



Hi Everyone,

At last Spring is well and truly with us and we can look forward to getting into the garden, enjoying the fine weather, and looking forward to outdoor events, barbeques and garden parties. Just being in the sunshine feels so good – a real well-being booster!. As ever, the Debenham Project is keen to make the most of it with the annual Garden Party in June and The Felixstowe “Day at the Seaside” in August. However, this year we are also launching our allotment – a “Care Garden” – for carers and those they care for – a little haven for them to cultivate some vegetables, grow flowers, to chat to others, or just to sit with a cup of tea and enjoy the peace and tranquillity, only punctuated by birdsong. We are seeking volunteers to develop it into somewhere very special. I hope some of you managed to get to the drop-in last month but if not, and you would like to help, please just phone or e-mail me.

And whilst, I am thinking about events, last November Joy Walton and her team organised the most amazing “Sixties” tea dance. It proved such a success that she is putting on a “Jukebox” party on May 1st. I hope you have got your tickets, or you may be too late, but remember to grab your dancing shoes and get ready for a brilliant evening.

And, also on the theme of dancing, I am delighted that Dance East has secured funding for our fortnightly “Care to Dance” classes for Carers and Cared-for at Worlingworth Community Centre to continue well into 2027. A big thank goes to Mid Suffolk DC for all their support.

To finish, Sue and I would like to thank everyone for all their very kind thoughts and wishes as we step back and pass the leadership and guidance of The Debenham Project on to a (slightly!) younger generation. The 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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