



Hello everyone,

I was walking around the lake this morning in the sunshine and absolutely entranced to see the masses of daffodils in full bloom. Back in last November Louise Hammond organised the planting and called the project "Plant in Hope". Within just a few days it was difficult to see where the ground had been disturbed and over the winter shown no evidence of their existence below ground. But suddenly they have not only burst out of dormancy but have come into full bloom in their hundreds throughout every part of the lakeside. Wonderful! We are very lucky to have such a spring garden to enjoy and to hope that it won't be too long before the sadness and fear and isolation and restrictions of the pandemic are behind us. I very much hope that we are now moving into a time of change for the better. As we recover from the impact of the pandemic I sense a strong desire to invest in new approaches to health and social care. As a result of our experiences over the past year, I foresee previous practices across the NHS and Social Care being reviewed, and new approaches aimed at making services much more community-based and person-centred explored. It is my hope that prevention, awareness, and local support of those living with dementia in all its forms will be placed centre-stage.

Last month I mentioned that as a founder member of The Suffolk Dementia Forum we were hoping to persuade Suffolk's Health and Well-Being Board to make dementia a top priority and to create a programme to "Make Suffolk a Dementia Friendly County". Over the past few months we have been developing proposals with the "vision" of every community and organization in Suffolk positively responding to and supporting every one of their friends, neighbours, residents, staff, customers, etc. who are struggling to cope with the impact of dementia on their lives. A tall order indeed, but to "start with a single step is the only way to make any difference in the long term". Our plan is to seek investment and involvement in practical prevention, awareness/understanding, and active community-based support. This was the basis of a presentation to the Board introduced and sponsored by Georgia Chambani, the recently appointed Director of Adult Care, led by Sue Hughes, the independent chair of Healthwatch Suffolk Dementia Forum – And the Debenham Project did it's bit – a real team effort! So, on March 11th, Georgia, Sue, myself, Caroline, and Rachael, made, as they say on The Apprentice, our "Pitch".

I have to say that I was delighted with the response from the Chair and the members of the Board. Our "ask" was that the Health and Well-Being Board would accept and endorse our proposals and recommendations. The presentation was highly praised and wholeheartedly endorsed, and is to be built in to the on-going programme of the Well-being Board. I believe that it is a very important step forward and hope for the future of dementia care in Suffolk. The challenge is to maintain the momentum and to build upon on it.

Finally, thank you everyone who has made donations to the Project. It is your support that has ensured that we will be around for years to come. You can access all of our on-line help by visiting our new "[On-Line Resources](#)" page and can find our "Coronavirus - Local Information and Support" list on our [News and Project Progress page](#). You can also call us on 01728 862003.

With all my best wishes, Lynden