



Hello everyone,

Sadly, this month I have to tell of the loss of two of our founder members of the project – one a volunteer and the other someone for whom the project was set up.

Stephanie Tompkins joined the project at the very beginning, to be a part of the Confidential Telephone Helpline team and in that role, she was routinely at the end of the phone on weekend evenings – a listening ear for any family carer who was getting to the end of their tether and needed someone to share their emotions, frustrations, and feelings. She was also involved in the project's trial to offer diagnosis for dementia within the local community which influenced the current GP based approach in Ipswich and East Suffolk. In addition, she shared the role of Carer Liaison with Sam Cage and was a regular at the Carers Club and Info Café until she fell ill. Stephanie died early last month after a long battle against cancer. She was a lovely bubbly person, caring and full of laughter and we miss her.

Kath Cass was also someone who became a part of the project early on. Kath was cared for by her husband Nic – both then in their late eighties. Sadly, Nic died last year but Kath continued to be cared for by her daughters Jill and Pat. She passed away in July - another friend that we will remember fondly. Thank you so much to Jill and Pat for their generous support for the project given in the memory of both Kath and Nic – they will remain as special people in the history of the project.

On behalf of us all, I want to express our gratitude in having known both Stephanie and Kath and for the parts they have played in the project, and to send our sympathy to their families.

To end, I would like, as ever, to express my many thanks for all the generous donations that are made to support what we do, and to remind you that we have a wheelchair that is available for loan – a summer picnic and afternoon out and about in and around Debenham could be a special occasion for someone who is housebound.

Best wishes, Lynden

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