



Newsletter C1 – June 25th 2010

Hello everyone, each month we move on and each month I am pleased to be able to report how our project continues to develop. As I write this “Blooming June” has returned after taking a bit of a downturn. I hope that it will continue for a while – especially important for our first item below.

It is our annual **Garden Luncheon Party** tomorrow. We hope that all our local volunteers, carers, and those they care for will be joining us. Last year’s event was a great success and we expect this to be even better. It is all due to the wonderful generosity of our hosts that we are able to celebrate our first year in such style.

We shall be holding **another event** in the autumn so that we can thank and give credit to those in the local authorities (members and officers), the NHS, the charities, and other organizations who have given their support and time towards ensuring the successful development of the project. Invitations will be sent out soon.

**The Awareness Campaign** is well under way. It started with our volunteers “spreading the word” using the “personal touch”. Now, leaflets are being distributed through the Surgery and the Pharmacy, the Post Office and the Library, and posters are appearing in various key locations. We hope that all the parish councils in our area will also help – the district and county councils have generously offered to distribute our material. Ruth and Steven Boulton and another newsagent to the north have kindly delivered them with the newspapers to the villages outside Debenham. Volunteers have dropped them through the letterboxes of almost every house in Debenham itself (just a few to go!). We have already had 15 carers contacting us to ask for information and quite a few are getting involved in our activities. Other approaches linked to The NHS and to Adult Care are being considered.

If you know of someone who might benefit from our support please gently encourage them to “make contact”. This is not about them actively seeking support but to let them know help is available when they need it and, hopefully, to avoid a crisis.

This month, Julia Dawson of the Alzheimer’s Society is running a course of 4 **information and advice** sessions for family carers. They cover areas such as understanding dementia, finance & legal issues, gadgets for the house, who is there to help, and looking after yourself. This course is fully subscribed but if there is further interest, another course is being arranged for later in the year in Ipswich. The feedback from the participants is that it is proving very

worthwhile and enjoyable – so many thanks to Julia and her speakers.

I have also been active on the **presentations** front, assisted by Gillian Shacklock. The most notable was at the Suffolk Flexicare conference when we not only talked about what we are doing “right now”, but also opened a window on our vision (and plan) for the future of “Care in Debenham” circa 2020.

On a sad note **Dr. John Gumpert** was remembered at a memorial service held at St. Mary’s on the 1st of June. He was a founder member of the project and will be sadly missed. It was a truly wonderful occasion celebrating his life as an eminent neurological consultant who had “made a real difference” in the care of those with dementia and other mental disabilities.

On a happy note **Dr. Paddy Fielder** – one of our trustees – retires next week as the senior partner of the Debenham Group GP practice. We wish him a wonderful retirement. He will still continue to be a major part of the project.

As with all community projects we must always put in a lot of hard work to obtain the **money** necessary to run and develop the services. We have been very fortunate that the Mid Suffolk Local Strategic Partnership generously provided our first year’s funding. We are now preparing bids to enable the project to continue and expand over the coming two years. Despite the current serious financial constraints, especially in the local authorities, I am confident that we will succeed - but we must not “count our chickens....”.

We have, again, had further private donations – one of which came from a former resident of Debenham, who is now living in Sweden.

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](http://www.the-debenham-project.org.uk) where you can access all our newsletters, and much more.

With best wishes and kind regards

Lynden