

Quarterly Report for the period 1st April 2026 to 30th June 2026

Title:	Carers Club & Info Cafe
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Description:	An invitation to Afternoon Tea with friends who understand, have been there, and know how you feel. You can talk about your worries and problems or just enjoy having an afternoon of laughter and chat. Our volunteers are there to help if you need.
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Task leader:	Sue Jackson
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Frequency:	Weekly	Twice-monthly	Monthly	Annually	Ad-hoc
		X			

Current Total Numbers:	Participants	25 - 30	Volunteers and Professionals	5 - 8
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Breakdown:	Carers	Cared-for	Others	Regular	Occasional	Professional
	12	12	8	6	2	0

General 3-month Assessment:	Not so Good	OK	Good	V Good	Special	
				X		
	Continues to go well. Always a very happy atmosphere.					

Highlights:	The cakes are greatly enjoyed!
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Problems or Concerns:

Numbers do fluctuate according to weather and other circumstances but broadly most of our carers and those they care for are anxious to come if they can.

Participant Feedback:

In 2018 my husband Roy was diagnosed with mixed dementia, Vascular and Alzheimer's, we had both been lucky in that neither of us had ever had any experience of this in our families and knew nothing of what a devastating disease this is.

We were advised to contact the Debenham Project by a mental health nurse.

We were welcomed by Lynden and his lovely wife Sue. For quite a few years Roy's decline was slow but during this time we were helped, guided and supported by various project members as to what professional and financial help was available to us.

Move on to the present and Roy's decline has progressed considerably. During this time we have always had access to the many professional and people who have had personal experience of losing their partners to this dreadful disease and who have all made themselves available at the Tuesday afternoon tea and cake meetings to offer advice, lend an ear or just some friendly company.

The Project has also started a group meeting once a month especially for carers. I can't empathize enough what a support this has been. The ladies who run it have all travelled this journey and lost their husbands to the various forms of dementia. They all know first hand what a lonely and frightening journey this disease is for the carer and of course the sufferer. Our GP has recently told me I need to put a care plan in place for Roy. I confess I didn't know where to begin. But I mentioned it to Caroline at the project, she mentioned it to two other helpers. The result is this week at the carers meeting one of them will look after Roy while the other two will help me contact the appropriate agencies and put the necessary plans into place.

Without help like this I don't know what we would do. They have taken a tremendous burden off me.

Multiply this by the many people the Debenham Project help and assist and you can see what an amazing organization it is. Long may it continue and continue grow.

Mary Skinner