



Hi everyone,

Finally, we have had some lovely summer days after putting up with that cold North-East wind drawing in clouds whilst the rest of the country basked in sunshine. I cannot ever remember such weather lasting for so long in May and June. Let's hope for a traditional Suffolk Summer of long sunny days that entice us out to enjoy the countryside, garden parties, barbeques, and fetes. Each year, I marvel at how glorious Debenham High Street becomes as all the gardens burst into bloom – the roses, the poppies, valerian and my favourite of all, hollyhocks. It makes me feel happy!

A little while ago I was listening to a radio programme discussing the interrelationships between physical, mental, and social well-being as the fundamental basis for a holistic approach to successfully caring for the elderly and frail. The argument is that if we are positive in our outlook and engaged in our community (and happy!), we will be less prone to illness, quicker to recover, more capable of coping, have fewer aches and pains, and to live better (and happy!). Furthermore, for those who may be living with the impact of dementia on their lives, or any other long-term illness, the holistic approach seeks to balance “quality of life” against “quantity of life” – “Let's live one day at a time and make the most of each of them”. The Debenham Project is committed to helping achieve this in any way we can.

I hope that you will have noticed that the header of this article has changed. This is to reflect our new logo/ livery/image since relaunching the project last month. I hope that it encourages you to think of The Debenham Project as not only professional but welcoming, warm, friendly, caring, supportive, and belonging to our community.

Finally, I want to thank all who generously give their time and donations – You are what makes this project work. Also, do remember if you need transport to a medically related appointment, or might like to borrow a wheelchair, please do not hesitate to ask.

With all my best wishes,

Lynden Jackson

www.the-debenham-project.org.uk ; 01728 862003