



# Annual Report 2024

For the

Board of Trustees' Annual General Meeting

Date: Saturday 28<sup>th</sup> September 2024 at 2.00pm

Venue: The Brooklands Centre Downstairs Room

## Current Trustees and Officers

Chairperson - Sandy Payne

Vice-Chairperson - Irene Henderson (until Aug 2024)

Vice-Chairperson - Pat Hurst (from August 2024)

Treasurer - Roger Hall

Minutes Secretary - Helen Taylor

Trustee - Catherine Hall

Trustee - Brian Sidebottom

Trustee - John Gordon

Trustee - David Dean

Trustee - David Hulance

Trustee - Pat Hurst (Since January 2024)

Trustee - Larry Freeman (Since January 2024)



Company registered in England No. 6376240      Registered Charity No: 1122577  
Registered Office: The Brooklands Centre, Ousebank Street, Newport Pagnell, Bucks MK16 8AN

## Brooklands Chairperson's Annual Report for 2024 AGM

Well another year has just flown by and what a busy year it's been. Brooklands is such a special place to many, not only Members but also its Volunteers who (I might add) do a fantastic job; we couldn't possibly manage without them. The word of "Brooklands" is spreading throughout the town and surrounding areas, of our amazing Centre and how much difference we can make to someone's life. Our Volunteers always provide a welcoming, caring, fun loving, friendly and safe environment for all our Members, so a big thank you to all our Volunteers past and present for all your dedication, time and hard work - we couldn't manage without you.

One of the reasons that Brooklands runs so well is because we have such a brilliant Day Club Manager - Sandra Dorrill. Sandra always goes above and beyond her role, always puts herself on the "back burner", whilst Members and Volunteers are always her first priority. She's always very welcoming and willing to listen, a fantastic Manager, so a HUGE thank you to Sandra. A big thank you also to Sue Hulance who fills in for Sandra when Sandra is away - a brilliant "back up".

Our Caretaker Gavin Read, also goes above and beyond his duties. Gavin is constantly watching over Brooklands - it's as if we have our own Security Officer - a big thank you Gavin.

Roger Hall - Treasurer, thank you for making sure our accounts are all correct and submitted on time, and all the other things you help the team with - and also that the safe is always emptied.

David Dean a huge thank you for your skills as "Media Man" - internet, website, publicity, advertising, and also always available to give us a helping hand with his camera when needed.

Brian Sidebottom, thank you for the upkeep of the building and purchases when we need something and hassle you for whatever it is.

Thanks to Larry Freeman who is shadowing Brian Sidebottom and doing various maintenance jobs for us, plus being a driver on Wednesday Day clubs - thanks Larry.

Catherine Hall for her tireless work with the Saturday Lunch Club, and Escort for Day Clubs. Thank you Catherine, your work with Brooklands has been remarkable for a long time.

Thank you too to David Hulance for organising training courses and fire alarm testing, as well as driving the mini-buses every week and helping out wherever needed.

Also to Pat Hurst, who will be taking over from Irene as Vice Chairperson and looking after Volunteers. Pat is doing an amazing job in her short time as a Trustee, thank you Pat.

Not forgetting "The Phantom Elaine Merry" our Administrator. Not many Volunteers or Members know of Elaine's existence as she's a very early riser, often in by 5.30am on a Tuesday morning - and disappearing by 8.30ish. Thank you Elaine, for arranging bookings, and other jobs we find for you.

The Trustees and various groups have all written about their year at Brooklands and these reports have all been put together in a booklet by Helen Taylor (Our Minutes Secretary). Thank you Helen for all your hard work - it must be difficult keeping up with us whilst writing the Minutes as we often divert and other comments pop into the conversation.

I must also thank everyone involved with Brooklands - you all add your own piece of magic to make it the wonderful place it is, especially the Trustees, who work hard behind the scenes and meet once every 4-6 weeks to keep everything on the right path. Thank you to all the Trustees

for their continued support, it's been a learning curve for me, and they have shown me the right way, and helped me tremendously - a Chairperson is only as good as her team and we have a great team.

Some sad news to announce - stepping down from The Trustees are two very important Trustees and Volunteers. Firstly, the incredible Mrs Irene Henderson, who has been here forever and has been Vice-Chairperson of Trustees for a long time. Irene has done some incredible work for Brooklands and has a great knowledge of most things involved with Brooklands for which we are very grateful. Irene will continue to help with the Saturday Lunch Club and also continue to support us and become a "proper" volunteer. Thank you Irene for your friendship, guidance and help to me, and the rest of the team; you will be greatly missed.

Our Transport Manager, John Gordon, who has again been with us forever, is going to take things a bit easier, and is stepping down, John has been amazing and has continually looked after our mini-buses, making sure they are insured, taxed and safe. John has also been Driver and Escort at short notice when we have needed him. He has also driven the buses for day trips out. You will be missed, John. Thank you for all your help and guidance.

There have been many changes since Brooklands first opened in 1959, some original Volunteers are now Members, an example is Mrs Joan Rose who celebrated her 100th birthday on Wednesday 4th September. Some of our original Volunteers have sadly passed away, but we shall always be grateful and remember them for all their help.

As time goes on we seem to be supporting more families who are struggling and finding life more difficult to cope with partners/parents who have dementia/Alzheimer's. We have to take this on board as the future could be very challenging in many ways. Finding younger Volunteers is proving quite difficult as everyone is having to work longer, this is something for us all to think about.

Thank you again everyone for your continued support, and rest assured I will always do my best for Brooklands and its Members.

**Sandy Payne, Chairperson of the Brooklands Trustees.**

## **Brooklands Treasurers Annual Report for 2024 AGM**

This report relates to the financial year ended on 31st March 2024 and is best read in conjunction with the 5-year financial statement. (see pages 5 & 6 of this booklet)

The surplus for the total financial activity of all our groups increased substantially in the last year from £6,824 to £14,389. The main changes are:

- The day centre (including the cost of paid staff) improved by £4,809 to a surplus of just £430 - this is the first time that the day centre has not had an operating deficit and is a real credit to Sandra's housekeeping skills!
- The lunch club operated for a full year for the first time since Covid, resulting in an improvement of £1,460.
- Pop-In improved by £831 due to increased Tai-Chi numbers.

Other groups generally operated at similar levels to previous years - which is not to understate the value of their activity. As Treasurer, I am most grateful to those Volunteers who manage the finances of individual groups for their accuracy and management of monies.

Premises letting income was £10,860 - down 12% from the previous year's high.

Donations were up 19% at £10,424 - a real tribute to the generosity of our townspeople and also to the high regard people have for the work of Brooklands.

Sandy and her helpers are due our grateful thanks that fundraising activity has raised around £5,000 again this year - often fun, but after much hard work.

All these positive movements resulted in a 22% increase in net activity income at £40,563. Set against this income are the central costs of operating our Centre, running our vehicles and office costs. Together these remained similar to the previous year at around £46,000.

This resulted in an operating loss of £5,044 - down from £13,000 the previous year. This shows the importance of the interest we obtain on our investments, which remains fixed at around £16,000 a year. After depreciation on the buildings and vehicles the final figure was a surplus of just £485 (prior year a deficit of £3,617).

The Centre has for many years held its long-term investments in a charitable fund which produces regular returns of around 4% per annum (the £16,000 mentioned above), but the value of our holding varies according to market fluctuations across the world. In some years there are losses in value (2022/23 loss was £22,045), but over time there has been a substantial benefit, and last year the value of these investments rose by £50,482).

Turning to the centre's balance sheet, the value of investments is now £600,000 and the book value of buildings and vehicles is £713,000. This is only a book value - the real cost of replacing these assets would be about four times this figure.

Our "current" assets - mainly bank balances - were £24,000, giving an overall level of assets at £1.337million. Over time, the Centre has received some significant grants towards buildings and vehicles and the annually reducing value of these is now £544,000 - funds potentially refundable to donors if we sold the assets. This leaves the Centre with £793,000 of unrestricted funds, 75% of which is now backed by the £600,000 of investments.

In financial terms this has been a positive year and the centre remains in a very sound financial position.

**Roger Hall, Treasurer of the Brooklands Trustees.**

<b><u>THE BROOKLANDS CENTRE</u></b>					
<b><u>5 YEAR INCOME AND EXPENDITURE ACCOUNT</u></b>					
	<b><u>2023/24</u></b>	<b><u>2022/23</u></b>	<b><u>2021/22</u></b>	<b><u>2020/21</u></b>	<b><u>2019/20</u></b>
<b><u>Activity net income</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>
	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>
<b><u>Group activity</u></b>					
- day centre	430	-4,379	-8,143	-13,270	-122
- luncheon club	1,979	519	0	0	1,506
- Bingo & Social group	1,599	1,572	857	0	1,544
- exercise group	2,960	2,332	1,223	-157	3,902
- pop-in	2,598	1,767	1,131	258	5,227
- art group	2,050	2,160	1,382	0	2,200
- book club	64	46	0	0	124
- friends group	0	0	0	0	30
- gardening club	116	90	12	0	437
- singers	20	160	110	0	339
- carers group	1,653	1,844	1,344	138	2,068
- walkers group	724	602	15	0	140
- card sales	197	111	164	76	201
	<b>14,389</b>	<b>6,824</b>	<b>-1,906</b>	<b>-12,955</b>	<b>17,596</b>
<b><u>Premises income</u></b>	10,860	12,352	8,614	1,931	7,844
<b><u>Grants</u></b>	0	250	3,134	24,990	0
<b><u>Donations</u></b>	10,424	8,767	7,607	10,651	3,694
<b><u>Fundraising income (net)</u></b>	4,889	5,125	1,618	0	3,060
<b><u>Net Activity Income</u></b>	<b>40,563</b>	<b>33,318</b>	<b>19,067</b>	<b>24,617</b>	<b>32,194</b>
<b><u>Central costs</u></b>					
Premises (see below)	34,672	32,855	23,408	14,712	24,457
Office costs (inc training)	6,217	4,806	5,704	1,608	2,285
Vehicle costs	4,041	8,231	3,653	1,856	3,802
Other	677	530	1,120	840	966
	<b>45,607</b>	<b>46,422</b>	<b>33,885</b>	<b>19,016</b>	<b>31,510</b>
<b><u>Net operating income</u></b>	<b>-5,044</b>	<b>-13,104</b>	<b>-14,818</b>	<b>5,601</b>	<b>684</b>
<b><u>Investment income</u></b>	16,145	16,753	16,391	15,572	14,710
<b><u>Operating surplus for year</u></b>	<b>11,101</b>	<b>3,649</b>	<b>1,574</b>	<b>21,173</b>	<b>15,394</b>
Depreciation	-10,616	-7,266	-7,265	-7,372	-5,040
Change in value of investments	50,482	-22,045	47,597	90,943	-13,764
<b><u>Overall surplus for the year</u></b>	<b>50,967</b>	<b>- 25,662</b>	<b>41,906</b>	<b>104,744</b>	<b>- 3,410</b>
	<b><u>2023/24</u></b>	<b><u>2022/23</u></b>	<b><u>2021/22</u></b>	<b><u>2020/21</u></b>	<b><u>2019/20</u></b>
<b><u>Premises spend analysis</u></b>					
Gas	2,444	1,851	863	1,637	1,972
Electricity	3,560	1,918	1,586	1,219	2,619
Water	865	899	455	670	904
Insurance	3,628	3,249	2,950	2,520	1,330
Lift maintenance	3,038	1,474	1,047	1,010	976
Fire maintenance	798	336	297	366	270
Performing rights	81	139	132	606	585
Cleaning & caretaking	11,076	10,602	7,240	4,271	9,799
Maintenance	6,819	11,277	4,917	2,161	4,577
CCTV and security	306	264	252	252	252
Equipment purchases	2,059	846	3,670	0	1,173
	<b>34,672</b>	<b>32,855</b>	<b>23,408</b>	<b>14,712</b>	<b>24,457</b>

Roger Hall, Treasurer of the Brooklands Trustees.

<b><u>THE BROOKLANDS CENTRE</u></b>					
<b><u>5 YEAR BALANCE SHEET</u></b>					
	<b><u>2023/24</u></b>	<b><u>2022/23</u></b>	<b><u>2021/22</u></b>	<b><u>2020/21</u></b>	<b><u>2019/20</u></b>
	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>	<b><u>Actual</u></b>
	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>	<b><u>£</u></b>
<b>Fixed Assets</b>					
Buildings and Vehicles	713,569	721,826	733,922	760,377	775,038
Investments	600,086	549,604	596,649	549,052	423,109
	<b>1,313,655</b>	<b>1,271,430</b>	<b>1,330,571</b>	<b>1,309,429</b>	<b>1,198,147</b>
<b>Current Assets</b>					
Debtors and prepayments	304	1,190	850	1,290	908
Cash at bank and in hand	25,124	34,286	24,089	18,276	45,132
	25,428	35,476	24,939	19,566	46,040
<b>Creditors</b>	-1,564	-1,164	-4,915	-840	-2,108
<b>Net Current Assets</b>	<b>23,864</b>	<b>34,312</b>	<b>20,024</b>	<b>18,726</b>	<b>43,932</b>
<b>Net Assets</b>	<b>1,337,519</b>	<b>1,305,742</b>	<b>1,350,595</b>	<b>1,328,155</b>	<b>1,242,079</b>
<b>Funds</b>					
Restricted income funds	543,892	563,082	582,272	601,462	620,405
Unrestricted income funds	793,627	742,660	768,323	726,693	621,674
	<b>1,337,519</b>	<b>1,305,742</b>	<b>1,350,595</b>	<b>1,328,155</b>	<b>1,242,079</b>

**Roger Hall, Treasurer of the Brooklands Trustees.**

## **Brooklands Volunteers Annual Report for 2024 AGM**

We've had another successful year at Brooklands.

Under Sandra's excellent leadership 78 volunteers have cooked innumerable delicious lunches and served an incredible number of teas and coffees. They have driven the mini-buses and escorted our frailer members to the Centre and back home.

They have also joined in the fun of the Carnival float, sashayed on the red carpet to model clothes for the fashion show, baked scones and cakes and helped to serve at the Christmas parties and the Fayre.

What makes all this even more special are the smiles and friendship that is invariably part of the service. That is what our members appreciate most and what makes Brooklands the unique place that is.

During the years a few valued Volunteers retired after many years of devoted service and others have moved or left for personal reasons. We thank them all.

We have also welcomed a number of new recruits who have settled in well.

We are currently looking to recruit volunteer drivers and escorts where we need help.

Our Volunteers deliver " Fun, Food and Friends", which is our promise to the older residents of the town. We cannot thank them enough.

It is 14 years since I became the trustee with responsibility for Volunteers. It has been a privilege and a pleasure to meet new recruits and introduce them to the Centre. And it has been a joy to work alongside so many lovely people and to be part of a great team.

But time marches on and it is time for me to hand over the Trustee role. I am delighted that Pat Hurst is taking it on. Pat will do an excellent job which makes handing the job over easier for me.

But I'm not leaving. I will carry on being involved in everything else . I am looking forward to my new volunteering role as a foot soldier.

**Irene Henderson, Brooklands Trustee with responsibility for Volunteers.**

I became a Trustee in January 2024 and Irene asked if I would take on the role of Trustee with responsibility for Volunteers when she retired in September 2024. How could I possibly fill such big shoes? Every volunteer in Brooklands knows Irene and what an approachable and genuine person she is. She is and will continue to be Brooklands through and through.

I am starting to meet and put faces to the list of names that are our wonderful volunteers and also getting to get to grip with all the role entails, with help from Irene, Elaine, Sandra and Sandy. I know they and all the Volunteers will help me become more competent at the role and I want to thank them all.

**Pat Hurst, Brooklands Trustee.**

## **Brooklands Marketing Annual Report for 2024 AGM**

Throughout the year, we took advantage of lots of opportunities to promote the Centre and its activities, including:

- 2023 Volunteers' Party
- Coronation Celebrations
- Joan Pointer's 100th Birthday
- 2023 Vintage Day
- 2023 Carnival
- The Jenner's Diamond Wedding Anniversary
- 2023 Carnival Awards
- Jumble Sale
- Heather Allan's Marriage
- Pre-loved Fashion Show
- Christmas Lights Bazaar
- Carers' Group
- Christmas Tree Festival
- Book Group
- Tai Chi Group

To distance the Centre from being seen as somewhere for 'old people', we always try to portray it as a fun and active place, with photos of smiling faces and information about interesting activities. To reinforce the message, we continually use our strapline: FUN - FOOD - FRIENDS - FOR THE OVER 55s.

**Video.** We updated (twice) the short and colourful 'video' about Brooklands that was originally created in early 2023, and it was used to promote the Centre generally and for volunteer recruitment.

**Volunteer recruitment.** We called out for new volunteers as and when necessary, and managed to attract several new helpers who have stayed with us.

**Website.** The new website is updated on an ongoing basis with new information and photos. It continues to be a bright and cheerful shop window for the Centre.

**Facebook.** We continued to use Facebook as one of the channels to get our news, updates and messages out to the local community. Some of our posts - particularly those relating to individual people - attracted healthy engagement and lots of supportive comments. Improved wi-fi connectivity in the Centre has enabled us to post on Facebook much more easily and in real-time, when needed.

**Photos.** Our archive of photos was maintained and updated throughout the year.

**David Dean, Brooklands Trustee with responsibility for Marketing.**

## **Brooklands Transport Annual Report for 2024 AGM**

### **1 - Vehicles**

The Brooklands Centre owns and operates two wheelchair-accessible minibuses for the purpose of transporting members to and from Centre activities. Both buses are regularly maintained, taxed and insured for this purpose.

The larger of our buses, popularly known as "Daisy", is a Citroën Relay van conversion purchased in 2014, and although now 10 years old, is generally still in good working order, with a low mileage of just over 30,000 miles. Daisy is capable of carrying 11 passengers plus the driver and escort. Generally Daisy carries one less seat so that a wheelchair passenger may also be carried, if required. The spare seat is stored in the outside shed extension. Wheelchair passengers can be transferred on and off the bus by means of a hydraulic electrically-powered folding tail lift, operated by a control panel inside the left-hand rear door of the bus. Both wheelchair and passenger are then safely secured using a set-up of clamps, straps and seat-belts. The lift is professionally serviced and tested approximately every six months. Access for other passengers is through the left-hand side door, with a manually-operated side-step and high-visibility yellow safety rails. Walking aids can be stowed in the rear of the bus or by the side step.

Our smaller minibus, commonly known as "Baby Bus", is a Citroën Despatch van conversion purchased in 2018, so is now 6 years old. Thanks to a year or more out for Covid, and slightly less usage than Daisy, Baby has only just crossed the 10,000 mile mark, and so is scarcely run in. The expensive problem with the "Ad-blu" emissions reduction system which occurred following Covid has thankfully not recurred. Baby is theoretically capable of carrying up to 6 passengers plus driver and escort. However, the centre front bench seat is impractical for anyone with less than full mobility or larger than small stature. In addition, the simultaneous use of both rear folding seats is not ideal, especially if walking aids are carried. So the practical limit on passengers carried is generally only 4. This can lead to multiple short runs having to be carried out compared to Daisy. Baby bus has a manually folding rear ramp and an electric winch



to allow wheelchair access. Straps and seatbelt arrangement ensures that wheelchair passengers are carried in safety.

Road tax is zero-rated for both vehicles as they are disability-enabled.

Motor insurance falls due each June, and incurs the greatest single transport expense for Brooklands, totalling around £2,000 in 2024.

## **2 - People**

We currently have 13 minibus drivers on our books, of whom 8 are eligible to drive our larger bus, the remaining 5 being entitled to drive Baby bus only (This is thanks to the DVLA D2 category which permits most drivers to drive a minibus with up to 17 seats - this category is automatically revoked when a driver reaches the age of 70 unless they request it to be retained - this must be done every subsequent 3 years and requires a doctor's review)

In general we have enough drivers to cover our daily needs, though holidays, sickness etc sometimes cause us to struggle to meet the need.

Brooklands has long held a policy that minibus drivers should be accompanied by an escort, for reasons of safety and safeguarding. We have a variable number of escorts on our books, and frequently have shortages in this role. Brooklands groups tend to source their own escorts, though there is a certain amount of load-sharing between groups. We have a need for extra escorts to cover for absences.

On behalf of the Brooklands Trustees, I would like to thank all of our wonderful drivers and escorts, who have freely given of their time during the last year, and made it possible for many of our members to attend Brooklands sessions, where this would not otherwise be possible. We could not do it without you. Sincere thanks.

## **3 - Usage**

The minibuses are regularly used by the Day Clubs, Thursday Exercise Group, Friday Carers' and Saturday Lunch Club, carrying members from home to Brooklands and back again. A nominal charge is made for this service.

In addition, the Thursday afternoon walking group uses the minibuses to enable the group to travel further afield on their walks.

Groups such as the Gardening Group and the Thursday Exercise Group occasionally make use of one of the buses to go out on visits, for example to garden centres. These trips are only possible when the buses are available, and an additional charge is made.

Groups and organisations other than the Brooklands Centre are occasionally permitted to make use of our minibuses provided that their aims are charitable and similar to our own. Strict conditions are enforced regarding our buses' use, and we will always supply our own driver, though the group will supply the escort. The Castlemead Care Home in Newport Pagnell has used Daisy to take wheelchair passengers on shopping trips on a couple of occasions during the last year, and has made donations to Brooklands.

**John Gordon, Brooklands Trustee with responsibility for transport.**

## **Brooklands Maintenance Annual Report for 2024 AGM**

There have been a number of jobs carried out since my last report.

Following agreement from Trustees, we have purchased an electric cooker for the kitchen which has been welcomed by the catering team. Hopefully, there should be 'No lunches today because the gas is off' as we have suffered in the past. A few weeks ago we purchased another refrigerator and also two new freezers.

There have been a number of smaller maintenance jobs like toilet pulls and lighting problems, all of which appear to be satisfactory now.

We have hopefully sorted the leaking skylights at last after several attempts and following further work we seem to have succeeded. At least it had a good test following the thunderstorm.

I have ordered two new noticeboards, one for use in the dining area and one over Sanda's desk. Hopefully, next year will be less expensive.

**Brian Sidebottom, Brooklands Trustee with responsibility for Maintenance.**

## **Brooklands Activities & Events Annual Report for 2024 AGM**

Activities are organised for the Monday and Wednesday Day Clubs, and sometimes for the Tuesday Day Club, as well as fund raising activities and events. They take place in the main hall but the Jungle Room is also used for preparation for activities and fund raising.

Activities in the last year include Table Top Sales, Christmas Tree Exhibition, Christmas Lights Bazaar, Large Raffle, Santa's Grotto and Panto, Christmas Parties, Valentines Day, Easter Celebrations, Vintage Day, Newport Carnival, Fashion Show, Jumble Sale and Celebrating three 100<sup>th</sup> birthdays. Everything we do is fun, but fund raising is getting harder and members are getting very fragile.

**Sandy Payne, Brooklands Trustee with responsibility for Activities & Fund Raising.**

## **Brooklands Training Annual Report for 2024 AGM**

In the past 12 months as well as filling in with odd jobs such as trips to the tidy tip and keeping the veranda and outside tidy, I have also taken on the role of Training Organiser.

It is important that the volunteers have training to enable them to assist our clients when the occasion occurs. With this in mind we have organised two defibrillator training courses which were run by Andy Graves and were attended by a total of 16 volunteers who learnt how to use the defibrillator in case of an emergency and also some aspects of CPR and mouth to mouth resuscitation.

We then had a fire training exercise which attracted 15 volunteers who attended and found out the procedures in case of fire, how to exit the building and where to meet to take the register so as to establish any missing clients or volunteers. Also, although we didn't have any fire or flames to deal with, Gareth had brought some fire extinguishers which we got to handle, so we had firsthand knowledge if we encounter some flames, but only if we feel capable, if not, leave it to the professionals.

Our next training course was 'First Aid', which we had opted for a course run by UK Training, a specialist company; this proved very successful as we all passed with flying colours, and although we haven't had to put any of the lessons into practice at Brooklands, we never know when our expertise is going to be called upon.

Hopefully, in the forthcoming year we hope to run further courses on Food Hygiene, Dementia, and probably another First Aid course.

**David Hulance, Brooklands Trustee with responsibility for Training.**

## **Brooklands Day Clubs Annual Report for 2024 AGM**

**Monday Day Club** - The Monday Day Club meets from 9.30am - 3.15pm. It's held in the main ground floor room and dining room. There are 22 members on the register with an average of 20 people attending the day club and 20 attending the exercise group. Transport with the use of both buses is provided to collect members who live within Newport Pagnell. There are 9 volunteers. We have some difficulties with volunteers who can do escort duties.

The purpose of the group is social interaction and a lunch club, plus the exercise group, with interaction between the exercise group and day club members. Activities undertaken include the exercise class, plus bingo, quizzes and a raffle for the day club members.

The best thing has been to see the exercise group and day club members interacting with each other, and seeing a team of volunteers working so well together as a team. The biggest challenge has been losing members to care or passing away, with 6 members passing away. The biggest challenge has been members becoming frailer mentally and physically. Welcoming new members can be difficult for some members, but 4 new members have joined.

**Sandra Dorrill, Day Centre Manager.**

**Monday Exercise Group** - The Monday Exercise group meets on a Monday from 10.00 - 12noon in half of the main hall. There are 32 members on the register with an average attendance of 17, some of whom stay for lunch. The session starts with coffee from 10.30 - 11am, followed by the Exercise Class from 11 - 11.45, led by Kamal Saggi of 1<sup>st</sup> Step Rehab Fitness & Support. Lunch is available from 12noon - 1pm. There are 2 volunteers.

The purpose of the group is to take part in a seated exercise class. The best thing about the group is regular attendance and the social aspect of the group. The biggest challenges for the group have been the heat, and also bank holidays as many of these fall on a Monday.

**Bill and Sue Clewett**

**Tuesday Day Club** - The Tuesday Day Club meets from 9.30am - 3.15pm. Some members start upstairs in the function room, although some start in the dining room downstairs. Then all use the main ground floor room and dining room. There are 30 members on the register, with an average attendance of 26 people, supported by 8 volunteers. Both buses are used to collect members who live within Newport Pagnell.

The purpose of the group is social and lunch club and social interaction. Activities undertaken include a raffle, quizzes and interactive games every Tuesday with occasional entertainment, e.g. singers. The best thing is welcoming new members and working alongside a fabulous volunteer team. The biggest challenge has been that the heat in the kitchen has been extreme at times; volunteers have coped well but looking very tired at the end of the day. We may benefit from a portable air conditioner.

Two members have now gone into care, but three new members have joined the group. The Tuesday Day Club can be fun, but at times challenging due to the frailty of members.

**Sandra Dorrill, Day Centre Manager.**

**Wednesday Day Club** - The Wednesday Day Club meets from 9.30am - 3.15pm in the main room downstairs and the dining room. There are 31 members on the register with an average of 26 people attending each week. There are 8 volunteers as well as drivers and escorts who use both buses to collect members who live within Newport Pagnell.

The purpose of the group is social interaction and a lunch club and the enjoyment of others' company. Activities undertaken include a raffle, bingo, quizzes and occasional entertainment. The members who attend have said that the best thing in the last year has been enjoyment and the benefits of company.

The biggest challenge has been that both Volunteers and Members are feeling their 'ages' at times; members who have a degree of confusion have increased. Three people have passed away, but four new members have joined the group. The new cooker, new fridge and new freezer have been of benefit to us all.

**Sandra Dorrill, Day Centre Manager.**

## **Brooklands Pop-in and Tai Chi Annual Report for 2024 AGM**

The Pop-in and Tai Chi run on a Tuesday morning from 9am - 12noon.

Tai Chi takes place in the main downstairs room and is now flourishing. Tai Chi is an ancient Chinese exercise involving deep breathing, relaxation and flowing movements led by a qualified instructor. The beginners' class is from 9am - 10am with 15 members attending, followed by an intermediate class from 10am - 11am with 22 members. After the Tai Chi class the majority go upstairs to the Pop-in for coffee, cake and a good old natter.

The Pop-in is held in in the upstairs function room, with refreshments being prepared in the upstairs kitchen. There is an average attendance of around 30 people, which includes Tai Chi

members and members of the Tuesday Day Club, supported by 5 volunteers. The purpose of the group is to give folk time to socialise and develop friendships, whilst drinking coffee, eating cake and doing quizzes. Transport is provided for some of the day club members in the mini-buses. The group is a steady, happy, established group of members and volunteers.

The biggest challenge during the past year has been the lift, which has put some day club members off from coming upstairs. Over the last year one Volunteer, Jenny, has sadly left, but more Tai Chi members have been coming to the group, so the group is refreshed for day club members. Going forward, Irene will be stepping down, but Tricia Penn and Bevi Maghera will take over leading the group from September 2024 onwards.

**Irene Henderson, Brooklands Trustee.**

## **Brooklands Bingo and Social Club Annual Report for 2024 AGM**

The group meets on Wednesdays from 1.45 - 3.30pm in the downstairs room, in the section near the kitchen. There are 18 people on the register with an average attendance of 11 people, with some members using the mini-buses so they can attend.

The purpose of the group is to provide bingo and social interaction for people. The best thing is the continued good fellowship in the group. The biggest challenge has been the settling down of the running of the group after the sad sudden death of Norma Howard who used to run the group, but happily the group continues.

**Frank Lewis**

## **Brooklands Art Group Annual Report for 2024 AGM**

The Brooklands Art Group meets on a Wednesday from 1.30pm - 3.30pm and on a Friday from 2pm - 4pm, in the upstairs function room. There are 18 members on the register with an average attendance of 16 people, led by one volunteer. New people come and try something new; some stay, some don't.

The purpose of the group is to draw and paint in a sociable atmosphere. We draw, paint, drink tea and eat biscuits.

The best thing in the past year has been joining in community projects. The biggest challenge was painting actress Tippi Hedren and the birds from Alfred Hitchcock's film, The Birds, for the Brooklands Carnival float.

I have the best time running the art groups, and I'm sure we all have a lot of fun and satisfaction in producing some fantastic work.

**Loretta Ramsay**

## **Brooklands Thursday Exercise Group Annual Report for the 2024 AGM**

The Thursday Exercise Group meets every Thursday morning, in the main hall downstairs from 10am - 1pm. There are 31 members on the register with an average attendance of 27. Both mini-buses are used for members to attend the group.

The group is run by 9 volunteers. We recently lost one volunteer Elaine Walsh who moved to be near her family in Yorkshire. New volunteers are always welcome.

The purpose of the group is to encourage mobility, flexibility and activity, friendship, lunch and happiness. Exercises are organised by Kamal Saggi of 1<sup>st</sup> Step Rehab Fitness & Support. After the exercises most members stay for a lunch of soup and sandwiches. The group is friendly, welcoming and happy.

The biggest challenge is the waiting list, with people waiting over a year because members simply love the group and never leave. We are a victim of our own success. The biggest change in the last year has been Andy Graves retiring from leading the exercises. We were lucky to engage Kamal Saggi to replace Andy.

**John Gordon, Brooklands Trustee.**

## **Brooklands Gardening Group Annual Report for 2024 AGM**

The Brooklands Gardening Group meets on the second Thursday each month from 10.30 am in the upstairs function room. There are 13 people on the register with an average attendance of 9, with 2 new members in the last year. The group has continued for another year and revolves around gardening, with plant swaps and occasional trips out in the mini-bus.

**Jenny Shann**

## **Jim's Brooklands Singers Annual Report for 2024 AGM**

The group meets on the second and fourth Thursday each month at 1.30pm in the upstairs function room (or downstairs if available). There are 10 people on the register with an average attendance of 6 people.

The purpose of the group is to provide opportunities to sing for people who enjoy that activity. We sing popular music to a good standard but not at too technical a level. The biggest challenge this year has been that the accompanist has stood down until her eye operations have been carried out. It continues to be difficult to recruit new members and will be until the accompanist situation is resolved. Hopefully, when this is resolved things can then improve.

**Frank Lewis**

## **Brooklands Walking Group Annual Report for the 2024 AGM**

The Brooklands Walking Group meets on the first and third Thursday each month from 2pm - 4pm, with an hour's walk, followed by refreshments back at Brooklands either on the balcony or in the upstairs function room, prepared in the upstairs kitchen. The walks are planned and led by Helen Taylor. Irene Henderson was our tail walker, but this role has now been taken on by Peter Bowles. We use either one or both mini-buses to take and return people from Brooklands to the location of our walk, with Gerry Ramsey driving the big mini-bus and Peter driving the little bus when needed.

In the last year, 33 people have been on our walks, with 9 new people joining us during the year. 19 of the 33 people are frequent walkers, attending walks regularly, with the others attending less often. Peter has attended every session! We have an average of 16/17 people on each walk, our highest number being 23, and our lowest number 11.

The group not only promotes exercise through a gentle walk, but is also a social occasion to chat and make friends, as well as an opportunity to explore the local area, looking at local history and culture. We have walked in Great Linford Manor Park, through Great Linford village, along different sections of the Railway Walk, along different sections of the Grand Union Canal, including the Art Trail on the canal; we have followed the line of the old Newport Pagnell canal and walked in Newport Pagnell in Bury Field, in the Poets Estate and in Green Park. We have visited Bradwell Windmill, Linford Wood, Campbell Park, Willen Lake, Stanton Low Park, Wolverton Secret Garden, Stonepit Field, Bancroft Roman Villa and the Pétanque Court, North Loughton Valley Park and walked along the River Great Ouse in Ouse Valley Park. The weather has been very kind to us, and we have continued our walks throughout the year, although we had to cancel two walks at the end of 2023 due to the wind and rain, but a group still met up for a chat and refreshments at Brooklands.

The participants of the group always enjoy every walk, and they really appreciate the opportunity to go to new places and explore new areas just outside Newport.

**Helen Taylor, Brooklands Trustee.**

## **Brooklands Carers' Group Annual Report for the 2024 AGM**

The Carers' group at Brooklands has now been running for 26 years. The group meets every other Friday from 10am until 12noon in the main downstairs room.

There are currently 39 people on the register, with an average of 21/22 people attending each session, with up to 28 people on occasions. We have 12 couples, 2 mothers and daughters, and 11 people who attend on their own as their spouse is either in a care home or has passed away. We have lost 4 members this year, 1 person moving to a care

home and 3 members passing away. We have gained 12 new regular members, as well as having others attend during the year for just an occasional session. Transport is provided for some members who live in Newport Pagnell using the mini-bus, although we have members from all over Milton Keynes.

The group is supported by seven volunteers, who are very involved in running of the group: Helen Taylor, Rita Galloway, Barbara O'Reilly, Cherie Read, Linda Glidewell, Imti Farookhi and since August, Owusu Twumasi who now drives the little mini-bus for us. David Hulance was a regular volunteer, but now provides back up cover as a driver if needed. We were sorry to lose Sue Sweet, one of our volunteers who had been helping us for two years. She passed away suddenly and unexpectedly aged 74 at the end of July.

The purpose of the group is to support carers of people with all forms of dementia. In the first hour, refreshments (prepared in the kitchen) are provided, whilst members chat and interact with each other, supported by volunteers and the Admiral Nurses. Some members have been attending the group for many years and can offer support to newer members. A raffle also takes place at this time.

The second hour includes an activity: Musical entertainment (The Rolling Home Band, MK Rock 'n' Roll Choir and Norman's Crusaders, all of whom have performed for us twice this year), seated exercises to music with Kamal, Love to Move sessions, information sessions, Reminiscences sessions, animal sessions, games sessions, fun activities and regular arts and craft sessions provided by Sara and Judy from MK Community Learning. Throughout the morning one of the Admiral Nurses is on hand to offer one-to-one support to the carers, to listen, counsel, and provide advice, information and support. Either Sue Webb, Lead Admiral Nurse, or Lorretta Peck attend each session.

There have been no major changes in the group in the past year. It continues to be a popular group with many members saying how much they look forward to the sessions. The group continues to thrive and provide invaluable support and friendship to carers of people with dementia and their loved one.

**Helen Taylor, Brooklands Trustee.**

## **Brooklands Book Club Annual Report for 2024 AGM**

The Brooklands Book Club carries on with a small but devoted membership of six avid readers, who meet on a Friday morning at 10am monthly in the upstairs function room. The dates are set to suit the members and they agree on the book they want to read next. Our biggest challenge is reaching new members.

The purpose of the group is to meet to discuss, analyse and critique a book that has been chosen, whilst having refreshments. This year we have read from straight forward detective



novels, to the drama of the lives of the sea women and the Second World War in the Far East. We have had excellent discussions on books, how we like them, not like them, couldn't finish them or highly recommend them!

Lynda leads the discussion and our sessions are relaxed, fun, friendly and most enjoyable.

**Lynda Evans and Irene Henderson.**

## **Brooklands Saturday Lunch Club Annual Report for 2024 AGM**

The Brooklands' Saturday Lunch Club meets on the third Saturday of the month from 10.30am - 2pm except for July, August and December. It's held on the ground floor at Brooklands and includes use of the kitchen to prepare lunch. There are 60 people on the register with an average attendance of 45 people, supported by 16 volunteers. Both vehicles are used to call for members who require transport within Newport Pagnell.

The purpose of the group is friendship, food and fun, as weekends can be a lonely time for some. A hot dinner is provided as well as a quiz and a raffle. Members meet up with friends and sometimes bring relatives. The best thing has been the enthusiasm people show to be with friends.

I would like to mention the commitment of all the volunteers, especially those in the kitchen, especially Sandra Dorrill, and all the drivers and escorts. They all give up their time voluntarily on a Saturday.

**Catherine Hall, Brooklands Trustee with responsibility for the lunch club.**

## **External Groups who use Brooklands Annual Report for 2024 AGM**

Apart from Brooklands' own groups, which all have reports in this booklet, Brooklands is used by other people throughout the year, some on a regular basis and others on a one-off basis, as well as occasional bookings for social functions such as birthday parties.

- Newport Pagnell Medical Centre Carers' Clinic (1<sup>st</sup> Monday morning each month)
- 1<sup>st</sup> Newport Pagnell Brownies (term time only)
- Jasmer Chauhan, Psychotherapist, Clarity Thinking (30 x weeks, 2024 - 2025)
- Nina Jita, Beauty Therapist (3 Tuesdays per month)
- Memory Club led by Hazel Reynolds, (2<sup>nd</sup> & 4<sup>th</sup> Thursday afternoon each month)
- Women's Institute (2<sup>nd</sup> Tuesday each month)
- Mothers Union (1<sup>st</sup> Thursday each month)
- National Childbirth Trust (various antenatal classes and sessions throughout the year)
- Carla Smith, Physiotherapist (Fridays)
- Matt Cooper, Physiotherapist (Wednesdays)
- Mandy Voyd, Newport Pagnell Town Council (occasional bookings)

**Elaine Merry, Brooklands Administrator.**