



Hello everyone,

It really is amazing how people are here in Debenham. I was particularly reminded of this just a couple of weeks ago when Sarah H, who is one of our volunteer drivers, took a lady to Hospital (I hope Sarah won't mind me telling you about it because it just illustrates how kind and thoughtful all the members of our "Get You There" team are). When someone rings me up to ask for help in getting to a hospital, doctor's, dentist's, physio, etc. appointment, I ring round our volunteers to see who might be able to take them. We don't have that many volunteers, they are all pretty busy people, and I have to try not to ask them too frequently. So sometimes it can be a challenge – as it was this case. However, Sarah said she could do it but that she had to be back in Debenham to give a talk to the ladies of the URC in the early afternoon. No problem! The appointment was mid-morning and we generally assume not to more than an hour. However, what we didn't realise was that there were two appointments not one. That would still have been ok but, as is often the way in hospitals, delays can cause knock-on difficulties and what should have been a couple of hours turned into four. Sarah, bless her, remained with and supported the lady throughout and did anything that was needed. I later learned from the lady how lovely she had been. I use this story only as an example of many situations when our other drivers have responded similarly. It is sometimes easy to think that giving someone a lift is simply a matter of taking them there and then bringing them back. Not so! Particularly with those who are elderly and frail it is much more about "caring" and "going the extra mile" when problems occur.

But what of Sarah's talk? Well she rang me just before it was due to start to ask me to apologise to the ladies of the URC that she wouldn't be able to make it, but also asked me to stand in for her!! Completely coincidentally, her topic was to have been The Debenham Project and the URC's plans for an event on November 23<sup>rd</sup> to raise funds for the Project. So I was more than pleased to knock on the meeting room door and announce "Hello, I'm Sarah and I would like to tell you about .....". Team work!! By the way, the real Sarah did eventually make it. Do look out for posters advertising this special coffee morning, Christmas gifts, and soup lunch event, and assist us to continue our efforts to help those in our community who are living with the impact of dementia on their lives.

I also wish to thank Tammi of Simply Stylish for organizing The Spooktacular Debenham Walk last week, jointly in aid of The Debenham Project and Dementia UK. Thank you so very much. Yet another example of the many efforts groups and individuals have made in helping us to continue our work. Many thanks for all your generous donations and support, and please remember that we can receive donations via the Co-op (just ask for your dividend to be given to **609313**) and on-line using the button on the home page of our website (below). Also don't forget, we have wheelchairs for loan if you need one for a few days

With best wishes, Lynden

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