

# Debenham Project Update and Local Information

April 12th 2020

Hi Everyone,

## **In this letter - "How Things are Going": "Debenham Lake": "Relaxing the Debenham Way: "A Helping Hand in Debenham"**

Whatever we may hope for, this is going to be a very difficult time for us all. It is going to be at least several months before we know that the coronavirus pandemic has been successfully overcome and we can achieve some normality in our daily way of life - Being able to freely mingle in the High Street, to talk face-to-face with our friends and neighbours, to be able to hug our grandchildren, and not to have to queue 2 metres apart to shop for the groceries, vegetables and essentials. To be able to go to work, to still have a business, to still be able to pay the bills, and to "pick up the pieces". But that time will come. For now, the need is to cope with the present and to manage our way through the next few weeks. For me and Sue, as for so very many others, this is already personal - My son Matthew (an NHS staff member) and his family were in total isolation with the virus. So you can imagine our worries and concerns. Fortunately Sue and I are both fit and well, and were able to do the essential shopping for them.

As we have said, we aim to get in touch with everyone who participates in our groups, activities and services on roughly a weekly basis. To make sure that they are still OK, are coping, and are getting any help they need with shopping, collecting medicines, etc. from family, neighbours, or volunteers. Apart from through my e-mail this contact is also made by phone by various of our volunteers who normally look after our lunch clubs, Carers Club, Info Cafe, Cameo, Fit Club, etc. So far almost everyone is doing well and are keeping their spirits up but just a couple who are OK although finding it a bit difficult.

Inevitably, the social isolation of a family, an older couple, or an individual is often going to lead to frustration, stress and tension. It is sometimes very difficult to keep calm, especially so if you can't get out even for exercise. I outlined our thinking for introducing three ways of relaxing and clearing our heads in last week's "Debenham Project Update and Local Information". I am continuing that theme by adding a further technique - focused meditation. It isn't something wacky - it is just a really simple way of relaxing by focusing our mind on an image or a sound or both at the same time. In our case we have developed a special slide show - "Debenham Lake" which you can directly find by going to <http://www.the-debenham-project.org.uk/debenhamlake.html> , but I urge you to think about participating in the whole course that we have developed.

Overall, we have created a short course for relaxing in your homes when things are getting tough. We are calling it "Relaxing the Debenham Way". If you can find a quarter of an hour each day to learn and practice these techniques I know you will not only be able to cope with stress and anxiety more easily, but also to feel refreshed when you are feeling down. To find out more and start the course please click on: <http://www.the-debenham-project.org.uk/progress.shtml> and scroll down to the item.

A message from Richard Blackwell: A HELPING HAND IN DEBENHAM - UPDATE

Now that the Helping Hand in Debenham scheme is up and running, these updates are now going to be less frequent and will only appear when there is something to report or announce. We have 96 volunteers waiting to help when called on and there are 10 telephone volunteers waiting to 'chat' with anyone who is isolated. So far we have delivered to around 40 residents who would otherwise have struggled to cope. Although that is not a huge number, it shows how well Debenham people generally just get on with things and help without being asked. Thank you to all those who have been helping their neighbours and relatives during this time. The Helping Hands scheme was an additional service to fill any gaps that existed in the village, and I think we have managed to do that. Don't forget to call **07752296136** if you need a "Helping Hand in Debenham". A great big thank you to all our volunteers. Keep up the good work, there is still a long way to go. Richard.

This is our third newsletter of the period of 'Lock Down'. The second one was sent out to all who were involved in our various support groups and trying to keep in touch now that we have had to suspend them. It included information about how to access local information and practical help. I have again repeated this as an attachment so that you will not have to hunt for it and I will include it in every newsletter in the future so that it is always at hand. This time I am sending it this e-mail to everyone currently involved in any way with The Debenham Project for whom we have an e-mail addresses. If you know someone who would like to receive this newsletter please let me know and include their address.

I hope that everything we are trying to do to help works out. Uploading things to our website (<http://www.the-debenham-project.org.uk/>), programming it to display slide shows and videos, making it simple for you to access those new services and facilities that we might be able to provide, etc. is not easy for us and I especially want to thank our webmaster Chris Bishop.

I hope you find some comfort, support and help in this message. Please do not hesitate to call if you need to.

Take Care and Stay Safe.

Kindest regards,

Lynden