



Newsletter – September 29th 2010

It is a part of living in Suffolk that we feel the changing of the seasons. Today is a day of mizzle (miserable drizzle) which so contrasts with the “nip in the air” autumn weather that I look forward to in autumn. As I write this, it is Flu Jab day and Paddy, Richard and I have been up at the Leisure Centre promoting the project – letting people know that we are here to help – so often, a little help can make an enormous difference.

It is just a year since we launched The Debenham Project and it has developed so quickly that it is sometimes difficult to realise just how much has been achieved in such a short time. It has all been due to everyone’s goodwill and support, both here in Debenham and across the county. I confidently look forward to the next year as one in which we build on this success and help to support more and more carers of those with dementia.

The autumn sessions of our Education and Awareness programme started last month with talks (followed by discussions) by Louise Diss of Age UK (formerly known as Age Concern), and Stephen Dean of Suffolk County Council’s Adult and Community Services. They both gave us very interesting insights into “The role of Age UK in supporting carers and the elderly” and “Being aware of what services are available”.

The next date is the 6<sup>th</sup> of October at 7.30 in Dove Cottage, 39 High Street, Debenham. The Speakers on this occasion will be

Jacqui Martin **"Supporting Family Carers in the Community"**

Sue Nicholson **"Accessing Quality Information and Advice"**

Jacqui is the Chief Executive of Suffolk Family Carers and the driving force behind one of the three most important charities supporting family carers. Sue has been instrumental in the success of Suffolk Libraries’ “Information on Prescription” – making it so much simpler to find out what carers really need to know.

I hope that you will come and join us – as usual, tea and coffee will be available.

Another reminder is for this Sunday (October 3<sup>rd</sup>). Ruth and Jamie Monck-Mason have very kindly organised and are hosting a concert by the internationally renowned AUER String Quartet, at their home, Tawny’s Barn, in aid of The Debenham Project.



Tickets from: Webster's Newsagents, Debenham  
Ruth Monck-Mason 01728 860509 or  
[boswellox@clara.co.uk](mailto:boswellox@clara.co.uk)

Do come, it will be a wonderful evening for us all.

Earlier this month Mike and Lyn Rouse were very generous and hosted a lunch for some of the key people in the local authorities, the NHS, the charities and other agencies who have given us such support. Without them the project would not have developed so much and as quickly as it has done. I just want to say that the response to the invitations and the letters / e-mails following the event have been exceptionally supportive of what we are trying to achieve – many thanks to all who helped to make it such a success.

On the money front we are still working on securing our core funding for the next couple of years. The current financial situation is making things difficult – nothing can be taken for granted but I am confident that we shall be ok – the goodwill of the district and county councils has been wonderful. We are also so grateful for the private donations which show how much, within our community, people want to help with the project.

Finally, we are continuing to develop the project as time goes by. This last year we have developed a range of services to support carers and those they care

for. These services can be broadly described as “social support, activities, advice and signposting”. Now, we are working with the NHS to provide professional diagnostic and memory clinic facilities locally so that there will be less need to travel to Ipswich, Stowmarket, etc. We feel that the more services that can be delivered in a local and familiar setting, the less will be the stress, difficulties and disorientation for carers and those they care for.

As always, thanks to all in Debenham, the surrounding villages, the local authorities, and our partners 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