellbeing

The report also shows that 75% of respondents experienced reduced confidence or wellbeing following diagnosis. This demonstrates the emotional and psychological impact of dementia, beyond clinical symptoms alone.

Through consistent, relationship-based support, Town Break contributes to improved wellbeing, with 70% of respondents reporting improved mood and stimulation.

Personalisation and Choice

Town Break's model reflects person-centred principles through:

- flexible participation
- tailored one-to-one support.
- multiple service formats

This ensures that support is shaped around individual needs rather than expecting individuals to adapt to a fixed model.

Community-Based Delivery

The organisation's emphasis on local, community-based provision aligns with national priorities around:

- accessibility
- early intervention

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- reducing pressure on statutory services

By supporting people to remain connected and engaged, Town Break contributes to broader system outcomes and helps reduce the risk of more intensive intervention later.

Collaboration and Partnership

Town Break works alongside:

- local authorities
- health and social care partners
- community organisations

This collaborative approach strengthens referral pathways, improves access to support and contributes to a more connected system of care.

Taken together, these areas show that Town Break is not only delivering local impact but also contributing to wider national priorities around dementia support.

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What Comes Next

The findings of this report provide a clear foundation for future development. They highlight both what is working and where further investment and expansion are needed.

Expanding Access

Demand continues to grow, and there is clear evidence of unmet need, particularly in rural areas.

Future development will focus on:

- extending services into underserved communities
- exploring new delivery models to improve accessibility
- strengthening referral pathways to ensure early engagement

Increasing Capacity

Feedback consistently highlights the need for:

- more frequent sessions
- additional group provision
- increased availability of places

Addressing this will require both funding and workforce capacity.

Developing Flexible Support Models

The continued development of Town Break at Home reflects the importance of flexible provision.

Future plans include:

- expanding one-to-one support
- developing hybrid models of delivery
- responding to changing needs across different stages of dementia

Strengthening Workforce and Volunteers

Investment in staff and volunteers remains essential in maintaining quality and consistency.

This includes:

- training and development
- wellbeing support
- volunteer recruitment and retention.

Ensuring Financial Sustainability

Long-term sustainability remains a central priority.

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This will involve:

- diversifying funding sources
- strengthening partnerships
- demonstrating impact through evidence-based reporting

These priorities reflect a commitment not only to maintaining existing services, but to building on them in response to changing need.

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Closing Reflections

This report demonstrates that the impact of Town Break is not defined by individual sessions or activities, but by the cumulative effect of consistent, relationship-based support over time.

It shows that:

- connection can be rebuilt.
- confidence can be restored.
- caring relationships can be sustained.

It also highlights the importance of environments where people feel welcomed, understood and able to participate in ways that reflect who they are.

The voices throughout this report provide a clear message.

Support matters.

Consistency matters.

Community matters.

At a time when demand is increasing and systems are under pressure, the role of organisations like Town Break becomes even more significant.

The evidence presented here provides a strong foundation for continued investment, partnership working and service development.

Always in our Thoughts

As we reflect on the past year, we take time to remember those who are no longer with us.

They include people who attended our groups, carers, volunteers, staff and supporters. Each person contributed in their own way to the community that surrounds Town Break.

Through shared moments, conversations and connections, they helped shape the environment that continues to define our services today. Their presence is still felt in the relationships, memories and values that remain.

We honour them by continuing the work that mattered to them: supporting people living with dementia, standing alongside carers and creating spaces where connection continues.



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

If you would like to learn more about Town Break Dementia Support Services, access support, or find ways to get involved, please get in touch.

Contact us:

Call: 01786 641 541

Email: admin@townbreak.org

Opening Hours: Monday to Friday, 9am until 5pm

Address:

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