



Hello everyone,

I am often asked to give presentations about The Debenham Project and sometimes amazed to realize the full extent of everything that goes on. So it would not surprise me if many of those who are participating or volunteering in individual elements of the project are not fully aware of how much there is in the project of which they are a part. So here is a very brief review. Since our very early days, the Project has continued to evolve so that now we have provided or arranged a very wide range of help and support within the community:

Advice and information  
Signposting to professional services  
Confidential telephone helpline  
Carers Club and Info Café  
CAMEO activities and social afternoons  
Lunch Clubs  
Debenham on Call emergency respite support  
Carers Co-op professional carers  
Volunteer transport  
Liaison with professional agencies  
Dementia awareness  
Professional and voluntary carer training  
Clinical support  
Fit Club exercise therapy  
Research

A great measure of the success of the project is that we all just “get on and do our bit” and so it has become accepted as part of our regular pattern of life. Perhaps though, we do need an occasional reminder of how special each and everyone’s contributions are – volunteers, participants, professionals, support workers, donors, etc. This has all been achieved due entirely to their tremendous goodwill and freely given support. Thank you.

However, there is one item that I would like to make special mention of this month – our Volunteer Drivers to whom we are so very grateful. We are developing a small group who are prepared to help out when someone has a problem getting to a hospital appointment, etc. If you are in this situation, or know of someone who needs this kind of help, do think of us. If we can help, we will. We do, of course, pay expenses.

Finally, some sad news. Joan Cage, who was a long standing member of our Carers Club and Info Café, and whom we ferried back and forth to day care in Eye, died recently. She was one of those truly lovely people and we all miss her dearly. On behalf of The Debenham Project, I send our sincere condolences to her family and all her friends.

With best wishes,

Lynden

For more information on The Debenham project please contact the **Project Phone Line:** 01728 862003 or visit our **Website:** [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)