



Newsletter – April 27th 2010

Hi Everyone,

Spring has really arrived and everywhere is looking fresh and bright – It's a time to be positive and look forward – and The Debenham Project is taking the lead.

We have launched the "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. Please remember my request for you to think if you 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 – I attached a little information leaflet that explained what we are trying to do, and the help that is available, in a straightforward way. I am attaching it again "just in case" it got lost from last month's newsletter. 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. The leaflet itself will soon be available in numbers in the Post Office, the Library, the GP practice, from me, and in other locations. 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".

Once again, we are so grateful for some very generous contributions to our funds. Two functions are worthy of special mention. Firstly, the 40s "Spectacular" Tea Dance which was organized by Joy Walton and her team. It was a great event blessed by the most wonderful selection of cakes and cream scones provided by the WI. It raised £234 for the project. Secondly, Lynne Andrews and Edward Bowman organised a "Pampered Chef" party – another invaluable £50. We have also had further donations for which I am so grateful on behalf of the project.

Our third lunch club started at the very beginning of April, so now there are three and they have proved very successful and much appreciated by their guests. Joy Walton is seeking more hosts so that we will be able to invite more guests to these "family" style lunches, as time goes by. For anyone who might be interested, she is organizing a get together at Dove Cottage, High Street, Debenham on 20th May (6.00pm – 8.00pm) so that you can find out more.

Cameo, Carers Club and Info Café, the Advice and Information Centre, etc are all going well and we look forward to their numbers building up as the

awareness campaign begins to develop.

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