



Hello everyone,

Continuing our “walk through” of the various activities, groups and services that make up The Debenham Project, this month Joy Walton describes one of our founding services – the “Food ‘n’ Friends Lunch Clubs. Joy started the first of them in October 2009 and has overseen them as Task Leader since then. Over to you Joy.

The first Debenham Project Food and Friends lunch club took place 8 years ago - and the warmth of friendship increases. There are now 3 lunch clubs, each held monthly - one at Coopersfield, 2 based at the homes of hosts. Hospitality is offered - an event to look forward to - at a time when supporting a loved one with dementia or other long term illness, can be challenging, frightening and isolating.

**“I love the lunch club because it's nice to be with others in the same boat and with people who understand the idiosyncrasies of dementia.”**

For hosts, it is a positive experience. Volunteering brings its own, intrinsic, rewards. Sadness and challenges very rarely come up - relaxing and having time together, as at any lunch with friends, is the common experience - the remarkable ability for people to simply connect.

**“One doesn't feel alone.”**

Taking on something new can be daunting - but support from present hosts is available. Each club runs to a basic format, which is adapted to the group’s choices and needs.

**“We get some scrummy food and I don't have to cook that day!”**

If you enjoy the company of others, making friends, who will bring their stories and interests into your life, perhaps hosting a lunch club – with a couple of guests, or more, in your home or another venue - is something you will consider. Please contact Lynden Jackson for more information.

Many thanks, Joy for all your work.

Finally, thank you for the donations we have received, and don’t forget that if you need to borrow a wheelchair, just ask.

With best wishes, Lynden

Tel. 01728 862003

[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)