



Hello everyone,

Doesn't time fly and now we seem to be well into autumn with the shops already displaying all their Christmas stock. For most of us we can begin to look forward with pleasure to the run up to the Christmas season, but always there will be some families for whom this will be the first Christmas without their Husband or Wife, Mum or Dad, Grandpa or Grandma. We know that caring for someone who is elderly and frail, and especially those with dementia, is both physically and emotionally exhausting and at times it can feel that they are looking after someone who they no longer know. Nevertheless, when the time comes that the life of the person they care for ends; it is always a great sadness for their family and friends. They may feel the loss even more so because caring for their loved one has been their whole life until then, and now they seem to have lost their purpose.

Too often, it is assumed that with the death of the person that they care for the family carer no longer needs any further understanding and support, and they are simply left to cope on their own. That is not our philosophy – everyone who is part of the project is encouraged to continue to be involved in all we do – we are still “here for them” and always will be. Quite a few have become volunteers themselves, so grateful thanks to them.

Over the past few months in The Debenham Project, we have lost several of “our family” - we miss them – and only a short while ago both Alf Vickress and Joan Jessup passed away. On behalf of the project I want to send our sincere condolences to Sue and her family, and to Bernard and his family.

I would also like to sincerely thank the family and friends of Nic Cass for their very generous donation to the project in his memory. Finally it is always a pleasure to acknowledge how grateful we are for all those private donations - some modest, some large – that help to pay for what we do.

With best wishes,

Lynden

For more information on The Debenham project please contact the **Project Phone Line:** 01728 862003 or visit our **Website:** [www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)