



Impact Report 2024 - 2025



“Together We’ll Be OK”

Oh my word, where do we begin? It is now 18 months since we heard the news that we were successful in our bid to the National Lottery and were to be granted a significant amount of money towards the running of Rosemary and Time for 3 years. We are now half way through that project and are wondering where did the time go?

If we are honest, when we got the news, we thought things would settle and we would have a comfortable 3 years of calmly delivering our groups. It has been a time of great joy, great sorrow and valuable lessons learned.

We feel blessed to work in amongst the most wonderful people, all of whom are facing challenges beyond our comprehension. They have welcomed us into their lives, their hearts and their confidence and we are genuinely humbled to be part of their weekly routine.

We hope that this report helps you to understand the impact that Rosemary and Time has had within our local community and beyond. While we may be the faces of the organisation, we trust that you will find that it only works because every single member brings something of themselves and invests it into the wellbeing of everyone involved.

We can genuinely say that we have never experienced anything like, what can only be described as, a special family before. We are grateful to every individual, be they living with dementia, caring for a loved one, part of our wider older community, a volunteer, freelance partner, supporter, funder or director.

Our heartfelt thanks to everyone involved in making this impact such a joy to report on.

Alison and Donna

The Numbers

It goes without saying that our members are so much more than a number. They are wonderfully diverse, funny, fascinating and supportive of everyone in the group.

These numbers are a snapshot of how many individual people we have supported in the last 18 months within the **Rosemary and Time groups** run at Grimsargh Village Hall and Longridge Library.. The numbers do not include any of our third party groups or training courses. These will feature later in the report.

*People Living With
Dementia*

70



*People Caring for
Someone With
Dementia*

86



“From a silent world, opened up a new voice – a life of oration in a demanding job becomes lost to dementia, but regained at Rosemary and Time.”



*People from our
Wider Older
Community*

36



*Sessions Delivered
R&T Groups*

226



*Support Hours Given
via R&T Groups*

7,637



“What can I say about Rosemary & Time, an amazing duo of madness and friendship, they work tirelessly for us all, there is never a dull moment, myself and mum have been part of this group for nearly a year, and we love it, I love seeing mum laugh and interact with others and the friendships that are forming, I don't know what we would do if this group didn't exist.”

Friday Friends

People Living with Dementia
58

People Caring for Someone
with Dementia
66



“Mum and Dad and myself have had many memorable and fun filled moments with Donna, Alison, and the amazing team of volunteers all offering their individual uniqueness to the mix which has given us crafts, trips, planting, singing, drumming, music and movement. I'm sure that doesn't cover it all. All offered with a smile and refreshments.

From little acorns at the start, strong oaks have emerged that nurture all beneath their branches, offering a safe community to all who make their acquaintance.

Dementia and its impact is a bumpy ride, but made a whole lot smoother together with Rosemary and Time!”



Friday Friends



Whether we are singing, dancing, gardening or playing a ruthless game of bingo, Friday Friends is full of laughter, banter and love. This was our first group, starting in 2022, with half a dozen people. We now have 40 members and a waiting list.

Our waiting list is something we struggle with, as turning people away goes against everything we are aiming for. But we understand the need for an atmosphere that is not overwhelming, not too noisy and intimate enough for real friendships to be formed that extend beyond the 2 hours we have on a Friday afternoon.



We have been married for over 50 years, so I know when he is having a problem. We used to go out in the evenings frequently, have 3-5 foreign holidays a year, and he used to do all the running repairs on the house and the car. He was a bus engineer. We never used a tradesman. That has all changed. An evening out is rare, holidays need to be in this country and he can't do any DIY now.

Around 2016 I noticed he would ask the same question about 4-5 times in a day, and I noticed that he was reluctant to deal with people and phone calls. I thought he wasn't hearing as well as he used to, he already had hearing aids.

As he didn't have any hobbies I encouraged him to join a vintage bus preservation group, and he went weekly to work on buses and was OK, except for the little problems already mentioned.

2020 brought covid, and lock down, as the bus group was mostly older people, they were slow to let volunteers back, and by then he had a hernia. Getting a doctors appointment wasn't easy then, you had to jump through hoops, but we did get one, and it probably took 12 months to get it fixed. By then he didn't want to go back to volunteering, it would be late 2022 by then. His forgetfulness was getting worse, so I had to wait for the right opportunity to broach the subject of going to a memory clinic. We saw the first GP in Feb 2023. She was more interested in the scratches on his hand than his memory. Fortunately for us, one of the more senior GPs reviewed the memory test and referred us on. In April we saw a memory nurse for a further memory test and told us we would hear in about 8-10 weeks. We heard back and had an appointment at Charnley Fold* for Sept 2023, where he was diagnosed with mixed dementia and was gently asked why we hadn't come sooner.

We were given lots of leaflets, and left to it. Not very helpful.

We first came on a Friday in November 2024, and were immediately made to feel welcome. We have made some lovely friends, we know everyone and feel very comfortable. This is good for my partner, as he had got to the point of not seeing or talking to anyone other than me or family, now he talks to lots of people in each visit.



For me, R&T has been a lifeline, talking to people who are having, or have had similar difficulties, sharing experiences, and the social side, making plans to meet up somewhere, maybe have a meal or just a get together.

The carers group is really helpful, very practical and/or comforting.

The singing is a great time to express yourself and the trips out are great, whether it is to an Alpaca Farm or a gentle stroll in nature, and last but not least, tea and cakes!!

What else can I say? Well I must mention the volunteers, a big thank you to them, and hopefully one day, I might become one.

Absolutely love coming, and long may you get the funds to keep it up. A big thank you to Alison and Donna.

Linda and John xx

* Memory Assessment Service

Open Door Thursday

People Living with Dementia
5

People Caring for Someone
with Dementia
9



During the summer of 2025 we became acutely aware of how much our family carers were struggling. We felt very helpless, but knew we had to do something. We started to run some sessions specifically for them, supported by Rachel from Lancashire Dementia Training and Consultancy and some funding from McCarthy and Stone.

This soon grew into a regular dedicated session, twice a month where we bring in a combination of agencies with helpful information and advice along with some wellbeing activities to give our family carers both the practical support they need and the opportunity to have some much needed 'me' time.

**“Knowing we are not alone, and when someone is upset,
there is always a spare shoulder.”**

Monday Music

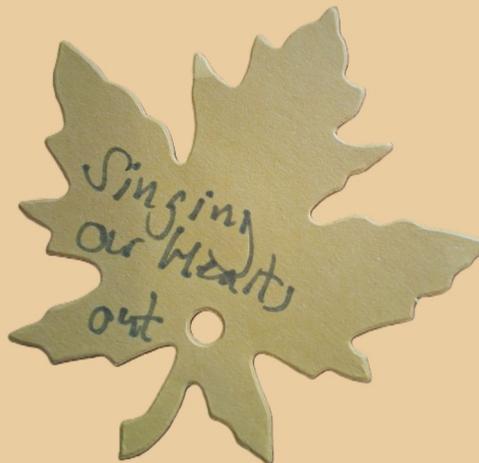
People Living with Dementia 31

People Caring for Someone with
Dementia 35

Wider Older Community 17



“As MD (*Musical Director*) of Rosemary and Time, I have to say, the honour is absolutely mine!! The love, the warmth, the connection: I love every second of standing in front of you, seeing the joy in your eyes, and hearing your beautiful voices.”



“Rosemary and Time make a true difference to the families they support... in fact - when you see them together - they ARE a family; supporting each other and spending happy times together.”

Monday Music



Rosemary and Time has been singing since day one. The impact of music on a person's sense of self is so powerful. People who are silent at home will sing at the top of their voices, people who are a little reserved in their day to day lives will bang the drum and grin with joy in our Monday afternoon sessions. There is something about music that taps into a part of our brain that sparks feelings of connection - be that to those in the room with us or to feelings and memories in our own lives.

We use music to remind our community that dementia does not end the value of an individual's life. We promote what we can all still achieve by performing at community events and even put on our own, very successful, fundraising concert.



“Rosemary and Time, you are amazing! Such a valuable resource for our older community....and such spirit! And drive! The smiles on all your faces says it all.”



“R&T are such an important group, making a real difference for local families experiencing dementia. The way the group has grown just shows how valuable it is.

A real highlight recently was watching the lovely gentleman on the front row at the gig singing Elvis; he was enjoying himself so much!”





“It makes a big difference knowing R&T are there for support and fun. A lively Friday regular meeting with new friends. My husband has become verbally silent, but R&T has opened up his voice. He sings there out of his silent world.

Such benefit for me as carer and wife.

Diagnosis of dementia seemed to lose a lot of friends, people don't know how to cope with someone bright, academic losing their faculties.

R&T accepts all these disabilities with joy and understanding. It is a lonely disease.”



Seated Exercise

People Living with Dementia 11

People Caring for Someone with Dementia 9

Wider Older Community 11

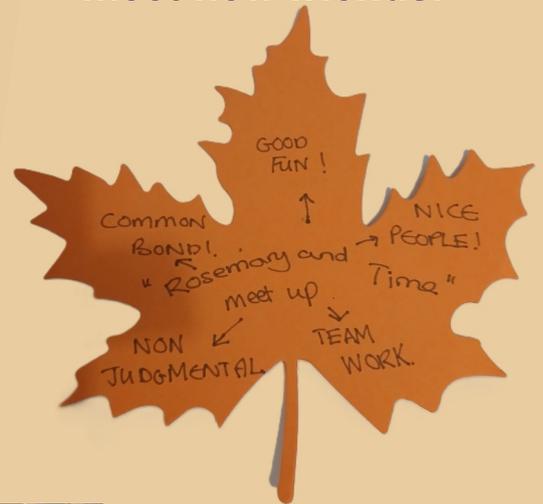


“It’s been great for us, Mum laughs and smiles a lot.

Mum and I would be lost without R&T and the people, now friends.”



“The best thing I have ever done. It helps to get out, meet new friends.”



Seated Exercise



Seated exercise has been very popular, not only as a standalone session twice a month, but also as part of our Friday Friends activities.

Fiona has been a wonderful tutor and everyone has enjoyed her creative approach to seated exercise.

Sadly she had to leave us at the end of 2025 to work on different projects so we are working on a new approach. We have a team of around 15 people, a mixture of staff, volunteers and family carers, about to embark on a training course to become seated exercise leaders. This is a big step for us but will enable us to deliver meaningful exercise activity adapted to suit our members.



Young Onset Dementia Cafe

People Living with Dementia
8

People Caring for Someone
with Dementia
9



“Jackie loves to come to the meeting. It has brought me out of my shell, I was a shy person.”



Young Onset Dementia Café



Our Young Onset team are a group of people affected by dementia under the age of retirement. While many of the symptoms are the same as those in our older members, the challenges faced by those with the diagnosis and their family can be quite different. That is why we have this group, to offer peer led support and advice that is unique to their experience.

One of our biggest challenges is attracting people to come to the group. Facing a young onset diagnosis is overwhelmingly daunting, and the thought of joining in with a group can be a step too far. We hope that anyone reading this who may be living with young onset dementia will see that a dedicated group can make the world of difference, there really are other people experiencing the same as you and are here to support you, have a laugh, some lively banter and provide a safe space to escape to for a while.

One of the lovely things about this group is how they not only support each other, but also embrace activities with our other members, ensuring there is a wider family feel to everyone involved.



Gardening Group

People Living with Dementia **13**

People Caring for Someone with
Dementia **12**

Wider Older Community **4**



“To be part of your Rosemary and Time World helps us to survive ours. A world that can often be full of confusion and sadness, but with each session, activity, trip, song or cup of tea, you help to distract and brighten our day.

For a few hours we don't have to make a decision, we're in your hands for whatever R&T might have in store for us that day, and completely trust that we will enjoy it as it is always thoughtful, appropriate and accessible for all.

This disease tries to take everything you once knew, but R&T has helped us find new things to love together, like music and singing and gardening. Our painted stones are still by the front door and our garden is blooming with baskets and pots, some from R&T but also you gave us the encouragement and ideas to go home and carry on planting. We also love doing new things that we couldn't or wouldn't do ourselves, like walking with alpacas or venturing out on group trips to clay workshops!

R&T helps bring out the best in my Mum and a strong sense of who she is, in her smiles and laughter throughout.

Thank you xx.”

Gardening Group



Who knew that you could take noise and mess into a library?

The fabulous team at Longridge Library have been welcoming us into their building for over 3 years now and without them, we would not be able to run our very popular dementia friendly gardening group. From planting up hanging baskets to creating bug hotels, it all goes on in this wonderful community asset.

Our thanks go out to them (and all their customers who come in for a quiet read only to be disturbed by our laughter.)



“Making memories to last a lifetime.”

“Being able to talk to other carers who understand”



“Just beautiful to watch mum come alive.”



“Realising we were not alone”



“Finding a place to go regularly instead of just existing on our own.”

“Knowing we have back up and somewhere to go that we both enjoy”



“You have made such a difference to our Friday afternoon, you both make us so welcome.”



“A comfort and support for us.”

“Having a new extended family”

“Partner has opened up more, joins in.”



What difference has coming to Rosemary and Time made for you?



“We can honestly say that without Rosemary and Time’s care and support, we don’t think we would have coped as well as we have. This has now given us confidence to still travel abroad, maybe not quite as far as before, but to continue while we still can. I would like to say a huge thank you to Rosemary and Time for providing somewhere that is obviously needed for people in our situation to go for help and advice, but most of all, love and friendship.”

“Feeling of togetherness with people in our situation”



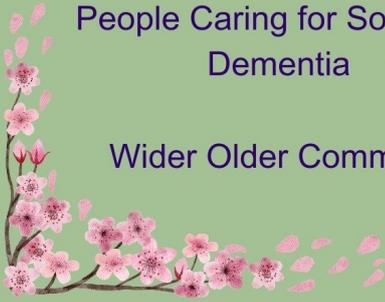
“Not feeling so alone after dementia diagnosis.”

Nature Walks

People Living with Dementia 12

People Caring for Someone with Dementia 14

Wider Older Community 10



Many people within our groups, both those with dementia and those from our wider older community had stopped venturing out as often as they would like to. This was either down to not wanting to go alone, or through a level of anxiety about what they might do if something happened to their loved one while out and about.

We sought routes that were flat, accessible, had good parking and a café. This meant that people were able to join their friends, enjoy a gentle walk and a good catch up over tea and cake.



Special Trips

People Living with Dementia **13**

People Caring for Someone with
Dementia **14**

Wider Older Community **7**



We have enjoyed connection to nature a few times this year, including

- A visit to Wood End Farm in Dunsop Bridge to meet their Alpacas, pigs, lambs and pony - this is probably our most talked about trip.
- The Gathering Fields in the beautiful Trough of Bowland, where our good friend Helen helped us to make clay plaques imprinted with leaves and flowers.
- We enjoyed a visit from SMJ Falconry where we were able to handle the birds and learn all about them.

**“Absolutely wonderful
afternoon we are so so lucky
to be part of such an amazing
group of kind people.”**



“Your work has made a difference not only to your members and their families but also to the wider community in their understanding of dementia and the capabilities of those who have it.”



We have to say the most special thank you to Joe Martin, who is the inspiration leading our singing activities,

More importantly, our heartfelt thanks and admiration go to ShowChoirNW who have supported us, inspired us and added volume to our performances when our numbers were low. We genuinely could not have done this without you. Thank you xxx.



**SHOW
& CHOR**

Out in Our Community



“Rosemary and Time are the epitome of what Grimsargh Field Day is all about.”

One of the most important things that we do beyond supporting our members is to showcase just how much each of them still has to offer, not only to themselves, but to our community too. A diagnosis of dementia does not cancel out a person’s ability to continue contributing in society.

We have taken our Rosemary and Time Voices singing group out to perform at Grimsargh Field Day for three years now, with the last two years seeing us open up the programme of entertainment - and yes, we will be back this year.

We have also sung at Holme Farm Dairies who kindly ran a fundraising event for us. This was a big step for us, a new location with unfamiliar surroundings. Needless to say, the group rocked their set, the audience joined in and absolutely loved the performance.

December 2025 saw us put on our first Christmas concert, open for our whole community to enjoy. We don’t think anyone would have seen this coming 18 months ago.



“Besides making new friendships, it’s so worthwhile seeing the smiles on people’s faces when they come to our groups—and even bigger smiles when they go home after having a fun time.”

Our Volunteers



It is not a flippant remark when we say that we could not run Rosemary and Time without our volunteers. We genuinely could not. We are blessed with a team of people who run the kitchen, welcome our members, offer an attentive ear and a waterproof shoulder, and generally support every individual within the room in whatever way they need it - and that certainly includes us.

'Thank you' is by no means a big enough phrase to express just how valued and loved our volunteers are, but Thank You - to each and every one of you. You are a blessing to all of us. xx

“Volunteering here has helped me just as much as it’s helped the members - we’ve grown together in such a special and beautiful way.

I love seeing our community coming together and the genuine connections that are formed between the members and the team members.”



Laughter and Lunch

People Living with Dementia 22

People Caring for Someone with Dementia 16

Wider Older Community 17

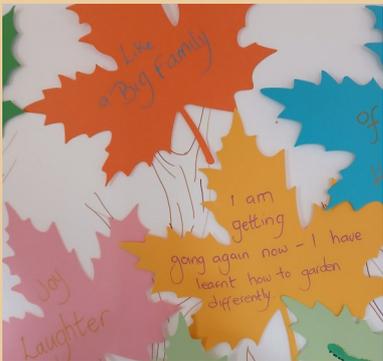


Outreach Workshops

People Living with Dementia 29

People Caring for Someone with Dementia 18

Wider Older Community 4



“This is so therapeutic, I am concentrating so hard that my mind has emptied. Plus, I now feel quite responsible for these tiny seedlings.”



“I notice more in the natural world around me”



“Sometimes I like to come here, other days I need to come here.”

Longridge Community Hospital Garden

“I am now in an office downstairs looking out on it and it’s a lovely view.”



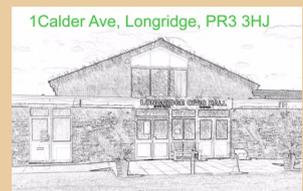
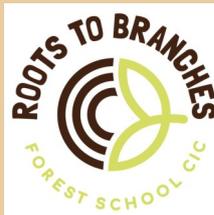
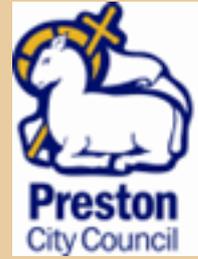
Social Enterprise



As a social enterprise we try to earn as much of our income as possible. This enables us to provide financial security for our services at a time when grants are harder to obtain. It also gives us the opportunity to share our skills throughout our community, spreading the impact of our work further.

In the last 18 months our social enterprise work has included

- Facilitating the Laughter and Lunch Club for the Friends of Longridge Civic Hall
- Providing training in Social and Therapeutic Horticulture (STH) to local volunteers
- Being part of the Thrive team, teaching on their STH Diploma
- Partnering with Defence Gardening Scheme and Roots to Branches, delivering workshops for veterans and service personnel at Weeton Barracks
- Working with Therapeutic Garden Tours, delivering a Gardening with Dementia session at RHS Bridgewater
- Replanting and maintaining the courtyard garden at Longridge Community Hospital



Thank You

There are so many funders and supporters that we would like to thank - whether you have given us a grant, a donation, a discount, your time or the opportunity to share our story with you, please know that you have made a significant difference to a lot of people, for which we are all very grateful.

- **BBC Radio Lancashire**
- **That's TV Lancashire**
- **North West Ambulance Service Choir & Friends**
- **Grimsargh St Michael's CofE Primary School**
- **Grimsargh Village Hall**
- **Pete's Pantry**
- **The Plough, Grmisargh**
- **Grimsargh Club**
- **Unique Homecare**
- **Gracey Hart Make Up**
- **SJB Hire**
- **Sal on Beauty**
- **LW The Beauty Room**
- **Deesigns**
- **Helen from The Gathering Fields**
- **Forest of Bowland Natural Landscape**
- **Chris Jones, Social Prescriber**
- **Lancashire Carers Service**
- **Absolute Enigma**
- **Sa'ar Café, Longridge**
- **Fisher's Mobile Farm**
- **Goosnargh and Longridge Agricultural Show**
- **Lea WI & Ashton WI**
- **All who kindly donated in memory of a loved one**
- **Everyone else that we have not had room to mention - thank you xx**



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***“The smiles on all your faces
says it all.”***