



Hello everyone,

Sometimes, but not often, I sit here with the Parish Magazine deadline looming and wonder what there is to tell you about. This month is perhaps one of those occasions, not because there is nothing happening in the project, but mainly because everything is going well and all I need to say is thank you to all our volunteers and supporters. The Debenham Project is, in the terms of the bureaucrats, “sustainable”. In our terms, this means that it is “here to stay” and will continue to help family carers and those they care for, that we will somehow find the money, that we will be able to draw in the professional support that makes such a difference, and that we be able to influence the “decision makers” to fund a better way of caring.

So, this month, there are just a few things to say. Firstly, please think about joining in on the Dementia Awareness sessions on March 14<sup>th</sup> and 28<sup>th</sup>. We believe that, as a community, the more of us that have a knowledge of the illness and its impact on families, the easier it will be to offer care and help – often it is just a matter of showing that we understand how difficult and exhausting it can be to look after someone 24/7. These sessions are not intended to be “heavy” and “emotional” but to provide a simple, commonsense and practical approach. You can find more details in Sam Cage’s contribution elsewhere in this issue of the Parish Magazine.

Secondly, please think about **Debenham On-Call** and whether there is anyone you know who is really struggling, and for whom someone to stand in for a few hours could be a life saver. This service offers trained volunteer carers who can provide cover in the event of an emergency, enable an important appointment to be attended, or just offer some “space” and rest.

Finally, as always, I want to thank those who generously support the project both with their time and with their financial donations. Without their goodwill there would be no Debenham Project.

If you would like to know more about The Debenham Project, please visit our website [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) or you can 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 best wishes,

Lynden