



Hello everyone,

Last month The Debenham Project held its annual general meeting at which its Trustees, and the volunteers that lead our support groups, discussed last year's activity and how we are meeting our promises of helping those in and around Debenham that are living with the impact of dementia on their lives. I can report that the Project, after 10 years, continues to be very successful in delivering valued local care within its budget. We have always said that we will seek to do whatever we can to make life better for any family that is struggling to cope - we have been incredibly supported by Debenham such that we have neither been limited in finance nor by a lack of volunteers in "getting on and doing something". So I thought it would be good to show you just how much your support has enabled us to do.

During 2019 we offered a wide range of local services, activities and events on a regular basis:

Information and Advice	(as requested)	10 -15 conversations per month
Carers Club and Info Café	(Fortnightly)	30 – 40 participants each time
Fit Club	(weekly)	15 – 20 participants each time
Lunch Clubs (3)	(monthly)	25 – 30 participants per month
Medically related transport	(as requested)	20 – 25 journeys per month
Social activities and events (Cameo)	(Fortnightly)	15 – 20 participants each time
One to One support	(as required)	4 – 6 family carers
Reminiscence therapy	(Monthly)	8 - 10 participants each time
Signposting	(as requested)	5 – 8 per month
Professional Liaison	(as required)	1 – 2 referrals per month

Overall, the take-up amounts to between 220 and 250 individual participations in our services, activities, etc. per month. More information can be found in a Case Study/Impact Statement at <http://www.the-debenham-project.org.uk/articles/2019/CaseStudyApril2019.pdf>. Whilst The Debenham Project has focused on supporting those who are living with dementia, we also try to be inclusive of all people who may be elderly and frail and who might benefit from participation.

So thank you for all your donations and support throughout the year. 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. For more information on what the Project does please call or visit our website.

With all my best wishes, Lynden

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