



Hi everyone,

Receiving a diagnosis of dementia is equally challenging for patient and family carer. Whilst to some extent it can be a relief to finally know, it inevitably creates huge uncertainty and emotions concerned with the future – “What does this mean for our lives?” “How will we cope? “What do I need to know?” “Who can I turn to for help?” – All too often families are left on their own with just a follow up appointment 2 or 3 months down the line to “see how you are getting on”. I hope that this is never the case here in Debenham or in our surrounding villages. Over the last year we have made a special effort to publicise what we do and the support we can offer. So we set up an information and awareness stall a month ago outside the Co-op and again at Debfest (Many thanks to those who staffed them), and we will be seeking to repeat the events in as many of our local villages as we can manage – It is important to show that The Debenham Project is not just for Debenham – we have participants in Worlingworth, Grundisburgh, Bedfield, Thorndon, Otley, and so on. The Debenham Project is there for anyone in our area. Just call and say hello, and “I need a bit of help”.

As our effort to make finding information and contacts as easy as possible we have published a handy new booklet that contains all you need to know about who provides locally based help. The Debenham Project is in there but there is so much more. Surprisingly, this booklet is an innovation in Suffolk and perhaps elsewhere. So very well done everyone (and it has been many) who have been involved in its production.

Finally, I must thank Ruby and the Angel, Websters, the Co-op, and their customers for all their donations and fundraising. I am continually and immensely grateful for the amazing support we receive from our community.

As ever, if you know of someone who may need a bit of help caring for a loved one, friend or neighbour, please don't hesitate to mention The Debenham Project to them.

With all my best wishes,

Lynden

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www.the-debenham-project.org.uk