



Norfolk and Suffolk Health and Care Awards 2026

Treatment to Prevention Award

Halesworth Dementia Carers' Fund Volunteers

Halesworth Dementia Carers' Fund

Halesworth Dementia Carers Fund (HDCF) is a small, volunteer-led charity providing vital, free support to people living with dementia and their unpaid carers. With dementia remaining the UK's leading cause of death and nearly one million families affected, the role of unpaid carers is both significant and challenging. Many reach crisis point due to limited support, despite contributing billions in unpaid care. HDCF responds to this need by offering person-centred, face-to-face support from the earliest concerns about memory through to end of life and bereavement, helping families care for loved ones at home for as long as possible.

Working closely with local GP surgeries and community partners, HDCF promotes a dementia-friendly approach across its community. As a fully volunteer-run organisation, it raises around £50,000 annually and reinvests nearly all funds directly into services, enabling it to remain entirely free—an approach that sets it apart from many other charities.

HDCF provides a wide range of tailored support, including weekly drop-in sessions, bi-weekly carers groups, advocacy at medical appointments, and bespoke training for carers and professionals. It also offers regular dementia-friendly activities such as memory cafés, singing groups and seated yoga. A core element of its work is alleviating carer burnout through free in-home respite, offering up to four hours per week, as well as a weekly day centre providing extended breaks.

With 15 years of impact, HDCF has built a strong reputation for compassion, community connection and practical support. Feedback highlights improved quality of life, reduced isolation and a valued sense of belonging for both carers and those they support.