



Hi Everyone,

What a wonderful “sun-soaked” bank holiday and the promise of a lovely “blooming” June. Time to shrug off the worries and daily chores and just enjoy getting out and about the village and countryside and joining in with all the traditional village activities that bring us all together and shout out “Its Summer”. The Art Exhibition, The Open Gardens, Garden Parties, Strawberry teas, Seaside Trips, etc, etc. This month we are all looking forward to our annual Garden Party, so very generously hosted by Lyn and Mike Rouse. It is always a truly lovely occasion for our “Debenham Project Family” of carers, their loved ones, volunteers, supporters, and many others to celebrate another great year of helping make a difference for those who are living with dementia 24/7 52 weeks of the year.

And of course, with getting out and about, comes a huge benefit to our mental well-being and outlook. And, like exercise, regular involvement in outdoor activities such as gardening can steadily strengthen and reinforce against the constant stress and exhaustion of the carer’s role. Which is why Carol and Derek Garrett suggested we take on an allotment and turn it into a little haven for our families to come and enjoy growing a few vegetables or flowers, or just sit and have a chat and cuppa in peace. They have already made a start with a small team of volunteers and their first family. It will take time to grow and bear fruit, for which we will need more helpers. Would you like to join "Debenham Project Care Allotment" team? If not yourself, could you ask around? For more information, please e-mail Carol at chgarrett53@yahoo.co.uk.

Finally, we are all aware of the importance of protecting those in our care whether they be our carers, cared for, or other participants, but also those who freely give up their time as volunteers. Of course, this is not just of concern for The Debenham Project, but also for all sorts of community-based projects and charities. So, as part of our ongoing safeguarding program we are holding a training session on July 1st and would like to invite any local organisation who would be interested in joining to e-mail Carol at chgarrett53@yahoo.co.uk

With my very best wishes, Lynden

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