



Hello everyone,

Many of you will have noticed on television and in the newspapers that the Government has announced an initiative to train 1 million volunteers as “dementia friends” in banks, councils, companies, retail businesses, hospitals, shops, libraries, and communities. It is indeed a challenge which we hope will reduce the stigma with which dementia is often associated. If successful it will help to recruit a population who will understand the nature of the illness and be confident to step in and help when someone is confused and stressed.

The Debenham Project will also be playing its part with formal dementia awareness training for our volunteers. We shall also be running a local public awareness programme designed to encourage a basic understanding of the illness, how we can all help, and what support the Debenham Project provides. It is just one element of tackling the problems that dementia presents to every one of us, and the ultimate aim is for each town and village to be a “dementia friendly community”. By all the standards Debenham has arguably already achieved the status of:

“The First Dementia Friendly Rural Community in the UK”

And we are proud of that. We are so pleased about how our project has helped those who are coping with the impact of dementia on their family lives - we can only be there for you and to try to make a difference.

Last month we published the 2nd edition of our “This is: The Debenham Project” together with our “Progress Report - 3 Years On” which can be found on the home page of our website. I am always humbled by how much has been achieved by everyone in Debenham in such a short time.

So, all I wish to do is to say is “thank you” and to wish everyone a Very Merry Christmas and a Very Happy New Year.

If you would like to know more about The Debenham Project, please visit our website www.the-debenham-project.org.uk where you can access all our newsletters, and much more. If you are 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