



Hello everyone,

Again, I am continuing, this month, with inviting those who are really responsible for the success of The Debenham Project – the volunteers and professionals who lead and look after the activities and groups that can make such a difference. This time we hear about CAMEO (Come And Meet Each Other) from Diana Barclay and Pete Holme who lead the group.

CAMEO was an initiative set up and supported by St Mary's church and was one of the very first support groups to become part of The Debenham Project in 2009. We meet on the first and third Tuesday of each month in Dove Cottage between 2:00pm and 4:00pm and all are welcome. Between 15 & 20 people usually attend, ranging in age from 65 to 95 and beyond - all are young at heart, friendly and full of fun and laughter. It's a great afternoon during which we have a variety of activities including games (eg indoor bowls, skittles, various ball games), puzzles, team quizzes, raffle, bingo and craft work (Angels for Advent were the theme of our craft session organised by Gill, and these were hung up in the church as part of St. Mary's "Advent Angels" display). No village group would be complete without "sumptuous refreshments" including homemade cakes & scones, and tea & coffee during which there is always time for a chat and a raffle. In fact it is our own all year round afternoon tea party, but with special events. This year we had a summer outing to Helmingham Hall to see the lovely gardens and we enjoyed Coffee/Tea & Cakes in their tearoom. The staff made us so very welcome. We held our annual Christmas Party in Dove Cottage, and we remembered the 60's at the Wolsey Theatre's Rock & Roll Panto in January. We are especially grateful for the tremendous support of The Debenham Project in providing encouragement and financial help, allowing us to purchase resources, and in funding our outings. We are also very grateful for fundraising by Ruth (Webster's Newsagents) which also helps towards our running costs.

Is it worth it? Well just listen to the comments of participants that have been overheard: "I look forward to Cameo and miss it on the weeks it doesn't meet", "Really look forward to the fun and games", "It's the highlight of my week", "We have a good laugh during some of the games we play", "It's great to meet up with other people and enjoy a chat over tea & cakes", "Love the Xmas Panto trip".

Lastly, this lovely group would not exist but for the able assistance of 3 special people - Lynne Wilder (Kenton), Sue Wood & Gill Lawson – thank you so much.

Diana & Peter

To finish this month, I especially want to personally thank everyone who have supported the project with their donations.

With best wishes, Lynden

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www.the-debenham-project.org.uk