



Hello everyone,

I don't know whether we have said goodbye to all the snow, ice and wintry weather, but at least as I write this letter the temperature has risen markedly and the spring sunshine is peeping through. It is a time to grow, and so we are continuing to look forward and help the project to evolve. Our aim is to provide the best possible support to our local family carers and those they care for. This coming year we intend to see how we can tackle some of the problems involved in getting top quality paid personal care in the home, to see whether we can provide short-time (2hrs or so) emergency and respite care, and to explore how to encourage people to seek help and advice much earlier.

As a general rule we do not encourage people to 'visit' the project's activities as they exist solely for the carers and those they care for. However we did make an exception at the beginning of the month. Deborah Cadman (the new chief executive of Suffolk County Council) was in Debenham and asked to meet those involved in the Debenham Project. It proved to be a very successful afternoon at the Carers' Club - very full and very lively - exactly what supporting carers should be about - and she had the chance to talk to a range of people. I am sure she went away with quite a lot to think about, and also a big piece of cake!

Of course, the success of the project is due to the tremendous goodwill of many, many people in our community. They do not ask for anything in return other than knowing that they are making a difference. So, on behalf of all the carers, and those they care for, "Thank You". This month I want especially to thank Pat and The Woolpack "Quizzers" for yet another generous donation and for an equally generous cheque from the Diageo Foundation (very kindly sought and arranged by a local resident).

If you would like to know more about The Debenham Project, please think about visiting our website www.the-debenham-project.org.uk where you can access all our newsletters, and much more. If you are a bit unsure how to contact us on the web please call in at **The Library Resource Centre**, Cross Green, Debenham and ask Melanie or one of her staff to help you. A range of leaflets are available at the **Post Office** and don't hesitate to call the **Project Phone Line** 01728 862003.

With my best wishes,

Lynden