



Hi everyone,

A couple of days ago we found this bunch of beautiful daffodils on our doorstep placed there by whom, we know not – a little act of kindness that touched our hearts – thank you whoever you are. Kindness costs nothing – we can all be kind – a smile and a wave – a spontaneous gift – a helping hand. Kindness is personal and says “I care”.



As I write this on February 17th, it is officially “Random Acts of Kindness Day”. It was initiated in Colorado USA in 1995 and since then it has spread throughout the World. It just goes to show that kindness is contagious.

And talking of kindness, The Debenham Project is mainly funded by donations from, not only local individuals and community groups, but also businesses. For example, Co-op Travel in Woodbridge made us their nominated charity for the three months covering Christmas and the beginning of the new year – many thanks indeed. Finally, do look out for the Slipper Swap event at the Leisure Centre on March 18th - Get a new pair of slippers for free and info on how to get help and support with your wellbeing.

With all my best wishes,

Lynden Jackson

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