



Hello everyone,

I know that we are now well into winter, the days are often dark, and the atmosphere cold and damp. I expect that, like me, all most of us want to do is to curl up in front of the fire with a good book, or watch an episode of our favourite TV box set – and to hibernate until Spring. These last few months have been predictably very sad for us in The Debenham Project. Covid 19 has taken its toll on all elderly and frail families and especially those who are living with dementia. It has been particularly heart-breaking for those with a loved one in a care home. Whilst they have been allowed to “visit” separated by a window or at a distance outdoors clad in PPE, it is no substitute for “being together and sharing the love and comfort and memories that marked so many years of marriage and family life. I do hope that with the rapid testing kits that are now available, most care homes are welcoming family members to safely visit now.

As I write, the best news is that the immunisation programme is under way and, despite all the difficulties of transporting and distributing the vaccine, GP practices have begun to carry out Covid vaccinations locally. Of course, initially, it will be given to the most elderly and vulnerable members of the community, and to health and care staff. However, I can see that, very quickly, the programme will accelerate once mass vaccination sessions can be organised – as we know our GP practice is very efficient at this – but it will be a huge task. Nevertheless, it looks like it should be possible to protect our older generation – the vast majority of those who may be at risk of serious / life-threatening symptoms – by the Spring. What a relief that will be. And practically that means that we ought to be able to resume our groups, activities and services that have been missed so badly. How wonderful that will be.

Finally, I want to say a big thank you to everyone who has so generously made donations to the Project – and I do mean really generously! This means that we are in good financial shape for the future. Thank you to Abbotts and Websters who sold “Debenham Project” Christmas cards; Thank you to all the shops and businesses who have displayed our collection boxes; Thank you for all the very kind donations we have received in memory of Garry Manning; Thank you to those who put a lovely surprise in a Christmas card; and thank you to everyone else who has given their support.

We will continue to do everything we can.

You can access all of our on-line help by visiting our new “[On-Line Resources](#)” page. So far we have developed resources for seated exercise, relaxation, mindfulness, singalong, and nature. You can find our "Coronavirus - Local Information and Support" list on our [News and Project Progress page](#).

With all my best wishes for a happy and a Healthy New Year

Lynden

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