



Hello everyone,

Debenham Active Wellbeing Project

I must admit that, as a younger person, the thought of engaging in “Keep Fit”, “Gym Membership”, “Weight Training”, “Jogging”, “Exercise Groups”, etc. filled me with a mild form of dread. I suppose I failed to see the attraction of spending hours trying to become fitter and stronger when I already already felt as fit and well as I needed to be for my lifestyle. To be sure, at school and college I had been a fair gymnast, played rugby and cricket, enjoyed field sports, cycled to and from school, and so on. I guess this stood me in good stead over my middle years but now I am really not quite so sure. However, we are never too old or frail to take care of ourselves so that we can enjoy quality of life in our remaining years. But whatever we do by way of exercise must not only be appropriate for our age, ailments and lifestyle, but also a pleasure – something you would like to do next week and the week after i.e. FUN!!! Also, joining in with others in exercise and activities is a great way to socialise and make friends. Exercise should not be about “no gain without pain”. We can enjoy it whilst improving our mobility and coordination, reducing pain and stress, lowering the risk of falls, and getting out and about.

With this in mind, the Mid Suffolk District Council last year commissioned “Suffolk Sport” to conduct a 24 month “Active Wellbeing Project”. The aim is to encourage and support local groups and initiate and develop new activities. Over the past year the project officer, Annie Groves, has been working in Fressingfield/Stradbroke and successfully initiated activities in the community such as fitness testing sessions, a new walking group, a Pilates group, seated Zumba, Activity Champions, tackling loneliness, etc. In June this year she will move on to similarly work with all our community groups to set up the “Debenham Active Wellbeing Project”. The planning is well advanced and already involving, under Annie’s leadership, Debenham Leisure Centre, The Debenham Project, The Forge, Debenham GP group Practice and PPG, Debenham Church, and others. Look out next month for the posters advertising the launch and come along to find out more.

We are so grateful for all your donations and support throughout the year, 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

Lynden

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