



Hello everyone,

Last month I mentioned that Zoe George (Fit Club, Stonham Barns) had offered to put on a “taster” session. This is about showing how “**Exercise Therapy**” can make life easier for **all who may be “over 60”** and , perhaps, just “a bit stiff in the joints” or “a bit out of puff”. 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. It’s gentle and fun - not at all about “no gain without pain” – and you can do it at home - less of the gym and more of the lounge! I tried it and I am certainly going to join in whenever I can. So, whoever you are, come along to **Dove Cottage at 2.00pm on Wednesday July 27<sup>th</sup>** and join in and feel better.

The **Specialist Memory Clinic** runs monthly; firstly to make the whole process of seeking a diagnosis so much easier, more local, more familiar, and more friendly. Secondly, when carers are trying to manage all the problems that they face, having a “point of contact” where they can get information, advice, and a helping hand can make things so much easier. The next clinic is at **9.30 am on July 12<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.

As I write this, Chris Grover and Douglas McMyn are cycling “Coast to Coast” across England (Workington to South Shields) raising money for The Debenham Project and “The Cancer Campaign in Suffolk”. I don’t yet know how they are getting on, but if you would like to make a late donation to their sterling efforts please let me know. Yet another spontaneous contribution came from the Woolpack quiz night – very many thanks to Pat and the teams.

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