



Hello everyone,

Last year at this time we were all greatly looking forward to The Debenham Project Garden Party at the coming weekend. Each year since the Project started this event has been so very generously hosted by Lyn and Mike Rouse in their lovely garden behind the High Street. It was our 10<sup>th</sup> anniversary and yet again we had a wonderful afternoon – 150 of our “family” joining together to enjoy a truly lovely occasion with all that is so reminiscent of such events in days gone by – Fizz, Afternoon tea in the marquee, Entertainment and, best of all, the company of so many friends – A chance to say a big thank you to everyone who has made the Project what it is today.

This year things are so very different. We have had to suspend all our regular groups and face-to-face services and, of course, very sadly the Garden Party. But please be reassured all will be reinstated just as soon as possible. I can't say when that might be as it will not only depend on the relaxation of the social distancing national guidelines but also upon us being confident that there have been no new cases of infection locally, and only very few across Suffolk, for some time. It may be that this will be possible in the early Autumn but my best guess is that we will have to wait until the New Year.

So, until “We'll Meet Again” we will be trying to help with our on-line activities and services specially designed to make a difference in how we feel and how we cope - relaxing, de-stressing, exercising, calming, singing, meditating, etc. And, they are not just for those who are trying to cope with the impact of dementia on their lives, they are good for everyone, regardless of age, gender, health, and personal situation – do give them a go – you can't lose by it - and it might become something you enjoy on a regular basis. 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>). Please tell your friends.

Some things are not for everyone, but kindness and love definitely are.

And finally, don't forget, we have socially distancing 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)