



Hello everyone,

It is good that things are looking positive for the social restrictions to be lifted at the end of the month and that we can think about resuming our activities and groups in Dove Cottage possibly from the early part of July. However, it will completely depend upon there being no requirement for either social distancing or masks. However, if transmission of the virus, and especially the Indian variant, starts to rise once more, we may have to postpone for another month or so. Let's hope not. We have so missed being able to actually be together, and have fun.

Meanwhile, the 3<sup>rd</sup> week of last month was Dementia Action Week. Each year a wide range of special activities and events are put on to increase awareness of the impact dementia is having on so very many families. This year a new county-wide initiative was launched called "The Dementia Action Partnership" with the emphasis on encouraging communities and organisations to work together to make Suffolk truly "Dementia Friendly". Its vision is to build the local support that we know can make a big difference to families who are living with the illness. Many of you may have seen in the EADT, or heard on Radio Suffolk, Caroline Manning publicising the example of The Debenham Project by sharing hers and her husband Garry's story. Caroline eloquently told, not only of the stress and heartache that came with Garry's diagnosis of dementia, but also of how much it meant, practically and emotionally, for both of them to have support in their local community. Sadly, Garry passed away last November. Thank you so very much, Caroline.

Whilst we may not be able to meet in Dove cottage yet, we can now make the most of the opportunities outdoors. Everyone loves a fete. St. Mary's is putting on its Church Summer Fete on June 19<sup>th</sup> with all manner of stalls and games. The Project will be there with a table selling new giftware and small bric-a-brac. So please come along, have fun, and perhaps find the "odd" present ready for a birthday or Christmas.

And now a bit more evidence that things are coming back to life, Dance East is launching a new venture called Debenham Movers – Weekly movement classes for people over 55 – starting at 10.00 am on June 3<sup>rd</sup> at the Leisure Centre. Sounds like a great idea to improve our balance, flexibility, and fitness whilst having fun. Look out for the posters.

Now the summer is coming we all want to get out into the sunshine and fresh air. Sadly, many of our older relatives and friends find it difficult to get around comfortably and without pain. Why not think of borrowing a wheelchair and inviting them to come for a walk? Or, if you need to take someone with mobility problems to an appointment or social event, just ask. We have several wheelchairs that are available for loan.

Finally, thank you everyone who has made such generous donations to the Project - Your support has ensured that we will be around for years to come.

With all my best wishes, Lynden