



Hello everyone,

As I write this, it is just over a month since we suspended all our group activities and services, and a week later we joined many other nations in “Lock Down”. Speaking for myself, it seems rather longer. The pattern of limiting excursions from home to the minimum of essential shopping and exercise, whilst maintaining social distancing has become the “new normal”. However, the negative impact of the restrictions has been significantly reduced by almost a month of lovely sunny and generally warm weather in which to enjoy our gardens and feel “refreshed” by a walk in the countryside. Let’s hope that continues.

Nonetheless, this remains, and will continue to be, a time of worry and stress for us all. The Debenham Project is doing everything it can to support not only all those who are caring for someone with dementia for whom isolation and confinement can become very stressful, but also anyone who may be elderly and feeling a bit frail who needs a pick-me-up, a bit of a laugh, relaxation, a few minutes of ‘me calm’, some simple and gentle exercise, or a phone call or e-mail just to “keep in touch”. They say that “necessity is the mother of invention” so since suspending our groups we have moved our support online (Both our Webmaster Chris Bishop and I are learning a lot!). So far, we have produced 5 weekly newsletters, a Local Information Help and Advice list, an on-line beginners short course in “Relaxation the Debenham Way”, a slide show of the “Debenham Lake” accompanied by bird song, “The Bird Song Opera”. And “Exercising the Debenham Way” (have fun and join in at home) chair-based Fit Club video. The last item was recorded at our last Fit Club before “Lock Down” – You can all, at my expense, have a good laugh at my efforts. You can access all of these on our website by visiting our “News and Project Progress” page on our website (<http://www.the-debenham-project.org.uk/progress.shtml>).

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.

Stay Safe and Stay Well.

With all my best wishes

Lynden

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