



Hi everyone,

Over the last 50 or so years life expectancy has increased by over 10 years. Most men and women are living well beyond their 80th year. All good so far, but it comes with a price – As we grow older, we begin to wear out and acquire chronic conditions for which there may be no cure or effective treatment, making life for some very difficult, not only for them but also for those living with and caring for them. Dementia is the one we fear the most, because we feel so helpless when faced with a diagnosis. However, there is much that can be done to reduce its impact both in the short term and throughout the following years by way of the information, treatments, support, care, social interaction, etc. that are available. “We can’t make it go away”, but “We can help to make it a lot better”. Which is why we will be at the DEMENTIA AWARENESS ROAD SHOWS at Eye (14th Oct) and Stowmarket (11th Nov). For more information call me or visit communities@babberghmidsuffolk.gov.uk

As you will know the Debenham Project is committed to initiating and participating in a wide range of groups and activities and here are a couple more.

“Care to Dance” in collaboration with Dance East – “Where dance sparks joy for dementia care” – Fortnightly at Worlingworth Community Centre

“Gardening is Good for Your Health” – “We are digging into a brand-new venture and would love you to join us” - Coming Soon – at Debenham

for more info: Look out for our newsletter on our Facebook page (The Debenham Project), visit www.the-debenham-project.org.uk, or call Carol on 07768960368

Finally, do look out for our “1960s Party” at the Leisure Centre on November 21st – Details on our website and Facebook.

Very best wishes,

Lynden

Lynden.jackson@the-debenham-project.org.uk ; 01728 862003