



Hello everyone. I notice that everything is beginning to move in the garden and the hedgerows – Spring is on its way! As far as the project is concerned we haven't had a "winter rest" but we will be putting on "new growth".

On March 8th a "specialist dementia and memory problem clinic" will be starting. This is an innovative collaborative project linking ourselves with Suffolk Mental Health Partnership NHS Trust. It is the first in Suffolk and, almost certainly, in the UK. The NHS dementia diagnosis and consultancy services are being "drawn in" and delivered in a familiar and local setting. More than that, the clinic integrates the needs of the carer by also providing information, advice, and support in managing the illness. It brings together medical and social care support for dementia and memory problems without having to travel to Ipswich Hospital or Stowmarket. Even more, it will offer a comprehensive range of services trying to help carers and those they care for in one (local) place. If you should have any worries about your own health, that of someone you love and care for, or anything else please call 01728 862003 and we will try to arrange for you to talk with someone confidentially. And, if you can, look on the website in the "Leaflet Rack" to get more information.

Last month our Spring Awareness Season's meetings continued with our first speaker being Eileen Cantrell, owner of Foxearth Nursing Home at Saxtead, who gave us a deep insight into achieving the best quality of care for those who are in the later stages of their illness. She showed just how important it is to look beyond the illness and reach out to the "whole" person within. Second on was Melanie Woods who manages the Library Resource Centre. Her talk entitled "The Secret Life of Libraries" demonstrated that libraries are not just about books and DVDs. In fact, as she showed us, ours is an integral element of the community - offering information, help and support to many on a daily basis - the partnership with The Debenham Project is very important. **I would like to ask everyone who reads this to get 2 consultation forms from the library** – fill in one yourself and give the other to one of your friends, family, or neighbours so that they can also register their concern about the library closing. Don't worry about answering all the questions just tell the County Council how important it is to you and Debenham that it remains open.

Our next Awareness evening will be at Dove Cottage on March 9th at 7.30 pm when we hope to be looking with Kevin Wegg at how technology can help those with dementia (and other illnesses) to be safe and secure in their own homes. In addition Dr. Paddy Fielder will be giving us the “low down” on how the massive changes to the management of the NHS will affect you, I, and Debenham– please watch out for the posters.

As always, thanks to all in Debenham, the surrounding villages, the local authorities, and our partners for all their support. We have continued to receive private donations towards the work of the project. It is difficult to report each one as they deserve but, make no mistake, each has a value far in excess of the “figure on the cheque”. Each shows us the care that the giver feels for those whom the project seeks to help – thank you.

If you would like to know more please see our display in the Post Office, ring 01728862003, call in at the Library Resource Centre or visit www.the-debenham-project.org.uk where you can access all our newsletters, and much more.

With best wishes and kind regards

Lynden