



Hello everyone,

Christmas is almost upon us and already it seems that everyone is rushing to get the presents bought, the decorations up, and all the other things completed. In the Church Year December is the period of Advent when we prepare for the coming celebration by taking stock and looking forward to the future. For others it is a time to enjoy getting together with workmates, friends, and family for a party or a meal.

However, for family carers of someone with dementia it is often a difficult time – exhausting and emotional – when they may need that extra bit of understanding and care. So, each of our groups in the Debenham Project is making this month's events especially festive; Carers club and Info Café are putting on a Christmas party with all the goodies and a wonderful entertainment and singalong with our very own "Music Man" (Stephen McKie); Cameo is off to the Pantomime but I bet they will also be enjoying a sumptuous Christmas tea: Food 'n' Friends clubs will be putting on their Christmas lunches: Fit Club will no doubt be "in the mood" with a festive routine (sounds like a "chair jive"!!), and Way Back When having fun too.

You may remember that in Advent 2 years ago St. Mary's Church put on an exhibition of "Charitrees" celebrating the brilliant efforts of all our community groups, and last year it was repeated with the theme of "Debenham Stars". On each occasion Sue Holifield and her team created a superb exhibit highlighting the work of The Debenham Project. This year, St. Mary's is once more organising an exhibition – this time with the theme of "Debenham Angels" – and Sue et al have once again excelled with their display.

These days it is all too easy to assume that everyone is "on the internet" and can access information and advice at the "click of the mouse". Nothing could be further from the truth and especially so for the majority of family carers and those with dementia who are in their 70's, 80's and 90's. Certainly, there are many expert "silver surfers", but even they find it difficult to find simple, straightforward, and helpful information. Which is why the Debenham Project produced, and made available, a range of leaflets and other material. Over the years the project information rack near the door of the Post Office proved its worth when measured by the number of leaflets that were taken. When the Post Office closed we no longer had somewhere to display our information, leaflets, and booklets. Happily, the Debenham Library offered to host it in their new premises at the primary school. As well as leaflets and booklets, the library is also building up a small stock of recommended books, and the staff will be very pleased to guide you to a wealth of on-line literature.

Finally, do remember that we have a couple of wheelchairs. If you would like to take someone with mobility problems out for a stroll, or if you need one to take them to an appointment, please just ask.

Best wishes, Lynden

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