



Hello everyone,

“Hooray! It’s Great to be Back”

It’s been a long, long time since we had to close all our lunches, carers groups and fit club, and how we have missed them. But we are back in operation and September 2021 will be remembered as the month when we finally got to be with each other in the real world rather than the virtual one. Our weekly Fit Club (chair-based exercises) was the first, followed by the Carers Club and Info Café, and Cameo (Come and Meet Each Other) will be welcoming back all its old friends and some new ones in the next few days. It is lovely to be able to pull up a chair and have a chat over “the best of the tea and cakes in Suffolk” , or to be sitting around the big room in Dove Cottage exercising feet, legs, hips, hands, arms, backs, necks, lungs and brains with Zoe and Theresa (and the accompanying tea/coffee and chocolate biscuits), or enjoying an afternoon tea after playing games, quizzing, and having a bit of a gamble with Bingo (I remember that this was a much enjoyed seaside game in my childhood in the North East known as Housey-Housey). If there is someone whom you think might like to join any of our groups or clubs also please let me know.

Very many thanks to everyone who supported us at DebFest, and especially Paddy and Steve who manned the stall with me - “The Three Amigos at The Comedy Club” – If anyone knows where we left our horses please let me know! It was a very successful and entertaining day, resulting in a wonderful donation of £1,100 to the Project. Of course, very special thanks are due to the organisers of the event, and hoping that DebFest might be repeated next year.

Finally don’t forget that we have several wheelchairs that are available for loan. How about borrowing one and offering to take someone who has difficulty getting out for a walk around the lake and the nearby country lanes. We also have a mobility scooter which can be transported in a car which is available for both short and more extended loan periods. 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 Jackson

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