



Hello everyone,

It must be "The Awards Season" – I am very proud to report that the project has been recognized by Mid Suffolk District Council in cooperation with Stowmarket Rotary Club for its community achievements. We will receive the award at the annual ceremony of presentations on September 22<sup>nd</sup>. It is great to have this demonstration that the work of all our volunteers and professional co-workers is valued and seen as an important contribution. Well done everyone, and a special thank you from all our family carers and those they care for.

When the project first started nearly 2 years ago, I don't think any of us imagined how it would grow to provide the range of services we offer today. However, it still continues to evolve. We have now launched regular fortnightly "Exercise Therapy" sessions with Zoe George (Stonham Barns Fit Club). The aim is to use gentle chair based exercises to improve mobility coordination, balance and posture. We already have over 15 members and are approaching our capacity – we will have to see how things go and perhaps, if there is sufficient demand, think about starting a second group.

Now, a date for your diary October 1<sup>st</sup> & 2<sup>nd</sup> at St. Mary's Church we are putting on a "Harvest through the Ages" exhibition of traditional precision models of agricultural wagons and carts combined with a harvest flower festival. One of the carers who comes to our Carers' club and other activities spent 10 years making a series of wonderful scale models. They are truly remarkable and we just want to celebrate his achievement. Please watch out for the posters and also elsewhere in the magazine.

Once again we have been very fortunate in receiving some most generous donations for the project and these are very much appreciated.

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