

Details	Youth and Philanthropy Initiative (YPI) Scotland
Appendix	Impact Review 2023: Impact Review 2023 Town Break 2023 – 2026 Strategy: Our Strategy Town Break
Date	January 2024
Review Date	As required
Next Review	January 2025
Named Owner	Town Break (SCIO)

Record of Changes and amendments			
Date	By	Version	Changes
January 2024	DK	v1.0	Document implemented



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

Volunteer Project of the Year Award: Health 2017
Volunteer Friendly Award 2017 – 2020

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



Youth Philanthropy: Empowering Lives, Igniting Hope

Youth and Philanthropy Initiative (YPI) Scotland - Choose Town Break Dementia Support Services!

If you are looking for a local charity to support through the Youth and Philanthropy Initiative (YPI), look no further than Town Break Dementia Support Services in the heart of Forth Valley.

At Town Break we are a lifeline for individuals and families affected by dementia. Our founder recognised an urgent need for local support for People living with dementia (PLwD) and their unpaid caregivers three decades ago.

Why Choose Town Break for Your YPI Project:

We are committed to making a profound impact on the lives of people affected by dementia in Forth Valley. Dementia is a complex and challenging condition and Town Break provides holistic support, recognising the unique journey individuals and their families navigate.

By choosing Town Break for your YPI project you contribute to creating moments of joy, connection, and well-being. You support community engagement, creative expression, cognitive stimulation, and unpaid carer assistance, ensuring resilience, understanding, and a shared sense of purpose.

Town Break History:

Three decades ago, on the 16th of September 1992, Town Break started, hosting its inaugural support group in Stirling. The visionary concept was straightforward yet profoundly impactful - the creation of a safe sanctuary where individuals living with dementia could come together, enjoy a cuppa, and participate in heartfelt conversations. This initiative also provided much-needed respite to unpaid carers, affording them the opportunity to connect with friends, run errands, or simply take a break for a few hours.

Throughout our history we have made a lasting impact on countless lives. Whether it is aiding families in crafting cherished memories, delivering support services tailored to specific requirements, or nurturing meaningful connections, Town Break has stood by your side every step of the way. We are your dependable guiding hand, enabling you to cherish every moment with your loved one.

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Introduction:

Welcome to Town Break Dementia Support Services, a beacon of hope and support for individuals and families affected by dementia across Forth Valley. Our founder, in partnership with the Central Regional Council (now Stirling Council), recognised an urgent need for local support for people living with dementia (PLwD) and their unpaid caregivers three decades ago.

At Town Break we believe in the transformative power of community, compassion and connection. Our mission is deeply rooted in providing a highly personal and holistic approach to inspire and enable people across Forth Valley to live well with dementia.

Our Purpose, Vision, and Values:

1. Mission:

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

2. 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.

3. Vision:

- Draw on the knowledge, energy, and experiences of PLwD and their unpaid carers.
- Be creative, vibrant, and resourceful in our thinking.
- Collaborate seamlessly with healthcare professionals and partners.
- Be proactive and responsive to an ever-changing dementia landscape.

4. Values:

Bold, Expert, Ambitious, Together. Our values together form our heartBEAT).

Why We Do It:

Dementia is a complex and challenging condition that affects not only individuals diagnosed, but also their families and loved ones. Town Break exists to provide holistic support, recognising that the journey with dementia is multifaceted.

Who Uses Our Services?

Our services cater to a diverse range of individuals affected by dementia, including those diagnosed and their families.

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How We Impact Lives:

1. **Community Engagement:** Town Break serves as a hub where individuals find companionship, understanding and a shared sense of purpose.
2. **Creative Expression:** Through various artistic endeavours, participants discover new ways to communicate, connect and express themselves.
3. **Cognitive Stimulation:** Activities are carefully crafted to provide mental stimulation, slowing the progression of dementia and promoting cognitive well-being.
4. **Unpaid Carer Support:** Acknowledging the vital role of unpaid carers, we offer dedicated support to ensure they have the resources and resilience to provide the best possible care.

Statistics:

1. Over 2,500 people live with dementia in Forth Valley
2. Assisted more than 5000 families affected by dementia.
3. A dedicated team of over 1000 volunteers has supported our activities.
4. Grants and trusts have contributed funds exceeding 2.5 million pounds of support.

How Your YPI Grant Would Make a Difference:

A donation of £3000 to Town Break holds the power to make a profound impact on our mission:

1. **Expand Outreach:** Reach new communities, ensuring that our services are accessible to all who need them.
2. **Enhance Activities:** Introduce innovative activities that bring joy, inspiration and a sense of achievement to our participants.
3. **Education and Training:** Invest in continuous training for our staff and volunteers, keeping them at the forefront of dementia care.
4. **Technology Integration:** Explore and implement technology solutions to enhance our services, ensuring we remain adaptive and innovative.

Your support becomes an investment in the well-being and happiness of individuals and families facing the challenges of dementia. It contributes to the creation of a resilient, thriving community where everyone has the opportunity to live well and cherish every moment. We extend our heartfelt gratitude to you for considering Town Break as a worthy recipient of your philanthropic support. Together, let us make a lasting impact on lives affected by dementia.

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Tell Our Story:

Consider this more than just a charity project; it is an opportunity to tell a story of resilience, compassion and the transformative power of human connection. Picture the warmth of shared moments, the joy of creative expression, and the cognitive stimulation that becomes a lifeline for individuals and their families.

Your YPI project for Town Break is not just about numbers; it is about creating moments that matter. It is about extending a lifeline to more families, reaching new communities, and ensuring the vibrancy of our services is accessible to all who need them.

Get in Touch:

If you would like to learn more about Town Break or have any questions, please get in touch with us at [contact@townbreak.org]. We can also arrange for you to visit one of our services and provide you with some meaningful moments with Town Break.

Your YPI project becomes an investment in the well-being and happiness of individuals and families facing the challenges of dementia. It is an opportunity to contribute to the creation of a resilient, thriving community where everyone has the chance to live well and cherish every moment. Thank you for considering Town Break as a worthy recipient of your philanthropic support.

Together, let us make a lasting impact on lives affected by dementia.

Further Information:

For more information about Town Break please check out the below documents.

Impact Review 2023: [Impact Review 2023 | Town Break](#)

2023 – 2026 Strategy: [Our Strategy | Town Break](#)

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