



Hi Everyone, as I write this the sun is streaming through the windows – it is a glorious morning. Here's hoping summer is on its way and we can look forward to a truly "Blooming June".

For all who are locally involved with the project invitations are on the way for our annual Garden Party on the 26<sup>th</sup>. We hope that all our volunteers, carers, and those they care for will be able to join us. Last year's event was a great success and we expect this to be even better.

**The Awareness Campaign** is well under way. It started with our volunteers "spreading the word" using the "personal touch". Now leaflets are being distributed through the Surgery and the Pharmacy, the Post Office and the Library, and posters are appearing in various key locations, and we hope that all the parish councils in our area will also help. Please gently encourage anyone who may be coping with the problems of caring for someone with symptoms of dementia just to "make contact". This is not about them actively seeking support but to let them know help is available when they need it and, hopefully, to avoid a crisis.

In June, Julia Dawson of the Alzheimer's Society is running a course of 4 **information and advice** sessions for family carers starting on the 7<sup>th</sup> of the month – there might still be a place available if you are very quick to let me know of your interest. They cover areas such as understanding dementia, finance & legal issues, gadgets for the house, who is there to help, and looking after yourself.

As always, thanks to all in Debenham, the surrounding villages, the local authorities, and our partners for all their support.

If you would like to know more please see our display in the Post Office; or ring 01728 862003; or call in at the Library Resource Centre or visit [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)

Lynden