



Hello everyone,

Each day, as I have wandered with our black Labrador Nelly around the Village, Debenham Lake, Hoppit Wood, Bloomfield's Meadow, and the surrounding countryside, I have enjoyed coming across friends, neighbours, fellow dog walkers, allotment holders, runners, visitors, etc. and stopping to chat. We have celebrated the lovely autumn weather, exchanged local news, expressed our opinions on all manner of topics, and so on. Meeting and chatting is so important in building and maintaining a community, and if it can also be done over tea and cake that's a bonus. Which is why I am looking forward so much to next Spring when, all being well, we will be able to restart all our Lunch Groups, Fit Club, Carers Club and Info Café, Cameo, One-to-One, etc. Of course, we still have several months of social restrictions to bear before that can happen but it is now pretty clear that a Covid vaccination programme will begin very early in the New Year and "normal service will be resumed as soon as possible".

Meanwhile, The Debenham Project is still very much alive and well. We are doing as much as we can on-line, on-phone, and on-email. Thanks to a generous grant from the East of England Co-op, our lovely Zoe George and Theresa Palmer have made eight more bite-sized seated exercise videos for our Fit Club Snack Bar which will soon be uploaded to the Well-Being Package. Also Margaret Samain from Framsdon, who created the "Relaxation" element of the package, has been making an audio version to accompany it. And then Steve Robbins has produced three "Way Back When at Home" boxes, each filled with a mixture of books, photographs, old newspapers, CDs, DVDs and recollection cards to go out on loan – A treasury of memories to dip into during a grey winter's day. And don't forget you can help create safe internet-free social media simply by opening up your address book and phoning or writing to a few old friends who you haven't contacted for a while, catching up, and then suggesting they might do the same.

Finally, this is a scary time for many charities whose incomes have "fallen off the edge of the cliff". However, The Project has received amazing support with a number of unexpectedly large donations from individuals, local organisations, and from further afield. This month I particularly want to thank: The East of England Co-op for its grant of £200 towards our exercise videos: Joe Davis Ltd. for two huge boxes of giftware that we can sell: Alexander Ratcliffe and The Phoenix Partnership – Alexander nominated The Debenham Project to be the recipient of the £2,000 prize for his winning TPP's "Chatting for Charity" competition. Thank you indeed.

You can access all of our on-line help by visiting our new "[On-Line Resources](#)" page. So far we have developed resources for seated exercise, relaxation, mindfulness, singalong, and nature. You can find our "Coronavirus - Local Information and Support" list on our [News and Project Progress page](#).

With all my best wishes for a Happy Christmas and a Healthy New Year

Lynden

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