



Hi Everyone,

Over the past 17 years that The Debenham Project has been in existence, its only aim has been to help carers and those they care for who are living with dementia – for family carers to cope with the 24/7 52 weeks of the year of their commitment to their loved ones, and to recognise that those they care for are still the people they were and still will be. Over all those years, I can't count how many of those families we have helped that started with a voice on the phone, or a word in the street, or a referral from the GP – at lot more than 50, nearer 100, and perhaps even more than that. Always it has been personal – someone afraid, upset, confused, stressed, unsure, tired, worried, anxious - needing to talk, to unload, and to understand. If all we can do is to listen in our hearts, share their fears, come alongside, and tell them that they are not on their own, that would be enough. But we know it is not enough – alongside the love and caring there also must be the practical support - the activities, groups and services that can make a very real difference. They are not just “something to do” by coming to our Carers Club, or Songs for Sharing, or Care to Dance, or Lunch Club, or TLC – they are about making friendships and being part of a family – “Sharing and Caring” for each other.

On the 29th of September we are having a very special “Help Shape the Future of the Debenham Project” get-together over afternoon tea at the Community Centre. We want everyone – family carers, those living with dementia, volunteers, supporters, and those that just care how we, as a community, care for each other – to come for a chat and share their thoughts and ideas. If you would like to join us, please call (01728 685518) or e-mail (paddy@quakerho.co.uk) Paddy Fielder.

With all my best wishes,

Lynden

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