



Hello everyone,

At last we seem to be into Spring and the temperature and sunshine ratings are on the rise – although as I write this we are in the middle of a heavy squally April shower!!

It has surprised me how often, when I have been asked “how did you plan and design the project” and I have given the answer “we didn’t – it evolved naturally”, the questioner finds this difficult to accept. Nevertheless, it is true. From the very beginning we have followed the philosophy of “get on and do something” and then “let it grow”. By way of an example, I just want to tell you about our latest initiative.

Steve Robbins, who lives in the village, visits someone who was one of our long-standing participants in the Carers Club and Info café and the Cross Green Food ‘n’ Friends lunch club until he had to go into residential care. He and Steve have a great common "passion" - football - and although he finds it very difficult to communicate, it is clear that he enjoys Steve talking about it and he can still remember much of his time as a professional footballer. Steve came to me at the back end of last year with the idea that he could set up a club where football enthusiasts with memory difficulties and symptoms of dementia could socialise and share their reminiscences. It’s a great idea, particularly as men are usually difficult to engage with - but what if together we persuaded Ipswich Town Football Club to give its support? Well! the result of Steve’s efforts is that ITFC have enthusiastically welcomed the proposal and, by the time you read this, will have generously hosted a “trial” meeting of the club – a special occasion indeed. We hope that this will be the start of, eventually, an important county-wide support group. Since setting out we have found that a similar scheme has already been set up in Scotland and it has proved to be a great success.

I can’t sign off without mention of the many generous donations that we receive, and for all the time that is given so freely by our volunteers. Without such help and support it would be impossible to provide our activities and services – Food ‘n’ Friends, CAMEO, Carers Club and Info Café, the Telephone Helpline, Advice and information, Debenham On-Call, Carers Co-op, etc. That help comes in all forms but this month I want, especially, to thank those who provide such wonderful cakes – They are so much appreciated by all. Thank You.

And also, please remember that we have a wheelchair if you need one for a few days.

With best wishes,

Lynden

**Project Phone Line:** 01728 862003.

**Website:** [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)