



Hi everyone,

The Bad News is that 1 in 3 of us will develop symptoms of dementia before they die and almost all of us will be touched by the illness – some only lightly, but many very much more so. The Good News is that certainly it isn't "the end of life as we know it" – it is just going to be different. **The Debenham Project will be with you every step along the way.**

**Early days:** When concerns about changes in you or your loved one's short-term memory, or behaviour become noticeable. Please don't worry unduly – There are many other ailments which can exhibit such symptoms – but don't delay mentioning them to your family and talking to your GP.

**Diagnosis:** Your GP will arrange for tests to eliminate several other possible illnesses and if those are clear will refer you to the Memory Clinic. It is by no means certain that this will result in a positive diagnosis of dementia – in may be just mild cognitive impairment or even nothing significant to worry about at all.

**Coming to terms:** If it is "all (or mostly) clear" that will be wonderful, but if your loved is among those 1 in 3, you will need help and support with managing the coming years and continuing to live a full life. **We will be alongside you every step of the way.**

Whether you need practical information, guidance about local services, or simply a listening ear over a cup of tea, we're here for you. We can offer support around understanding dementia, navigating services, and connecting with a network of supportive people but most importantly, we offer reassurance, understanding, and community. Our "Carers Club & Info Café" is a warm, welcoming space with the most amazing cakes; or maybe you might like our "Songs for Sharing"; perhaps "Care to Dance"; or even "Fit Club".

Please don't put off seeking help or reassurance. Reaching out can feel like the hardest step, but it can also be the most important one.

**And if you need a lift to a medically related appointment, call 07724 049056.**

With my very best wishes, Lynden

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