



Hello everyone,

What a wonderful Easter. It just makes me feel good to be out and about and I am sure that is true for everyone, and especially so when we are sharing it with family, friends and neighbours. However, if you are caring for someone with dementia it can be difficult to find places not only to just “go” to, but that are also somewhere to be gently active and which can be really therapeutic for both of you – somewhere that can offer memories, calmness, peace, a connection with nature, and simplicity. Not transcendental meditation, but something which is much more down to earth. An afternoon spent in the company with the noblest and intelligent of creatures – The Horse. Earlier last month Sandra of Woodbridge and District RDA at Clopton called me out of the blue. Sandra wondered whether we know of anyone who would like to join them for a special visit one Wednesday afternoon to enjoy the simple pleasure of helping to groom and care for their horses. Currently they are welcoming a couple of regular participants who are living with dementia but she thought it would be good to have a few more. I think it is a brilliant idea and, who knows, it may become a regular event and something to look forward to each month – I know what a difference RDA makes to one of the members of our Carers Club.

April also proved to be a busy month for contacts with universities and other research groups. I mentioned in March that we had been asked to share our experience, understanding and insights with Worcester University but since then I have been to Swansea to present our project at the 3<sup>rd</sup> Annual Conference of The School of Social Science Research, to The Centre for Policy on Ageing to advise on a potential research project, and discussed with Newcastle University a review of the nation guidelines on community-based dementia support. Without ever intending it, the Debenham Project has become recognised as a leading example of how much a local community can achieve when “it gets on and does something”.

Finally, I want to thank the family and friends of Willa Hadow for their so very generous donations made in her memory. We are so grateful for all your donations and support throughout the year, and please remember that we can receive donations via the Co-op (just ask for your dividend to be given to **609313**) and on-line using the button on the home page of our website (below). Also don't forget, we have wheelchairs for loan if you need one for a few days.

With all my best wishes

Lynden

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