



May 18th 2020

Hello everyone,

It is a tough time for everyone, but tougher for some, and especially those who are trapped in London, the other cities and the bigger towns where they haven't been able to get out and refresh their spirits in our wonderful countryside (safe distancing of course). As you will have observed, Debenham is particularly lovely this year - at the risk of drawing on World War 2 memories we have been blessed by beautiful spring and early summer weather to help us through the early stages of the pandemic, but there is quite a long time to go. The famous summer of 1976 started just like this and I hope that it may continue (although with the Lord's help of a bit of regular rain overnight to help our farmers!).

Our nation may have successfully reached the "end of the beginning" of the pandemic but this is only "the beginning of the end". There will be several battles and skirmishes, scares and worries before we can finally get back to the freedom of being able to go out to meet with our friends, go to the pub, lunch in a restaurant, attend events, etc. But we will get through it provided we use commonsense, follow the guidance, and Stay Alert. It may not be the catchiest of slogans but we all know what it means - Watch out for and help our families, friends and neighbours, and don't do anything that risks you or others catching this virus.

In the meantime, the Debenham Project is working hard to be there for anyone who is struggling to cope with the impact of the "Lock Down". I am sad that we cannot run our groups and face-to-face services, but we have created things on our website that we know can make a big difference in how we cope the pressure and anxiety of isolation – relaxation and stress relief, Mindfulness and calming, exercise and mobility, and our "Old Time Singalong". We can all benefit from them – it makes sense. You can access all of these on our website by visiting our "News and Project Progress" page on our website (<http://www.the-debenham-project.org.uk/progress.shtml>).

Many thanks to the family and friends of Leonie Taylor for their generous donations in her memory, and also for other donations received. And finally, don't forget, we have wheelchairs for loan if you need one for a few days.

Stay Safe and Stay Well.

With all my best wishes,

Lynden

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[www.the-debenham-project.org.uk](http://www.the-debenham-project.org.uk)