



Hi everyone,

Despite the frosts, cold winds, dark mornings, and grey days, the bright yellow aconites have appeared in our garden. The snowdrops are almost here, and the new year is firmly in place. Already the mornings are becoming lighter – Spring is on its way. What 2025 will bring we can only guess. but we are blessed with a community that will always respond when asked (and, more often than not, without being asked). No-one in Debenham needs to struggle to cope on their own, no matter what their situation may be. Very often just simple things can make the biggest difference – a phone call, a visit, someone who listens and understands, a kind word, a small gift, a suggested step, a word in the right ear, etc. – that says “you are not on your own”. We have seen how it helps time after time in The Debenham Project.

I am sure that we are all concerned about what needs to be done to enable Health and Social Care Services to cope with, and recover from, the continually increasing demands on their services, especially in winter. For many years we have campaigned that offering prevention, care and support in the community is the only solution to reducing the demand on hospital services and bed occupancy. It seems that the argument has been accepted and delivering well-being and care in the community are being prioritised. If this is achieved it will be a real result for commonsense and may even see the resurrection of the “cottage hospital” in our rural areas.

Of course, none of what we do could be achieved without the tremendous support of our volunteers and donors. This month special thanks are due to: Debenham URC; Otley Community Council: And the Debenham Dimwits quiz team for their kind donations. Also, sincere thanks to the family and friends of Brenda Mayhew for their generous donations. Finally, special thanks to our volunteer drivers who have taken people to appointments through rain, fog, ice, and so many road closures.

With all my best wishes, Lynden Jackson

[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk) ; 01728 862003