



Hello everyone. I am looking out on the sunshine that we have enjoyed for so long – an inch or so of rain would help but no doubt it will arrive sooner or later, hopefully we won't have to wait for Wimbledon.

Another month and the project continues to develop, At the beginning of May we held our second "Memory and Support Clinic" which is not only valuable for those who may be going through the very difficult time of seeking a diagnosis, but it exists for anyone in the community who might just want to talk about their concerns for themselves or for someone close to them. Taking the step to go to your GP is daunting and it can help to informally chat to the professionals in both the health and social care aspects, without feeling that you are committed. So doing can provide reassurance, and sharing your worries helps to put them into perspective. The clinic has also been set up to provide advice and information on anything to do with caring for someone with memory problems or dementia – many family carers have been looking after a partner, a parent, a friend, or a neighbour for a long time without realizing that there is help and support available, and that a few simple things can make an enormous difference. If we cannot answer your questions immediately we will link you to the "right person". So if there is anything that we can do please don't hesitate to make contact. The next clinic is at 9.30 am on June 14<sup>th</sup> at Dove Cottage, 39 High Street. It would help us to know if you would like to come – but you can just drop in – it's all very informal.

The project is thinking about future activities which can make life easier and better for all who may be elderly and, perhaps, just "a bit stiff in the joints" or "a bit out of puff". At our last Carers' Club Zoe George demonstrated what a difference can be made with some simple exercises that we can do whilst sitting in a chair – removing stress, reducing pain, improving posture, and so on, and causing much hilarity. It was so successful that we would like to sponsor some regular sessions for a wider audience than our Carers Club. This is not only about people with dementia but is great for all those in the older age group. Please think about joining in. I can't be sure about the dates or the venue - details in next month's magazine - I tried it and I am certainly going to join in whenever I can.

Another successful addition to our list of activities for our carers and cared-for

is reflexology, so kindly given by Jean Parnell. This form of foot massage really does work and if you haven't tried it, I can recommend it for both young and old.

The support and goodwill of everyone is something that so encourages us and confirms the value of the project. This month Chris Grover and his friend will be doing a sponsored cycle ride across England and have chosen to give the proceeds jointly to The Debenham Project and Suffolk Cancer – please try to “sign up”. We also continue to receive private donations, but what is not often recognised are the very generous discounts in labour and goods that businesses give – thank you particularly to Seers Medical for such help last month in fitting out Dove Cottage with an examination couch and wheelchair.

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](http://www.the-debenham-project.org.uk) where you can access all our newsletters, and much more.

With best wishes and kind regards

Lynden