



Hello everyone,

Last month I was sharing another successful year for The Debenham Project and detailing the numbers of carers, those they care for, and others who participated in our services and activities each month. Sadly, this month I am reporting a very different story – the suspending of all our group activities from the middle of last month, throughout April and May and almost certainly June, and probably beyond that. What a difference the coronavirus has made, and will make, to all our lives. It is especially worrying for those who are older and also, perhaps, not without some of the health concerns that often come as we move through their 60s, into their 70s, enter their 80s, celebrate their 90s, and are delighted when they get that congratulatory 100 birthday telegram.

Staying indoors, social distancing and self-isolation for several months will present particular problems for them and although it will greatly reduce the risk of catching the virus it is likely to lead to particular stresses and difficulties for those already living with the impact of dementia on their lives. We know how much being able to look forward to Carers Club and Info Café, CAMEO, Fit Club, and the lunch clubs has meant to them. So we are making sure that we keeping in touch at least every week by e-mail and phone calls. And we are also linking in to the other volunteer support activities which have been set up, for example, to help with shopping and other problems (“A Helping Hand in Debenham” – 07752 296136) that people may encounter. Additionally, you can always call us on 01728 862003 if you need to.

Finally, 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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www.the-debenham-project.org.uk