



Hello everyone,

## Community Spirit

When it comes to community activities and events Debenham has always had a great reputation, but this year it has been amazing. The village seems to have packed all that we have been missing into weekend after weekend throughout the whole of last month - The Platinum Jubilee Garden Fete and Street Party, DebFest, The Art Exhibition, The Open Gardens, and so on. I just want to say a big Thank You to everyone who worked so hard in organising and putting on all those events. And, for “The Debenham Project Garden Party”, so generously hosted by Lyn and Mike Rouse, for our family carers, those they care for, our volunteers and many others who continue to make the Project special. This event has been such a wonderful annual occasion since almost the very beginning of the Project.

These individual events are just the icing on the cake of Debenham’s community spirit. In a recent research study we easily identified 10 local organisations offering a range of 36 regular weekly and monthly activities and events either directly or indirectly improving the well-being of those in their older years. Overall, the take up in these activities, groups, and services was estimated to be in excess of 1600 places per month (Sports and Leisure 900+; Debenham Project 220+; Faith groups 280+; other groups 180+). I strongly believe that the key to a better quality of life lies in joining in, making friends, and supporting each other. How you do that depends upon your personal interests and needs. If there is not something that suits you, or something you would like to do but can’t for one reason or another, just ask. You never know what might be possible in Debenham.

Suspending social activities and events during the pandemic, inevitably, meant that many have been unable to resume or are struggling to recover. The Project lost two out of its three lunch clubs. However, I am delighted to announce that last month we managed to restart our monthly Coopersfield club for up to 12 members under the leadership of Steve Chappell and a team of 5 volunteers. Thank you everyone. And thank you to Paddy Fielder, Caroline Manning, and Peter Haas for representing The Debenham Project on its stand at DebFest. Encouraging anyone who may be concerned about a loved one, a friend, or a neighbour to seek information and advice is the first step. Reaching out for help when you are struggling to cope is difficult but it can make such a difference. Please think about picking up the phone.

Lastly, but definitely not least, I was delighted to receive a donation of £822.80 as the Project’s share of the proceeds from the “Open Gardens Afternoon”. Many, many thanks to Jean Henderson, to all who opened their gardens, to those who provided the refreshments, to those who bought and sold the tickets, and to everyone else who helped to make the event such a great success.

With all my best wishes

Lynden Jackson

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