



Hello everyone,

As I have often said, we are so very grateful for the way that people of Debenham and its surrounding villages have taken The Debenham Project to their hearts and want to help in any way they can. By giving their time as volunteers, in fundraising, organizing, and other ways, those families and individuals who are living with the impact of dementia on their lives know that they are not on their own, that there is help and support on their doorstep, and that the simple things that we offer – social activities, information and advice, transport, one to one, understanding, sharing, practical and emotional support, etc – can make all the difference. It is, more than anything else, that which shows why Debenham was awarded the status of one of the very first “Dementia Friendly Communities” in the country – not because of what we do – but for our wholehearted community involvement.

So this month, I want to celebrate those lovely people who, without being asked, just “get on and do something” to help. They are not formally counted in our numbers of our volunteers but they are every bit a part of our “family”. For example Bea and Scarlet with support from their mum Tammi King (Simply Stylish) organized The Spooktacular Debenham Walk for Halloween (and not forgetting Zoe George who got us all in the mood with the Zumba warm-up session). Despite the pouring rain 50+ ghouls and ghosts, demons and zombies, and countless other denizens of the dark followed the scary 3 km path and raised £700 to be shared between The Debenham Project and Dementia UK. And I see on Facebook (Yes, I am not totally out of touch with social media!!) that Tammi is helping us once more, this time with her Christmas Baubles. Then there was Sarah Hughes and Nicola Tomlin and the United Reform Church who ran their Christmas charity support event under the banner “Let’s celebrate our Debenham Project” – Coffee Morning, Games, Christmas gifts, and soup lunch – with all proceeds to benefit the work of the project. Just two groups out of many who have been so very kind – Thank you all so much.

Of course few of us will be unaware that the Christmas is already here. As you might expect this is a time in the Project where all our groups put on festive events, Christmas lunches and tea parties. Thank you to everyone who is making it special, including our annual Carers Club party on December 5th with our very own Music Man (Stephen McKie), seasonal goodies and all the trimmings. And don’t forget Way Back When – I know we all love to tell of our favourite past Christmases.

Finally, 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 all my best wishes for a very Happy Christmas

Lynden

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