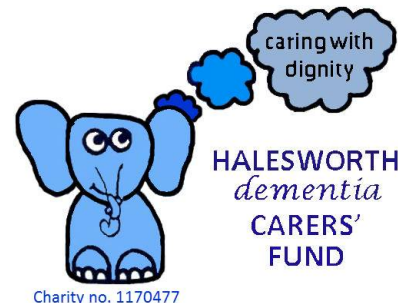


# Halesworth dementia Carers' Fund



## Annual report 2021

May 2020 – April 2021

### **Introduction:**

Now in its eighth year, Halesworth Dementia Carers' Fund continues to provide much needed services for those living with dementia and their family carers.

Despite the continuing challenging situation due to the spread of COVID-19 and the ensuing lockdown, the fund has continued to move forward with the aims of the charity. Our trustees are continually looking for ways to attract new volunteers and members to our committee and would be delighted to hear from anyone who is interested.

We continue to work closely with many local and national organisations, the Alzheimer's Society, Prestige Nursing + Care Agency and First Choice Home Care Agency (who provide our Dementia Care Support Workers), Halesworth Volunteer Centre, The Cut Theatre, Cutlers Hill Surgery and the Pear Tree Centre.

Reg. Address  
17 Babington  
Drive  
Halesworth  
Suffolk IP19 8SH

Dave Rich  
Secretary  
dave.hdcf  
@btinternet.com

Paddy Cox  
Patron  
paddycox  
@tiscali.co.uk

Information.hdcf  
@btinternet.com  
halesworthdementia-  
cf.com



## **Report from the Chair: Teresa Fyfe**

I think everyone would acknowledge that the past 17 months has been the most difficult period in Britain's recent history. The COVID 19 Pandemic has devastated many families lives but the group of people that have been most affected by it, are people living with Dementia and their families. Unfortunately for many thousands of families the Vaccination against this dreadful virus came too late and many tens of thousands of people with dementia have died prematurely in Hospitals, Residential Care Homes and in their own homes.

Throughout the pandemic the Halesworth Dementia Carers Fund has continued to provide both practical and emotional support to families in the Halesworth District. Our Dementia Support Worker Alice Sparksman has worked tirelessly providing constant telephone support and emotional practical advice to our families. In addition, our Community Liaison Team has continued to implement respite care services, provide additional telephone support and, refer onto other agencies.

I would like to take this opportunity to thank the following people for their support during the pandemic. Firstly, the courageous professional Carers from the Prestige and First Choice Care Agencies who put their own lives on the line in the early days prior to the vaccination. My fellow Trustees, especially those who have taken the lead on Sub Committees, our Patron and Family Carer Representative, Patrick Cox, Alice Sparksman and Daniel Schaffer Service Manager, from the Alzheimer's Society. Seva Newrick, Manager and the team at The Peartree Centre, Staff at the Cutlers Hill Surgery and Halesworth Volunteer Centre for providing befriending telephone support to our families. I would also like to thank all the organisations and individuals that have given us grants and donations to enable us to carry on and grow during this period.

In conclusion I would like to pay tribute to our brave Family Carers who are continuing to care 24/7 for their loved ones living with dementia.

**Community Liaison and Respite Care:** Teresa Fyfe is the lead for this sub-committee.

During 2020-2021, we provided **1,765 hours** of care at a cost of **£33,718**. We have supported over **30** families in the past year.

We continue to use Prestige Nursing + Care Agency and First Choice Home Care Agency to deliver our Respite Care Service, which is available for all patients registered with Cutlers Hill surgery. Referrals can be made via the G.P., Prestige Nursing + Care, First Choice Home Care, District Nurse, Community Matron, Alice Sparksman (HDCF Community Support Worker), or self-referral to Teresa Fyfe 01986 875641 (if you are referring someone, you must have their permission).

**A review by Daniel Schaffer, Services Manager, Norfolk & Suffolk Alzheimer's Society**

**Halesworth Dementia Support 2020-21 report:** 01/05/2020 – 18/07/2021

**Overview**

Alice Sparksman has been a consistent presence with the Halesworth Dementia Support service over the last 15 months. Alice is seconded from the Alzheimer's Society for two days a week and has been mostly working remotely since March 2020.

Alice continues to work with existing service users as well as taking on 24 new, previously unknown referrals. The number of totally new referrals is lower than in previous years and is likely the result of falling diagnosis rates (due to fewer people presenting to GP's, fewer referrals into memory services and a longer than average wait for assessment). Over the last 15 months, the service has provided in depth support on a one-to-one basis to a total of 54 individuals. Alice has delivered 961 individual interactions in the period compared with 328 over a comparable period pre covid. During the reporting period Alice also identified and met 491 support outcomes. These figures are higher than pre-covid because of regular welfare calls provided in response to the pandemic. This level of regular contact would not normally be possible as a percentage of the workers time would be used by travel, group work, awareness raising and meetings.

Common themes identified in support plans over the period include emotional resilience (peaking during periods of lockdown), information on specific topics (covid, services available, progression of dementia), mental wellbeing and remaining safe and well. The service continues to work in partnership with other organisations and services. Over the reporting period multiple outgoing referrals have been made to social services, Cutlers Hill, the Pear Tree Centre, James Paget Hospital dementia support team and East Coast Community Healthcare.

Alice continues to deliver a high-quality service to those who require support with dementia related issues and are registered to Cutlers Hill surgery. Service delivery continues to look different to previous years, but this is something mirrored in the wider community, health, and social care circles. As a result of not providing the normal volume of face-to-face services, Alice has been able to extend her reach and support more people on a regular basis through this challenging period. Face to face interactions are available should the service user want or need them, but the majority of people presently feel their needs can be met in a virtual way.

## Halesworth Diagnosis rates taken from NHS Digital (June21)

Practice Name and code: 06M D83035 CUTLERS HILL SURGERY

Number diagnosed with dementia: 128

Estimated dementia prevalence: 188

Number diagnosed living in the community\*: 86

+65 Registered Patients: 3,556

% of Cutlers Hill patients with Diagnosed Dementia: 3.6%

*\* It's estimated that a 3<sup>rd</sup> of people living with dementia live in care setting*

## Numerical report 01/05/2020 - 18/07/2021

### Dementia support worker input

One support worker, Alice Sparksman, seconded from Alzheimer's Society for 14 hours per week

### Workload

28 new referrals to the service in in the period

4 had used the service before and were returning for additional support

24 were completely new to the service

Referral Source	Service Users	
Self-referral	10	
Cutlers Hill	5	
Social prescription	1	54 unique individuals have accessed support from the service over the past year. Over a two-year period, the service has supported 73 unique people
Voluntary org	12	

### Information provided to service users by theme

Outcome Category	Outcomes Completed
Welfare Benefits	111
Health	504
Mental Health	345
Social Care	580

### Support Outcomes by theme

Outcome Category	Outcomes Completed
------------------	--------------------

Welfare Benefits	132
Health	37
Mental Health	291
Social Care	132

### **Case Study:**

Referral received from social prescriber

Mrs Smith (not real name) is the sole carer for her husband, who has a diagnosis of vascular dementia

**Reason for referral:** Need for increased knowledge and understanding about the effects of dementia, coping strategies and emotional impact of diagnosis.

### **Issues identified:**

- Knowledge gap about vascular dementia and being a carer
- Planning for the future and progression of the disease
- Communicating with a person who finds it difficult to speak
- Weight loss and rapidly deteriorating symptoms
- Emotional support due to change in relationship
- Increased frustration and resentment of the disease

### **Action taken:**

#### **Over a period of 4 months - 6 calls & 2 letters**

1. Emotional support, factsheets and Society's books provided to Mrs Smith to improve knowledge and awareness of vascular dementia and its progression
2. Multiple telephone calls provided to allow information to be considered and then discussed in more detail
3. Recommended they plan for the future; benefits, LPA, wills and advanced decisions discussed
4. Discussed alternative methods of communication and developed Mrs Smith's understanding of how vascular dementia can affect speech and processing
5. Suggested seeking professional support from a dietician to stabilise Mr Smith's weight. Explored some of the reasons for refusing food and strategies to combat this
6. Emotional support provided to Mrs Smith to improve resilience and create coping strategies. Support also provided to understand their changing relationship. Mr Smith is becoming emotionally distant but increasingly dependent at the same time
7. Signposted to two local day services for ongoing, informal respite

### **Outcome for client:**

- Mrs Smith feels better equipped to carry on in her role as carer
- Episodes of frustration and anger have reduced in frequency, which has had a positive impact on the wellbeing of both Mr and Mrs Smith

- Mrs Smith hopes to benefit from regular respite (once day services return to normal practices). This has already provided something positive to look forward to
- Mrs Smith feels more confident in managing Mr Smith's weight and understands how and why his tastes have changed
- Mrs Smith is more comfortable talking about dementia with her circle of friends
- Communication between Mr and Mrs Smith has improved – reducing frustration for both parties and giving Mr Smith more control over what happens to him

**Outcome for health/social care/other agencies:**

- Formal care package had been delayed. Consideration was being given to residential care
- Improved understanding of diet and eating will reduce the likelihood of future medical support being required through dehydration, malnourishment, and infection

**Grants:** Jim Fyfe is the lead for this sub-committee.

The Respite Care Service would not be possible without the generosity of grant-giving Trusts, individuals, organisations and charities, although the last two years have been difficult and it's getting harder to find grants. Most of the large grant giving organisations have not included respite in their criteria but hopefully that will change in the near future. If we were successful in obtaining a large grant, we could then offer more respite hours which would make caring for a person with dementia less stressful and enable them to live at home longer, delaying or preventing early admission to residential care.

The effect of COVID-19 has resulted in a reduced level of funding from local organisations, However other funding has been sought by applying to other national organisations.

**Local Fund Raising and Events:** Bill Ellis is the lead for this sub-committee.

Our programme of events this year has been severely curtailed because of Covid-19 restrictions.

Our on-going project -the Collection Pot scheme which is now in 25 locations throughout Halesworth, enables people to donate their small

change when shopping. Foreign coins or notes can also be put in any of these pots. Taking a Fill-a-Jar home for loose change continues to be a success – more people have generously donated this way!

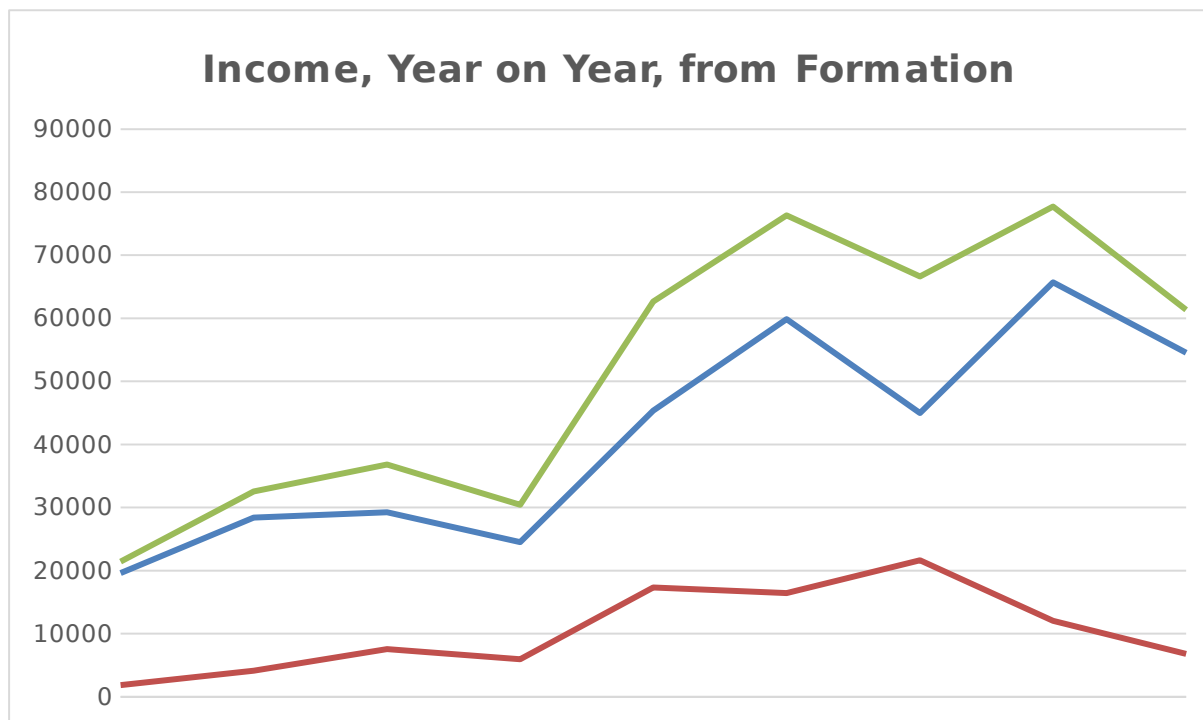
The Film Matinees have unfortunately had to be cancelled – but we look forward to when we can put these on again.

Several donations have been received in memory of people who have passed on. The fund is very grateful at these sad times that the families think of HDCF.

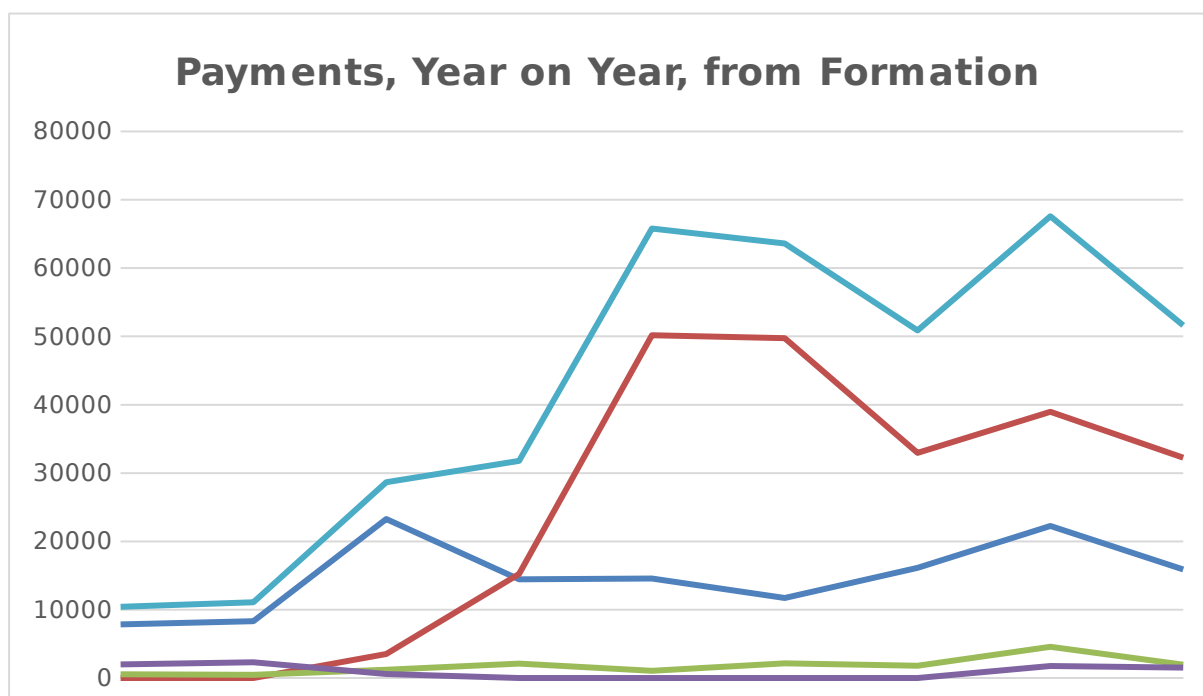
Thank you to all those who helped run and support our events to fundraise.

**Finance:** Iris Smith is our Treasurer.

From the chart below, you can now see how well the fund has done, which although donations have been well down, has managed to obtain a comparative level of grants.



The grants and donations have allowed the fund to cover the cost of the Dementia Support Worker (DSW), seconded from the Alzheimer's Society and the Respite Care Service (RCS), which started in 2014. The fund's expenses have been maintained at just over 4%, paid by the 'Friends Of' donations.



**Publicity and PR:** John Wood is our lead on Publicity and PR.

The Halesworth Dementia Carers' Fund is kept in the public eye with monthly articles in Halesworth Community News, Halesworth Hoot, The

Bugle and other local papers. Posters and flyers are put up around town advertising the fund's events. Tracy Excell continues to put our events and information on social media via Facebook and Twitter – thank you Tracy.

**Friends of HdCF:** The co-ordinators of the Friends are Jackie & Dave Rich.

Continuing exposure in the local media has again resulted in an increase in the number of Friends of HdCF, now 103. Our in-house publication, aptly named 'The Trumpet' is sent to more Friends by email to keep costs down.



**2021**  
Issue 15



The donations from our Friends go towards the running expenses of HdCF. Thank you for your continuing support. Monies not used are donated to the Respite Care Service at the end of the financial year.

You can join by email now...contact the Friends Of co-ordinators on  
[friendsof.hdcf@btinternet.com](mailto:friendsof.hdcf@btinternet.com)

or

[information.hdcf@btinternet.com](mailto:information.hdcf@btinternet.com)

### **Business Connections:**

This specific project is to create awareness within the local business community.

Involvement of local businesses would be a great benefit to our future programme development.

### **To Close:**

Although no events could be put on, it has been very busy year as reflected in this report, showing the work of the Halesworth Dementia Carers' Fund of the Respite Care Service and Halesworth Dementia Project. The fund continues to provide much needed help and support to those who are living with dementia and those who care for them.

We now go forward into unchartered times....

We thank you all for your help and support which enables us to provide this service for the local community and please keep supporting us – your help is invaluable.

## **The Management Committee 2020-2021**



**Teresa Fyfe  
Chair**



**Dave Rich  
Secretary**



**Iris Smith  
Treasurer**



**Nikki Sawkins  
Vice-Chair**



**Bill Ellis  
Events**



**Jim Fyfe  
Grants**



**Jackie Rich  
'Friends of' Co-  
ordinator**



**John Wood  
Publicity**



**Geoff Cackett**



**Mary Pennock**



**Sallyanne Cockrell**



**Patrick Cox  
Patron**

The Trustees & Members of the HdCF Committee are honoured that Patrick accepted the Patronage and thank him for all he has done in the early days of setting up the fund and its continuance over the first 7 years, having being Chairman twice

# **Halesworth *dementia* Carers' Fund**

**Financial Statements**

**For the year ended**

**30 April 2021**

# Halesworth *dementia* Carers' Fund

## Financial Statements

For the year ended 30 April 2021

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# Halesworth *dementia* Carers' Fund

## Organisation Information

For the year ended 30 April 2021

---

The Halesworth *dementia* Carers' Fund was established as a local community organisation supporting people living with dementia and their carers in Halesworth and its surrounding area.

### The Committee

<b>President</b>	Mrs Tessa Harding
<b>Chair</b>	Mrs Teresa Fyfe
<b>Vice Chair</b>	Mrs Nikki Sawkins
<b>Treasurer</b>	Mrs Iris Smith
<b>Secretary</b>	Mr David Rich
<b>Other members</b>	Mrs Mary Pennock
	Mr Jim Fyfe
	Mrs Jackie Rich
	Ms Sallyanne Cockrell
	Mr Bill Ellis
	Mr John Wood
	Mr Geoff Cackett

**Principal Address** 17 Babington Drive  
Halesworth  
Suffolk  
IP19 8SH

**Independent Examiner** James Shipp ACA  
Lovewell Blake LLP Chartered Accountants  
The Wherry  
Quay Street  
Halesworth  
Suffolk IP19 8ET

**Bankers** HSBC  
3 New Market  
Beccles  
Suffolk NR34 9HQ

Lloyds  
35 King Street  
Thetford  
Norfolk IP24 2AX

## Halesworth *dementia* Carers' Fund

### Receipts and Payments Account

For the year ended 30 April 2021

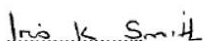
	Note	Restricted Funds 2021 £	Unrestricted Funds 2021 £	Total 2021 £	Total 2020 £
<b>Receipts</b>					
Grants	1	16,650	37,900	54,550	65,687
Donations		150	6,169	6,319	6,982
Fundraising		-	-	-	2,145
Other income		-	483	483	2,917
<b>Total Receipts</b>		<b>16,800</b>	<b>44,552</b>	<b>61,352</b>	<b>77,731</b>
<b>Payments</b>					
Activities					
Halesworth Dementia Project	2	15,914	32,237	48,151	61,237
AGM		-	-	-	156
Insurance		-	428	428	348
Accountancy fees		-	234	234	234
Sundry expenses		-	760	760	1,028
Shed		-	1,528	1,528	1,072
Advertising		-	522	522	-
Events Expenses		-	-	-	2,324
Xmas Lunch		-	-	-	483
Newcut Arts		-	-	-	700
<b>Total Payments</b>		<b>15,914</b>	<b>35,709</b>	<b>51,623</b>	<b>67,580</b>
<b>(Deficit)/Surplus of Receipts over Payments</b>		<b>886</b>	<b>8,843</b>	<b>9,729</b>	<b>10,151</b>
Cash Funds Brought Forward		36,486	27,279	63,765	53,614
<b>Cash Funds Carried Forward</b>	3	<b>37,372</b>	<b>36,122</b>	<b>73,494</b>	<b>63,765</b>

The financial statements for the year ended 30 April 2021 were approved by the committee on 23 July 2021 and signed on their behalf by:-

Mrs T Fyfe (Chair)



Mrs I Smith (Treasurer)



**For the year ended 30 April 2021**

	Restricted Funds 2021	Unrestricted Funds 2021	Total 2021	Total 2020
	£	£	£	£
<b>2. Halesworth Dementia Project</b>				
Dementia care support worker	15,914	-	15,914	20,165
St Elizabeth Hospice	-	-	-	2,100
Replacement care	-	32,237	32,237	38,972
	<u>15,914</u>	<u>32,237</u>	<u>48,151</u>	<u>61,237</u>

3

# **Independent examiner's report to the trustees of Halesworth *dementia* Carers' Fund**

**Year ended 30 April 2021**

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I report on the financial statements of the Charity for the period ended 30 April 2021 comprising of the receipts and payments account and notes.

## **Respective Responsibilities of Trustees and Independent Examiner**

The Charity's Trustees are responsible for the preparation of the financial statements. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the financial statements under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

## **Basis of Independent Examiner's Report**

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view" and the report is limited to those matters set out in the statement below.

## **Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act; and
  - to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

James Shipp ACA  
Lovewell Blake LLP Chartered Accountants  
The Wherry  
Quay Street  
Halesworth  
Suffolk IP19 8ET

4 August 2021

# **Halesworth *dementia* Carers' Fund**

**Financial**

**Statements For**

**the year ended**

**30 April 2021**

# Halesworth *dementia* Carers' Fund

## Financial Statements

For the year ended 30 April 2021

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# Halesworth *dementia* Carers' Fund

## Organisation Information

For the year ended 30 April 2021

---

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### The Committee

<b>President</b>	Mrs Tessa Harding
<b>Chair</b>	Mrs Teresa Fyfe
<b>Vice Chair</b>	Mrs Nikki Sawkins
<b>Treasurer</b>	Mrs Iris Smith
<b>Secretary</b>	Mr David Rich
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	Mr Jim Fyfe
	Mrs Jackie Rich
	Ms Sallyanne Cockrell
	Mr Bill Ellis
	Mr John Wood
	Mr Geoff Cackett

<b>Principal Address</b>	17 Babington Drive Halesworth Suffolk IP19 8SH
--------------------------	---

<b>Independent Examiner</b>	James Shipp ACA Lovewell Blake LLP Chartered Accountants The Wherry Quay Street Halesworth Suffolk IP19 8ET
-----------------------------	---

<b>Bankers</b>	HSBC 3 New Market Beccles Suffolk NR34 9HQ
	Lloyds 35 King Street Thetford Norfolk IP24 2AX

# Halesworth dementia Fund Carers'

## Receipts and Payments

### Account For the year

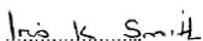
ended 30 April 2021

	Note	Restrict ed Funds 2021 £	Unrestrict ed Funds 2021 £	Total 2021 £	Total 2020 £
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The financial statements for the year ended 30 April 2021 were approved by the committee on 23 July 2021 and signed on their behalf by:-

Mrs T Fyfe (Chair)

Mrs I Smith (Treasurer)



# Halesworth *dementia* Carers' Fund

## Notes to the Receipts and Payments Account

For the year ended 30 April 2021

	Restrict ed Funds 2021 £	Unrestrict ed Funds 2021 £	Total 2021 £	Total 2020 £
<b>1. Grants</b>				
Suffolk Community	5,000	13,500	18,500	7,500
The League of Friends of Patrick Stead Hospital	-	-	-	25,000
Suffolk County Council	-	-	-	5,887
Childwick Trust	-	5,000	5,000	-
Halesworth Town Council	-	8,500	8,500	5,000
Heveningham Hall Trust	-	-	-	20,000
CEC Community	-	-	-	1,500
East Suffolk	1,650	-	1,650	800
Covid 19 Response	10,000	-	10,000	-
Neighbourly	-	400	400	-
Mains grant	-	10,000	10,000	-
Halesworth and Blyth	-	500	500	-
	<b>16,650</b>	<b>37,900</b>	<b>54,550</b>	<b>65,687</b>
	Restrict ed Funds 2021 £	Unrestrict ed Funds 2021 £	Total 2021 £	Total 2020 £
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Dementia care support worker	15,914	-	15,914	20,165
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Replacement care	-	32,237	32,237	38,972
	<b>15,914</b>	<b>32,237</b>	<b>48,151</b>	<b>61,237</b>
			<b>Total</b>	<b>Total</b>
<b>3. Cash Funds Carried Forward</b>			<b>2021</b>	<b>2020</b>
			<b>1</b>	<b>0</b>
			<b>£</b>	<b>£</b>
Community account			37,372	36,486
Savings account			36,122	27,279
			<b>73,494</b>	<b>63,765</b>

# **Independent examiner's report to the trustees of Halesworth *dementia* Carers' Fund**

**Year ended 30 April 2021**

---

I report on the financial statements of the Charity for the period ended 30 April 2021 comprising of the receipts and payments account and notes.

## **Respective Responsibilities of Trustees and Independent Examiner**

The Charity's Trustees are responsible for the preparation of the financial statements. The Charity's Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the financial statements under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

## **Basis of Independent Examiner's Report**

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a "true and fair view" and the report is limited to those matters set out in the statement below.

## **Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act; and
  - to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the 2011 Act;have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

James Shipp ACA  
Lovewell Blake LLP Chartered  
Accountants The Wherry  
Quay Street  
Halesworth  
Suffolk IP19  
8ET

4 August 2021