



Hello everyone,

Firstly let me start by saying a big thank you for all your good wishes following my recent stay in hospital. I am well on the way to recovery now.

I am keeping my fingers firmly crossed and not “counting any chickens”, but I think that we are on our way with our Carers Co-op and our Volunteer Carers. These two parts of Sam Cage’s project, funded by our award from the Suffolk Foundation, have both made the crucial first steps.

The Carers Co-op has “recruited” its first two members and there are a couple more who are very interested in joining in this “local carers for local people” venture. Our aim is to create a network of the highest standard self-employed carers. They are not the sort of people who will rush in, do only what’s in the care plan, and then rush out again to their next client. They want to make a real difference and become the sort of friend who not only helps with coping with getting up, having a meal and going to bed but is there for a chat and a cup of tea and to help with the little things – someone to look forward to their arrival each day.

On the Volunteer Carers side of things, Sam organized an open meeting last month for anyone to come along and find out how they might help support family carers by “standing in” for a few hours in an emergency, to cover an important appointment, or just to give someone an occasional bit of “time off”. The response was excellent and we now have 8 or more people who would like to become our “First Responders” of care.

There is a long way to go on both of these and much hard work from everyone involved, but I am confident that all Sam’s brilliant work will be rewarded with success. We will be able to look back in a year or so and say it has made a real difference for family carers and those they care for.

If you would like to know more about The Debenham Project, please think about visiting our website [www.the-debenham-project.org.uk](http://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 Maureen 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