



Hello everyone,

This month I am departing slightly from writing only about The Debenham Project. Our project is “dedicated to the support of carers of those who have symptoms of dementia and those they care for”. However, we are often contacted on behalf of others who are equally in need of support due to frailty and vulnerability caused by different illnesses and disabilities. The needs of these family carers and those they look after are no less significant than those who are struggling with the impact of dementia on their lives. We try to help them in whatever way we can, but we have to admit that there are limits to our resources and our abilities. Fortunately, there are other exceptional charities whom we work with who are better equipped than ourselves to meet their particular needs.

One such charity is Suffolk Family Carers which was a pioneer in raising awareness of the plight of family carers many years ago, and in developing support services for all. Jacqui Martin co-founded the charity and has been its chief executive until she “retired” at the end of last year. Jacqui has been a great friend and inspiration to The Debenham Project, but much more importantly, a great friend to all family carers never losing the desire for personal contact with those her charity is helping.

It is great that in her final year Suffolk Family Carers so successfully raised the money for, bought, equipped, and staffed **their “Suffolk Family Carers Bus”**. I am sure many of you will have helped with donations for this major project. Now it is delivering the fruit of so much effort, and the bus is touring the county offering advice, information, support, therapies, etc in our rural towns and villages – where the carers live. On **February 11th at 2.15 pm** it is coming to Debenham Leisure Centre. Please see the notice of this visit elsewhere in the magazine and encourage anyone who you know is in a family carer role to call in at the bus for a coffee and a chat.

As always, I am humbled by the private donations that are quietly given to help us continue. This Christmas there was a knock at our door and with an “I’m sorry that we can’t be directly involved in the project but I hope that this will help” a donation, with gift aid, amounting to £750 was handed to me. There is so much generosity in our community – all I can say is “Thank You”.

Finally, don’t forget that if you need to borrow our wheelchair, don’t hesitate to ask – it has regularly proved to be a great help.

So, until next time, wishing you a very Happy New Year,

Lynden

Phone 01728 862003 or visit our **Website:** www.the-debenham-project.org.uk