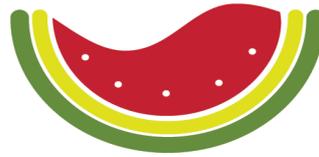


Registered Charity No: 1081567



First Taste

ENHANCING THE QUALITY OF LIFE FOR OLDER PEOPLE

Patron: Rt. Hon Baroness Estelle Morris of Yardley

TRUSTEES' REPORT AND ANNUAL REVIEW

1 April 2017 to 31 March 2018

First Taste is a small local charity operating principally, but not exclusively in the Derbyshire Dales. Started in 1997, it is dedicated to improving learning opportunities for frail, older people in residential, nursing and care settings.

Helping care staff to be involved in the learning process to improve their stimulative skills and their understanding of the holistic needs of residents: social, emotional, aesthetic and intellectual, so that care staff can respond positively to these as well as to their physical needs.



**The Queen's Award for Voluntary Service
awarded June 2009**

Each Trustee has signified approval of this Annual Report and Review: *Shirley Davison, John Simmons, Iris Wagstaffe, Michael Webb and Andrea Walker Patrick*

Date of Review: 17 August, 2018

PERSONNEL

Patron The Rt. Hon. Baroness Estelle Morris of Yardley

Trustees

Shirley Davison	Hon. Chairman
John Simmons	Hon. Vice-Chairman Adult Care & Health Service Liaison Officer
Andrea Walker-Patrick	Hon. Educational Development Officer
Iris Wagstaffe	Hon. Secretary
Michael Webb	Hon. Treasurer

Local Authority Liaison Officers

Rob Moore	Derbyshire County Council, Adult Care Service
Nicola Goodwin	Derbyshire Dales District Council, Arts Development Service

Tutors

Pauline Bloomfield	Arts, Crafts and Ceramics
Clare Bufton	Horticulture and Floral Art
Caroline Cook	Horticultural and Floral Work
Ingo Herrmann	Arts & Crafts & Technology
Anita James	Hand massage
Julie Nadin	Jewellery and Metalwork
Shyama Perera	Arts and Crafts
Tom Pilkington	Inter-active Music
Jan Scott	Horticulture, Floral Art, Drawing & Painting
Lester Simpson	Inter-active Music
Brian Sullivan	Inter-active Music and Reminiscence
Lindsay Trevarthen	Chair-Based Movement
Ian Weatherley	Volunteer Tutor—Inter-active Music
Mo Fisher	Volunteer Tutor—Horticulture

Projects Co-ordination

Cecilia Harris	Social Care and Training Manager
Kari Ipe	Volunteer Fundraising & Publicity Officer

Website Maintenance: Fatmir Iseni

FOREWORD BY RT HON BARONESS ESTELLE MORRIS OF YARDLEY - FIRST TASTE'S PATRON



It is with pride, optimism and a little regret that I write the Forward to this last Annual Report of First Taste.

The charity was set up to improve the quality of life for frail and elderly members of the community through innovative and stimulating activities. It started with a small group of volunteers, working with residents at Longmeadow Care Home but over two decades it has developed into a rich programme of workshops, classes and courses that are delivered throughout Darley Dale and beyond. At its core, is the belief that we learn throughout life and that we are better, no matter what our age or infirmity, if we continue to engage with meaningful activities.

I have a myriad of memories of attending First Taste events; the lady who at over 80 had learned to use a computer and was emailing her grandson; the men and women who mastered new crafts, improved their singing or joined an exercise course; the unparalleled success of the intergenerational initiative where young people work with the elderly on gardening, story-telling or local history as part of the school curriculum and the videos and DVD's that mean that the elderly can learn whenever they want.

First Taste has changed lives; not only those at whom it is directed but the young and not so young who have been partners with them in a journey of exploration. People who might never have met have come together and the young, the elderly, careers, volunteers and tutors all learn from each other.

For First Taste, quality matters; we don't accept poor standards for children in schools and neither should we for elderly people learning at home. One of the hallmarks of the work has been that it is delivered by fully qualified, highly experienced tutors and their skill, encouragement and imagination has made all the difference. Many of the materials produced are now used throughout the country and the First Taste team is frequently asked to lecture both in the United Kingdom and overseas..

It is the boldness of the ambition and the determination to make it work that accounts for First Taste's success. The volunteers who have acted as trustees and supported the tutors have been the driving force of the charity but First Taste is a community effort. Schools, local Councillors, care home owners and managers, the health service, parents and families have all been part of this joint endeavour.

We have received generous funding from small local charities as well as national organisations. Our local Councils and civic leaders have encouraged us and supported us financially and our partnership with Derbyshire County Council has helped the charity to extend its work to care homes throughout the County.

The work of First Taste is as strong and as effective as ever but these are difficult times for small charities and the decision by the trustees that first Taste should become part of Derby and Derbyshire Age UK is the right decision at the right time. I know that Age UK will build on the work done by First Taste and it will flourish under their guidance.

As the work of First Taste starts a new phase, it is a time to look forward with confidence and excitement but it is also a time to look back and recognise the contribution of some key people. They are too many to name but I want to recognise and thank, the present trustees, Shirley Davison, Iris Wagstaffe, John Simmons, Mike Webb, and Andrea Patrick Walker as well as Cecilia Harris, our Project Manager.

Most of all, I want to pay tribute to three people whose idea it was to set up First Taste and who have led and nurtured it ever since; Graham Hunt who was there at the start as were Shirley Davison who is now our Chair and Iris Wagstaffe, our Administrator. Without them all, it really would not have been possible.

Estelle Morris

REPORT ON THE YEAR'S ACTIVITIES

General Statement

First Taste has been in existence for 21 years by the end of March 2018 and has operated as a registered charity since July 2000. The Trustees are responsible to the Charity Commission for compliance with relevant legislation, for raising funds and for applying them in an efficient and effective manner, solely in pursuit of its aims and objectives.

Baroness Estelle Morris of Yardley kindly accepted an invitation to become our Patron in September 2006 and has taken a close and proactive interest in our work.

The Board has met formally on four occasions during the year and informally on many others. Trustees have continued to promote the work of First Taste in many locations before appropriate audiences.

The Charity's work has again been recognised locally, nationally & internationally and it is felt vitally important that all involved from national government, the NHS through to local adult care serviced, local health services, homes and the care industry are aware of and respond to the holistic and stimulative care needs of frail older people in care settings. The increasing awareness of the growing numbers of those with dementia only serves to re-enforce the need for positive and realistic support by adequate funding which is especially important in the current financial climate. This is especially important in the present challenging financial times. We have continued our support for developing the skills of care staff which is an important way of enhancing the quality of care that can be provided.

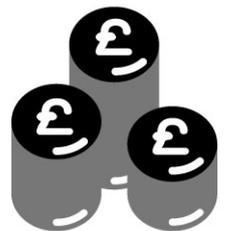
Inter-generational Work has continued to be developed especially involving primary school children. This is proving highly beneficial to all involved and is an area that we would hope to develop further.

Policies and Procedures - The Trustees review our Charity's policies and procedures annually and make changes where necessary in the light of legislative and recent court decisions. The risk register is also reviewed annually to ensure the main risks threatening the delivery of our Charity's objectives are identified and prioritised and that effective mitigations are identified and implemented. The Trustees have also paid due regard to the Charity Commission's Public Benefit Guidance.

Accommodation - The Trustees are appreciative of the Interest and support of Sebastian Perez, owner of Ladygrove Mill, for his support in facilitating our administrative base where we do have a small meeting room. This enables us to hold Trustee and other working group meetings in our own premises. For events requiring more space we hire rooms at the Joseph Whitworth Centre at Darley Dale and other venues across the county.

Promotion - Our website is managed and kept up to date by our volunteer Fatmir Iseni - see Acknowledgements.

Funding and the Future - The search for funding to develop the work has continued to be challenging. In view of such issues, our Trustees have had to face the reality of an ageing Board with the challenges of recruiting new trustees with appropriate hands-on skills and the difficulties of our small local charity securing funding in an ever competitive market of applications to funders. After much research and discussion, it has been agreed that to ensure the legacy of First Taste's work that our organisation integrates with AgeUK Derby & Derbyshire. Boards of both charities have agreed that this is an appropriate decision and after the formal dissolution of the First Taste Charity at 31st October 2018 the First Taste name will be retained by AgeUK Derby & Derbyshire to continue the work and be known as First Taste and will remain as a stream of AgeUK Derby & Derbyshire's various activities and support work for older people.



The First Taste Office at Ladygrove Mill in Two Dales will remain operational until the end of March 2019 to support the integration and embedment of the work into AgeUK Derby & Derbyshire various activities.

Training for Personnel Wider Training and Networking

Trustees and Tutors attend regularly significant Conferences, Events and Seminars. Shirley Davison attends the regular meetings of Derbyshire Voluntary Action in Bakewell Agricultural Business Centre. Iris Wagstaffe represented First Taste on the Steering Committee of Matlock & Surrounding Communities 50+ Forum. John Simmons represented First Taste at the meetings of Dronfield2Gether Initiative –and is actively involved in a wide range of county wide, regional and national bodies concerned with older people issues where he has been able promote First Taste.

Resources

The publicity leaflet, kindly funded by Derbyshire Voluntary Action, launched in Spring 2016 has proved a very useful resource in promoting the Charity's work.

The TOPIC (Tutoring Older People in Care) Model of Practice: Our educational and themed information packs for many subjects are available and are used within all First Taste workshops delivered to older people in care settings.

'Yet More Music to Move' a 4th chair-based exercise CD is available, along with our three previously produced chair based exercise CD's that continue to be much appreciated & in demand from homes, day centres and a whole range of other interested groups and individuals.

Our two reminiscence DVDs 'Where'er you Walk' and 'Food for Thought' continue to be very welcome resources for care staff to use in memory work with older people, especially those with dementia.

The CD's & DVD's are available for purchase from the First Taste office – for further information visit the website:www.firsttastecharity.co.uk/shop

Valuable New Volunteer: Early in 2017 our Trustees were delighted to welcome Kari Ipe, who had found us via our website . Kari has volunteered her tremendous skills to help the search for funding to both continue our present programmes and also to develop new initiatives. She is also actively supporting and seeking to develop our publicity needs. Kari has pledged her support as the First Taste work goes forward with AgeUK Derby & Derbyshire.

First Taste's Educational Development & Monitoring Officer's Report:

The Educational Advisor & Development Officer and the Chairman have continued to make courtesy/observational visits to Day Centres, so as to maintain contact with centre managers & First Taste tutors. The professionally developed programmes with specific aims, objectives and outcomes have all been delivered during 2017/2018 in keeping with the First Taste overarching policies and aims i.e. educationally based, stimulating, professionally delivered and informative. Reports are held at First Taste office.



Intergenerational Work

DIG 4 (Developing Interactive Gardens) Project

Name Of Home	Name of School	Name Of Tutor	Subject
Long Meadow Residential Home, Darley Dale	Darley Dale Primary School	Clare Bufton	Horticulture

The pupils of Darley Dale Primary school continue to enjoy the intergenerational project at Longmeadows residential home. This is the fourth project with the school. This project concentrated on bringing wildlife into the garden at Long Meadows residential Home. Plants which attract nature were planted in the garden at the back. The residents and children enjoyed getting to know one another sharing tasks and watching their plants grow as they tended them together. They managed to attract a variety of insects, butterflies, frogs and worked on identification on the wet days and arts/craft sessions associated with wildlife.

An excellent celebratory event was held to mark the end of the project in July 2017, it was a 'Lawn Party', held in the grounds of Long Meadows Baroness Estelle Morris gave certificates to the children and everyone enjoyed the refreshments provided by the home. Parents and friends of the school along with residents & relatives enjoyed the lovely sunny day and were taken round the work that had been achieved by the group. Funding was secured to allow the Project to continue for a further academic year commencing September 2017.

VOYAGE 4 (Valuing of Youth & Age) Project

Name Of Home	Name of School	Name Of Tutor	Subject
Florence Shipley Care Centre	Blend Youth Group Michael House School	Clare Bufton	Horticulture

Initially five young people from Blend had been excluded from mainstream school and were attending the youth group on a Monday. It was a slow start getting the young people involved and able to interact, eventually they formed links with those residents with whom they felt comfortable. They enjoyed the horticulture as it was a very practical session and they were able to be easily distracted. The worker from Blend was very pleased with the way the young people had responded and he felt it had had a lasting effect on them. The home held a plant sale with items they had grown which was very successful. In September, unfortunately, Blend hadn't got the same funding and didn't have any young people to attend. They recommended Michael House School, after a few logistical problems they were able to join us this year. This has gone very well from their point of view and they are keen to continue. This latter part of the project was held in the residential part of the centre.

Sessions in the day centre - The sessions here were very well supported by staff and appreciated. There were often a good number of service users that participated in the sessions regularly. A range of horticulture and plant related activities were carried out, including: Making crepe paper flowers, planting broad bean seeds, painting pots and planting in them, collage pictures, autumn leaf art, taking cuttings from houseplants. Many of the service users participated actively, and the sessions triggered memories and conversation about the past. There were often many smiles and laughter around the table as the group worked together. Staff commented that it was refreshing having someone different coming in to do activities, and that residents looked forward to the sessions. Clare was often greeted by a service user saying 'here's the gardening lady!' One of the service users was a very able and experienced gardener, but unable to speak. She benefited from the session by being able to express herself through the art-based activities.

Sessions in the residential unit - The residents have really enjoyed seeing the Michael House students. They certainly react differently to seeing a group of young people than the usual visitors, becoming more animated and alert. As we have been working in the communal area, several residents choose to come over to the work area of their own accord, and start joining in. Others need a lot of encouragement to participate at different levels. Some residents attend the sessions but don't participate and prefer to watch. It is rewarding to sometimes see these residents become involved actively with support and encouragement. This happens on a fairly regular basis. The students have been extremely patient and kind with residents who have high levels of need and significant communication problems. They have supported and encouraged them to take part in the various planting and art activities. There have been kisses and hugs for students from several of the residents.

VOYAGE 6 (Valuing of Youth & Age) Project

Name Of Home	Name of School	Name Of Tutor	Subject
Tansley Home	Tansley Primary School	Pauline Bloomfield	Art /local history

This project between the residents of Tansley House and Tansley Primary School has been very rewarding for everyone involved. The children were reminded at the beginning of every session to involve the residents as much as possible in the tasks, the involvement of both parties evaluated at the end of each session.

The children formed definite attachments to certain residents, the boys grouped with three men at the home and were very eager to greet them when they arrived, the girls went to the same residents each week and forged strong bonds. It was good to witness the children using their initiative at the end of an activity, when they finished the task early they would look for something else that will be of interest to the resident to participate in. The project focused on art & local history and finished in December. The current group leave school in July 2018 so there will be a small goodbye celebration. The project will commence again in Sept 2018 with a new group.

VOYAGE 7 to (Valuing of Youth & Age) Project

Name Of Home	Name of School	Name Of Tutor	Subject
Ivonbrook Care Home	South Darley Primary School	Pauline Bloomfield	Horticulture

This is the first intergenerational project to take place at Ivonbrook. The children from South Darley School are also new to this work. The group from the school had an introduction to working with older people and then met the residents before starting on the project. The group has worked on the small gardens of the lounges, planting in the raised beds and around the grounds.

A small group of residents attend every week, other people come into Ivonbrook for respite so may only join the group for a couple of weeks or so. The children are very lively and excited and as always bring a lovely buzz into the home when they arrive.

During the wet weather they made board games with wildlife and horticultural themes, they then played the games with the residents and had lots of fun. The group planted seedlings and have transplanted these into the larger beds around the home. They are particularly proud of the plants in the raised planters outside the lounge which has created a lovely environment for the residents and relatives to sit.

There will be a celebratory event in July 2018 for everyone to come and view the work they have been doing.

Ringin Changes Project

Name Of Home	Name of School	Name Of Tutor	Subject
Meadow View Care Centre	Churchtown Primary School	Ingo Herman	Arts/Music

This project began in the day centre and the initial theme was using the bellplates (sounds of bells) and later changed to an art/crafts session to encourage 1 to 1 interaction.

The new group of Year 6 students assisted the day centre users in experimenting with a large variety of techniques and methods, such as wax resist painting and model-making, on a range of topics (eg insects, tropical fish, autumn leaves etc.). As we hoped, the close cooperation required for the successful making of the artefacts encouraged the communication between the generations. The activities allowed the service users to help make creative decisions and introduced the participants to new processes. Again, the feedback received from all parties, incl. staff, were very positive. For the third phase of the project it was decided to relocate the Arts and Crafts workshops to the residential units, with the students acting as the 'experts', making all manner of 'arty' items, such as Valentine presents, lighthouses, swallows, ornaments, snow pictures etc. The students responded with great patience to the difficulties of explaining the tasks to the residents and made sure that completed items were left behind after each visit for the residents to enjoy. Many of them took the things the students had made with them back to their own rooms. The sessions worked particularly well when the members of staff present actively joined in to create a bit of a creative buzz. The residents appear to look forward to the students coming every week. On the whole, this project has been very well received by the school and the home and we hope that it might be possible to continue it in some form in the future.

Care Staff Training – Creating Rich Environments in Care Settings Programme

Final Phase – funded by DCC. The aim of this project was to encourage Exercise & Movement in the private & voluntary sector homes.

Homes Involved	Subjects
Brooklands, Bakewell Kidsley Grange, Smalley Meadow Grange, Dronfield Dove House, Ashbourne Moorlands, Hathersage The Green, Hasland	Music & Movement Qigong Chair Based Exercises

Tutors went into the homes initially to deliver workshops directly to the residents, these were chair-based exercises, Qigong & Music & Movement. They demonstrated to the staff how to encourage participation. They left resources, photographs, written explanations & CD's to encourage the staff to deliver their own workshops.

During the summer months a number of training days were held for staff participating in the programme. These were -

A day of exercise, this included Chair based exercises, Music & Movement & Qigong.

Day of Arts, silk painting & stencilling.

2 days of Hand massage training with an introduction to Aromatherapy.

At the end of the six months the tutors went back to the homes to assess the care staff delivering the sessions to the residents.

- Staff from 5 of the 6 homes participating, successfully attended a full Chair Based Exercise training course.
- 5 of the 6 homes are now delivering 3 exercise sessions a week, consisting of - Chair Based Exercises, Qigong, and Music & Movement.
- All homes are in regular contact with the AgeUK Derby & Derbyshire Strictly No Falling Team, who are monitoring their progress.
- 3 of the homes have booked the tutors directly, to teach them 'progressions' in the exercises.
- 5 homes have also implemented a regular pattern of activities due to the CRE training.
- 6 other participants from the 'Day of Exercise' training have successfully completed the 5 day Chair Based Exercise award.
- Many of the homes have reported delivering hand massages to the residents with excellent results. 70+ staff attended the training and are using the skills they learnt in their workplace

Programme of stimulative workshops, funded by DCC Adult Care Service, to older people attending Day Care Centres across the Derbyshire Dales

2017/2018 Day Care Centres Programmes: Derbyshire County Council's Adult Care Service has generously continued funding programmes of workshops in day care centres across the Derbyshire Dales. The workshops have covered a range of activities from interactive music, chair based exercise, movement, a range of arts & crafts, pottery, gardening & floral art, poetry & literary art— all such sessions include reminiscence. These are very much appreciated by the older people, the care centres' staff as well as friends and relatives of the older people.

ANALYSIS OF WORKSHOPS: 1st April 2017 to 31st March 2018		
Day Centres (Workshops directly to members of the Centres)	Location	Integrated Arts
Bakewell Age Concern Day Centre – 4 groups	Bakewell	20
Caroline Court Day Centre – 3 groups	Hope	15
Ashbourne Centre - 3 groups	Ashbourne	10
Hulland Ward Day Centre – 1 group	Hulland	17
Wirksworth Day Centre - 2 groups	Wirksworth	9
TOTAL SESSIONS		71

Acknowledgements

First Taste would like to thank all participating care establishments; not only for their financial contributions, but also for the great help and encouragement they give us. We do understand the physical constraints of their work and their continuing financial difficulties and we are most grateful for their support.

We deeply appreciate the help given by officers of Derbyshire County Council's Adult Care Services and the help of their Intergenerational Project Manager, Derbyshire Dales District Council's Arts Development Service and the generous time and advice given by Derbyshire Dales Council for Voluntary Service, Derbyshire Voluntary Action and Foundation Derbyshire. These have all been invaluable to our work.

We have had extensive support, from statutory bodies for education, social care and health and other charitable trusts, Such help, and that from voluntary organisations, businesses and individuals, is invaluable. We would be unable to deliver our programmes to care establishments, staff and residents without the assistance of all these individuals and bodies. We owe them all deep thanks and gratitude.

Matlock W.I. had kindly adopted First Taste as their charity for year 2017. All donations will be gratefully received and put to good use. **Thank you.**

Our website: www.firsttastecharity.co.uk which was first built for us in 2006 by the then youngest volunteer, Fatmir Iseni, aged 16, has proved an essential tool in promoting the work we do. We received over 800 visits to the First Taste website in the last year.



Reflections of First Taste's Journey

None of First Taste's founders realised in the 1990's that the huge sadness that is shared by so many whose frail older loved ones needing long term care would lead to the incredible journey that has seen our fledgling organisation grow from recognising the issues and then working to seek meaningful and practical solutions to enhance the quality of life and experience of those needing such care.

Those early years of experience, hopefully, have helped in some small way to influence the way that holistic and good quality care in residential care / nursing homes has started to be perceived. What fun and pleasure so many of us have enjoyed with residents, families and friends from those early days of researching and providing a wide range of activities all of which has contributed to our Charity developing a very meaningful and real understanding that frail older people can and should be enabled to continue to learn and enjoy a rich chapter to the final part of their lives.

The acorn of £50 borrowed in 1997 by First Taste co-founder, Graham Hunt, from the then Derbyshire Rural Community Council, set up the required voluntary organisation account needed for a successful application to the newly created National Lottery "Awards for All" scheme. The outstanding success of that first project of delivering meaningful interactive music sessions in eight Derbyshire Dales care homes spurred on the embryonic First Taste Group to greater efforts. July 2000 saw the group gaining registered charitable status just after the ever-mounting paperwork left my kitchen table and under my stairs to our first office in a redundant terrapin building at Darley Dale County Primary School and eventually to our present office at Ladygrove Mill in Two Dales.

The momentum to enhance the quality of care in homes and day centres has continued over years with ever expanding projects as well as the recognition of the benefits of offering meaningful programmes of workshops to help care staff themselves to deliver simple creative arts and stimulative activities to their residents as well as widening their understandings and holistic care skills practice. Intergenerational work followed both in secondary schools and then over recent times in primary schools and youth groups.

We have seen our small training workshops for our tutors develop into full blown conferences attended by a very wide spectrum of care staff and delegates from local authorities, health services, other voluntary organisations from across the country keen to learn of best practice and benefit from attending practical workshops.

The demand for resources to help and support care staff was addressed by successful funding applications to produce in-house four chair-based exercise CD's and two reminiscence DVD's. That demand for such specifically produced resources remains and hopefully will be addressed by AgeUK Derby & Derbyshire.

The Charity was honoured and has been hugely helped when Baroness Estelle Morris became First Taste's Patron in September, 2006. She has been a tremendous supporter of our work and is to continue that support when she joins AgeUK Derby & Derbyshire as their Patron.

What pride, when in 2009, First Taste was presented with the Queen's Award for Voluntary Service by Mr William Tucker, Derbyshire Lord Lieutenant .

And now there is another chapter in First Taste's journey - not just of legacy but of continuance. The First Taste mission and work of present and future projects is being integrated into AgeUK Derby & Derbyshire where the First Taste name will remain to identify that strand of AgeUK Derby & Derbyshire's various activities. Bon voyage, First Taste.

Iris J. Wagstaffe, M.B.E.,
Founding First Taste Trustee & Voluntary Secretary
August 2018

TREASURER'S REPORT

Summary of Receipts and Payments (2017-18)

Income		Expenditure	
Brought Forward	48613		
Derbyshire County Council	12810	Creating Rich Environments	16810
Derbyshire Dales District Council	2000	Stimulative Sessions in Day Centres	5152
Other Grants	7240	Ringing Change	4140
Donations	1559	Valuing of Youth & Age	9334
Contributions from Homes	3890	Developing Interactive Gardens	4364
Miscellaneous	5139	Rent/Room Hire	2364
		Management & Administration	3704
		Other Projects	349
	81251		46217
Transfers	8382	Transfers	8382
		Transfer to Age UK Derby & Derbyshire	35034
	89633		89633

During the past year, most of our resources have again been concentrated in completing our "Creating Rich Environments in Care Homes" project. We have also continued our work in Day Centres and other smaller projects.

During the year ended 31st March 2018, First Taste received income totalling £33,637 (2017 - £63,445), whilst expenditure totalled £46,216 (2017 - £48,613).

Following the decision to integrate First Taste's activities with that of Age UK Derby & Derbyshire, all funds held in the name of First Taste were transferred to Age UK Derby and Derbyshire at the end of the financial year.

Michael J Webb, ACIB

Honorary Treasurer

ACKNOWLEDGEMENT OF FINANCIAL SUPPORT

In this, our 21st and final year our Trustees do wish to thank the organisations, funding bodies and individuals who have supported the Charity over the years and would particularly wish to acknowledge support from the following organisations and individuals over the past year:-

Age UK Derby and Derbyshire (Strictly No Falling Programme)

Derbyshire County Council Adult Care Service

Derbyshire County Council Community Leaders Fund

Derbyshire County Council Intergenerational Service

Derbyshire Dales Council for Voluntary Service

Derbyshire Dales District Council Arts Development Service

Derbyshire Dales Local Projects Fund & Waste Recycling Fund

Derbyshire Voluntary Action

Dr. Jennifer Bute

Ernest Bailey Trust

Foundation Derbyshire

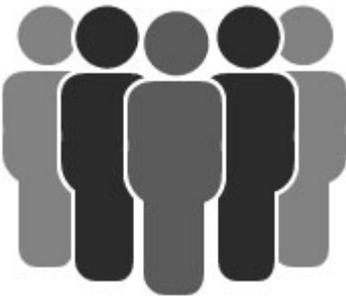
Matlock W.I.

National Lottery

Private & Anonymous Donors

Sebastian Perez

St Elphins Village Residents Association



Further copies are available on our website: www.firsttastecharity.co.uk or from the Secretary at the First Taste Office, c/o Ladygrove Mill, Two Dales, Matlock, Derbyshire, DE4 2FH Tel: 01629 733849

Intergenerational quotes

“I was nervous to talk to residents but now I enjoy going there”

“I did not like care homes because I had had bad memories of my Grandma in one, but now I’ve changed my mind”

“The residents were nice and funny”

“I used to find them scary but now I find them exciting because you never know what they are going to say next about their past life and they have an interesting story to tell”

“My message to other children our age is: Please don’t be scared to talk to older people as they’ve had interesting lives and they are willing to tell you about them”

“I will miss the residents but I will never forget them”

“Thank you First Taste for giving us this brilliant opportunity”

Quotes from older people at the Day Care Centre's workshops

“We like you coming”

“I really love it when you come”

When will we be singing carols”

“We feel livened up

”I can tell you enjoy it (to tutor) and so do we”

*It’s never too late to learn something new”

“Thank you, we have had a real laugh”

Staff at a day centre said “clients all enjoyed the activity and several clients participated who would not normally get involved”

Quotes from older people in care/ nursing homes who have been Involved in First Taste Projects

“It’s lovely to have something different to do”

“It makes me happy and I forget about all my aches and pains”

“I like seeing new faces and the children are so friendly”

“It’s lovely to see the children and we have such fun”

“Makes me feel younger and remember things I had forgotten”

“You are never too old to learn something new – it makes your brain work”

“I was a bit wary at first but now I feel much better in myself”

“Makes me want to get up in a morning”

“I never thought I would be doing something like this (pottery) at my age” (from a lady of 96)

“It’s all been wonderful” (from one of First Taste’s oldest learners aged 103)

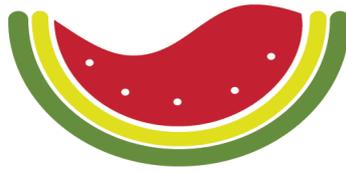
“We need more things like this”

“Time goes so quickly when you are enjoying yourself”

“Isn’t it lovely to be able say ‘good night’ to someone you love” (from a lady who was helped to skype – through First Taste’s technology programme - and spoke every Sunday night to her only relative, a grand-daughter, who lived abroad)

“The staff are always so busy so it’s nice to have someone to come in and talk to us about gardening and help us plant things”

“I don’t know why I was so worried about living here – I don’t want to go home where I was lonely”



First Taste

ENHANCING THE QUALITY OF LIFE FOR OLDER PEOPLE

Our Mission:-

Celebrating and enhancing the quality of life for older people in nursing, residential and day care settings, principally but not exclusively in the Derbyshire Dales, by developing the skills of care staff, thus encouraging participation and involvement in the arts and stimulative interactive experiences.

c/o Ladygrove Mill,

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