



WORKING TOGETHER



## FOOD 'N' FRIENDS

Would you like to help by hosting a lunch club?

Come and find out on 20<sup>th</sup> May at Dove Cottage

Volunteers from the Debenham Project have taken up the initiative offered by Suffolk Age Concern, and three 'Food and Friends clubs' are now happening. One of the groups has been meeting monthly since October 2009 and the other two groups were established in March 2010. A further group will begin towards the middle of the year.

The clubs offer a safe, non-judgemental environment. Those with dementia and their carers can enjoy the company of others knowing that the symptoms of dementia are understood and accepted by all at the lunch. The clubs offer a place for people to talk in confidence about the problems they may be facing, or to not refer to dementia at all and simply enjoy time spent with friends sharing a meal or snack at a time in their lives when social isolation can occur.

The three established clubs will continue and we hope to be able to form further clubs over the next few months. More hosts are being sought. Hosting a club might seem daunting, but it is not much more so than any other situation to which one invites people. I know our current hosts would agree that it is a pleasure to meet people, make new friends and offer hospitality to others.

On Thursday May 20<sup>th</sup>, there will be an opportunity for anyone interested in hosting a Food and Friends Club to find out more. Between 6 and 8pm, there will be tea and coffee on offer at Dove Cottage, 39, High Street, Debenham and a chance to have a chat with people who are currently hosting clubs together with Gavin Hodge of Suffolk Age Concern who guides and advises the Food and Friends Club initiative. We hope to see you there!

Joy Walton

For more information call me on

01728 860007