



Hi everyone,

It is a great pleasure for me to ask Joy to pen this month's article. I especially want to thank her and her volunteers for, once again, organising and making this year's event such a lovely occasion. So, "over to you, Joy".

"Oh! we do like to be beside the seaside" ... Felixstowe 2023!!!

Sunday 30th July - and oh! We were lucky with the weather! - was a "Grand Day Out" for the 6th annual outing to the Hut on Felixstowe Prom overlooking the beach and sea. This special seaside event is our Debenham Project Lunch Clubs big expedition.

37 people, guests, and volunteers enjoyed fish and chips from Hamilton's and strawberries with superb ice cream from Karon's kiosk - and once again, a rickshaw ride with Ian of Suffolk Rickshaw Company along the pleasant and picturesque promenade, drawing smiles, requiring regal waves, and just "travelling along – no hurry". We also had precious time together at the Hut, simply to relax and chat.

A huge thank you to the guests, who by taking part whole heartedly made the day so worthwhile, to the team of volunteers who with their kindness and commitment make it such a happy and enjoyable outing. Our trip to Felixstowe is made possible by an excellent team of volunteer drivers, who offer a door to door service, and a team catering and hosting, keeping the refreshments rolling out, and the clearing up in hand !. Thank you also, to everyone who donates and fundraises to support the Project in offering a variety of activities and events throughout the year.

At present, 2 Debenham Project food and friends lunch clubs are held every month. Each club makes its arrangements to suit the needs of both hosts and guests. The Debenham Project welcomes anyone who would like to host a regular lunch club or a regular get-together for tea or coffee. There are people in our community for whom when life has become more challenging, meeting up and the ensuing friendship offered is very welcome. Having something to look forward to, enjoy, and share the memory of afterwards.

I am writing this as storm Antoni is with us - fingers crossed, that we are lucky again by getting a date which offers plenty of seasonal sunshine, when I book for 2024 !!

If you would like to know more about volunteer driving or hosting a lunch club for the Project, both of which can be very rewarding experiences, please contact Lynden Jackson or Joy Walton. The Debenham Project's aim is to support the carers of people with dementia - so also do get in touch if you would like help or advice.

Joy Walton
01728 860007

Debenham Project Food and Friends lunch clubs
joyw@btinternet.com

With all my thanks and best wishes,

Lynden Jackson

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