



Hello everyone,

After a couple of stutters it seems that Spring has really sprung and we can look forward to putting away our winter woolies and coats in favour of summer shorts and dresses, and spending days outside in the garden or out and about in the countryside and the coast. It is a time of rebirth, refreshment and renewal for us all no matter how elderly or frail we may be. When we manage to get out of our homes and into the high street or the country lane, when we feel the warmth of the sun and see and hear nature in all its beauty, and when we meet old and new friends by accident as we go, **“we all feel better”**. Over the last couple of years a new phrase - **“well-being support”** - has come to prominence in the professional world of health, social and community care. Although it can mean different things to different people it, basically, means working together to offer the best overall support possible in enabling someone to enjoy a better **“quality of life”**. However, well-being is not just about offering support. We all need to ask ourselves what would help me feel better, what support is on offer, what local activities could I enjoy, etc. and get involved. And if you think of something and can't find it or need help which doesn't seem to be available, just ask.

At last, this Summer we will be free to join in and attend all the outdoor events that are being organized. Well-being is not always about support services and activities. Getting out and about to village events can make such a difference.

#### **Deb-Fest on June 11<sup>th</sup> at the Leisure Centre**

Celebrating the Jubilee Year with the whole Debenham community. We shall be there to promote The Debenham Project and talk about what we do to support anyone who is living with the impact of dementia.

#### **The Debenham Project Garden Party on June 25<sup>th</sup> at The Limes**

By special invitation from Lyn and Mike Rouse for us to say thank you to everyone for their participation, volunteering, and so much other support.

#### **A Day at the Seaside at Felixstowe on July 31<sup>st</sup>**

This has become an annual Debenham Project favourite at The HUT on the beach with fish and chips lunch and rickshaw rides along the Front. (Joy Walton:01728 860007)

And don't forget that we offer transport for anyone who has difficulty in getting to a medically related appointment, and also we have wheelchairs for short or medium term loan. Finally, thank you so much to The Bridge Club for their very generous donation.

With all my best wishes

Lynden Jackson

[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) ; 01728 862003