



Hello everyone,

Somehow I always think of February as the month when Winter turns into Spring, when the snowdrops and aconites give way to the daffodils, when the dark days noticeably lengthen and the grey days are brightening with the fresh greens of new growth in our gardens and hedgerows. For me, it is the real beginning of the year, and the time to set aside the past year and look forward to the new one. I can't be sure what 2020 will bring for The Debenham Project, except that we will do our level best to help everyone who crosses our path in whatever way we can. And that means not only offering services, activities, support, and information that really can "make a difference", but also "being there" for each participant by getting to know them as a friend, and listening to their concerns and heartaches. We cannot take away those problems but I hope that we can, in some small way, make them more bearable for longer, and to shine a bit of Spring sunshine, warmth and laughter into their lives.

And for those of you whose paths haven't crossed ours yet, The Debenham Project is not like larger charities – It is very informal and full of lots of lovely local volunteers who really understand how difficult it is living with the impact of dementia on your lives – most have personal and/or professional experience of the illness. If you have any concerns at all please do not hesitate to make contact with us – "soon is good, sooner is better, and soonest is best". And, we "heavily lubricate everything with chocolate cake"!

I also want to say that whilst The Debenham Project has focused on supporting those who are living with dementia, we try to be inclusive of all people who may be elderly and frail and who might benefit from participation. If there is something we do that might be a help to you please just ask.

Finally, I want to express my very grateful thanks for all the donations that have been made to the Project over the Christmas period - Framsdon Fundraisers carol concert – Doris Haas's production of "The Scholars' Star" – Louise Hammond and Ann Gibson's Debenham Project Christmas cards – the Balderamos family in memory of Linda – the Pop Quiz Team - plus many others – in total £1,425.

And thank you for all your donations and support throughout the year. Please remember that we can receive donations via the Co-op (just ask for your dividend to be given to **609313**) and on-line using the button on the home page of our website (below). Also don't forget, we have wheelchairs for loan if you need one for a few days. For more information on what the Project does please call or visit our website.

With all my best wishes, Lynden

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