



Hello everyone,

At the beginning of the month my doorbell rang, I opened the door, and there stood Pat from the Angel. She handed me an envelope labelled “Debenham Project” and said to me “this is from the Angel Quiz Team”. It contained “several” (a well-known Suffolk term) ten pound notes for which I am so grateful. Yet another unexpected and generous donation which demonstrates just how much quiet and unassuming goodwill there is to be found in communities such as ours.

A few days later a lady from AgeUK came to interview me for an article in their “Choices” magazine. After talking about the project for some time she suddenly asked me “why do you do it?” and that envelope was immediately brought to mind. She asked whether it was because my mother had dementia or was it that I saw the massive need. I replied that I didn’t really know - both might be true but only partly so and, even then, perhaps only in the early days. Now, I think that it is mostly because through being a part of The Debenham project I see the best in people, I see them helping to make someone else’s life just a little bit better, I see friendships forming and old friendships renewed, I see lots of laughter (and chocolate cake!), I see genuine and unconditional caring, and I see that it “makes a difference”. It gives me moments of joy and makes me feel good to be a part of it. That is probably why I, and so many others, “do it”.

Changing the subject but still about being grateful, you will remember that last month Joy Walton wrote a piece about the Cross Green Food ‘n’ Friends lunch club and asked if there was anyone who might like to be a host for a new monthly club. Whilst there are currently two very successful clubs, they aren’t able to take on any new members, and we have a waiting list. It is a shame that more family carers and those they care for haven’t been able to participate in these relaxed and friendly occasions. However, excellent news! Francoise Behar and Janice Romaniszyn, with help from a couple of other volunteers, will be starting our third club very soon – many thanks to them! However, we will still have a number of people that we would like to be able to offer places to. So please continue to think about whether you might want to help, with a fourth club. Next month Diane Palmer will be telling you all about the “Coopersfield” Food ‘n’ Friends lunch club.

Please remember that you can donate your Co-op “divvy” to the project simply by asking for it to be given to The Debenham Project – Number **609313**.

Lynden

Phone 01728 862003 or visit our **Website:** www.the-debenham-project.org.uk