



Hi everyone,

Although the various forms of dementia can present a wide range of symptoms, the most common has to do with memory and especially short-term memory. It is incredibly frustrating and difficult when your husband, wife, father, mother, partner is unable to remember from one moment to the next and suddenly slips into repeating the same question or statement again and again or immediately forgetting what they were told just a minute ago. Yet very often when reminded of things in their past they can recall amazing detail. I remember many years ago, we organised an event at Ipswich Football Club. Several of the “greats” including Jim Magilton and John Wark gave up their time to chat with our guests about the old days. I saw Jim kneeling beside a little lady with a team match photo – she could not only name every player but even recounted swearing at the referee! And also when a gentleman with severe symptoms in a reclined wheelchair who could no longer speak suddenly recognised John Wark from right across the room. This is why reminiscing is such a powerful support activity for both carers and those they care for. It brings us together, and diverts from the short term worries and frustrations, and reminds us happier times. You might like to take a look at <https://canvas-story.bbcrewind.co.uk/memoriesanddementia/>.

We are very fortunate in the financial support we receive from individuals in our community. Recently, I was delighted with the contents of our collecting boxes from the shops, businesses and other events – over £500 in total – thank you all for slipping your change into their slots. Also I wish to thank the family and friends of Fred and Sybil Rowe for the very generous donations made in their memory.

Finally, I couldn't finish without paying tribute to Gracie Webster who died this week. She was such a lovely person and friend to all and bright as a button. I cannot forget her laughing so much at Fit Club that she almost fell off her chair.

With all my best wishes,

Lynden Jackson

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Henry Pearson

Can you help with your memories of him and his time as our vicar.

Henry came to Debenham in 1982 with his wife Judith and their two youngsters, Lucy and Nick, and served as country vicar and subsequently rector of Debenham and its surrounding parishes. He proved to be a “larger than life” character with boundless energy and enthusiasm, yet blessed with the greatest empathy and care for all who came to know him. Not only did the church flourish in his hands, but Henry became part of so many aspects of life in and around Debenham in those days – the schools, the Fire Brigade, country pursuits, community events, etc. etc.

In 1991 he moved on to continue his calling in new pastures in Marlborough in Wiltshire. Someone never to be forgotten by those who knew him.

Sadly, about a year ago Henry had a major accident and broke his neck. He has mostly physically recovered but he also suffered a brain injury leaving him unable to recall memories of his time and friends all those years ago. I know that there are not so many of us still around who knew him, but it would be wonderful if those of us who haven't gone yet could restore some of those memories for him. Please could you spare a little time to describe one or two special events or anecdotes and e-mail or post them to me.

Thank you so much. Lynden (Jackson)

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