



Newsletter – March 30th 2010

Hi Everyone, with each month that goes by our project continues to develop. Another Food 'n' Friends lunch club has been launched and a third is set to start at the beginning of April. We will be looking to set up more, later on in the year, as more carers and those they care for, want to take up the opportunity of a regular "family" like lunch. If anyone would be interested in hosting a lunch club please let us know.

Now that we have got the project well established in terms of its services and its ability to link in to a wide range of professional support, we will shortly be launching an "awareness campaign" to improve our understanding of the problems that carers in our area face, what can be offered to support them, and to gently encourage those who are managing on their own to think about asking for a little help.

The campaign starts with my asking everyone to think if they know of someone who might benefit from a little help and support. If you do know someone in such a situation please let them know about the project – we have attached a little information leaflet that explains what we are trying to do, and the help that is available, in a straightforward way. Please print it off** and use it to encourage them to, at least, make contact even if they feel that they might not need additional support at the moment.

Even if you don't have personal contact with someone who is a carer (family, friend or neighbour), please mention the project to your friends so that a wide local awareness builds up by "word of mouth". There is no substitute for personal contact when it comes to encouraging someone to think about seeking a little help – and that help can make a great deal of difference.

Shortly we shall also be letting carers know about the project through the GP surgeries and the pharmacy. The County Council and the NHS will also be "doing their bit". In addition, we shall be asking the parish councils to publicise the project in their local areas and particularly, again, by "word of mouth" We know that there are many carers who may be reluctant to accept help for one reason or another – we do not want to "force ourselves upon them", only to show them that we are there for them, if and when, they could use a bit of extra support.

Once again, we are so grateful for some very generous contributions to our funds.

As time goes by The Debenham Project is becoming more and more widely

known. This past week we have had a very positive feature in the Diss Express and also mentions in the news slots on Radio Suffolk. We have also given presentations and contributions in two important meetings of senior people on the county scene. The goodwill continues to grow and has been crucial in the current and future development of our services.

Don't forget the Tea Dance – A 1940's Dance Spectacular – on 3rd April – details on the posters all around the village – tickets from Websters or ring Joy Walton on 01728 860007.

Finally, continued thanks to all in Debenham, the surrounding villages, and the local authorities, the NHS, the charities, and others (too numerous to mention) for all their support.

If you would like to know more please see our display in the Post Office; ring 01728862003; call in at the Library Resource Centre; or visit www.the-debenham-project.org.uk where you can access all our newsletters, and much more.

With best wishes and kind regards

Lynden

** If you can print it double-sided, trim it, and fold it into three it makes a handy little leaflet for whoever you might be talking to.