



Hi Everyone,

Caring for a loved one with dementia is something none of us want to have to do but without exception we do. It is a role that may last for years, testing the love and vows that have been the commitment throughout so many, many years. In the Project's groups we develop close and caring relationships with all our family carers and listen to everything they say. Time and time again it is "if only we had a little time to ourselves" – "to do something just for ourselves" – "to make a couple of phone calls without being overheard - "it doesn't have to be much, just a couple of hours now and again".

Based on a small trial with 4 of our families, who were beginning to really struggle, we will shortly be launching a new service which we are calling "Flexible Short-Time Respite Care". The family carer can access a specially trained professional carer to come in and look after their loved one for 1 or 2 hours a week whilst they can have some time for themselves without worrying. This is a big step for us, only made possible by a very generous £10K grant from The Debenham Parish Council and also some additional revenue support from Mid-Suffolk District Council. We cannot thank you enough – It enables us to begin to expand the service to help more local families as time goes by.

And while thinking of the amazing support that we have received from Debenham and all its surrounding villages, I would also like to thank The Bowls Club. Pettaugh Parish Council, and the Coopersfield residents for their donations, together with mentioning a very special small group of High School year 7 & 8 pupils who held a Cake Bake Sale in support of the Project – please accept my very special thanks.

The Debenham Project is the creation of an entire community - "It is wholeheartedly a community project - not just a local charity" - and we will do everything we can to continue to keep it special and worthy of your support.

To finish, you will guess from other items in this magazine that The Debenham Project is embarking on a new chapter in its life. If you, or someone you know, would like to help guide it through the coming years by becoming a trustee and would like to know more, please don't hesitate call.

With my very best wishes, Lynden

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