



Hello everyone,

As I mentioned last month, two issues that are always high on the agenda are a) the availability of top quality paid personal care in the home, and b) the provision of short-time (2hrs or so) emergency and respite cover. We are very fortunate that in the Debenham area we have a number of excellent self-employed professional carers together with a few equally valued carers who work for agencies. However, this level of quality is not always the case. We would like to be able to ensure that “all care is the best care”. One thing which does seem to emerge is the theme of “local carers for local people”. Initially we shall be setting up a **“Register of Local Professional Carers and other Domiciliary Help Services”** so that when needed we can point families, etc to a number of known local people who can provide the support they are looking for. To start with it will just be for paid personal care and domestic help but with time it may be extended to cover a wider range of help and support services. If you would like to be considered for inclusion on the register please contact me as soon as you can.

As far as providing short-time cover, I was recently invited by Pam Bell to see what her team in Wickham Market have achieved - yet another excellent example of how a community in Suffolk has come together to “make a difference”. They have fully trained a team of over a dozen volunteer carers who are able to respond to requests for someone to look after someone for a couple of hours in an emergency or to let their family carer have “a little time off”. I know there is a lesson there for us in Debenham – If you might like to be a part of such a scheme please let me know.

Whilst caring for those with dementia and helping their family and friends will always be a major aspect of these initiatives, both initiatives are intended to be for all who need support irrespective of the nature of their frailty.

If you would like to know more about The Debenham Project, please think about visiting our website [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) where you can access all our newsletters, and much more. If you are a bit unsure how to contact us on the web please call in at **The Library Resource Centre**, Cross Green, Debenham and ask Melanie or one of her staff to help you. A range of leaflets are available at the **Post Office** and don't hesitate to call the **Project Phone Line** 01728 862003.

With my best wishes,

Lynden