



Hello everyone,

As I write this just a few days before the beginning of August - 4.5 months since the impact of the coronavirus hit us - I know we are all tired and frustrated with the restrictions that the government guidelines place upon us. For those coping with the difficulties of supporting someone with dementia this has been a very stressful time. So it is welcome that the guidelines have been relaxed to enable us to meet with other households provided we are careful.

For some time I have been asking for the local statistics and, at last, we can find out what the level of Covid 19 infection is in our area. The good news is that there have been no new confirmed cases in Mid Suffolk over the last 7 days and only 8 over the whole of Suffolk. For the moment, the risk of becoming infected locally is extremely low provided we follow the guidelines, but we all need to be very vigilant and especially those of us who may be travelling to parts of the country where the infection rate is much greater. To know the up-to-date situation visit the ["Healthy Suffolk Website"](#) just set up by Public Health Suffolk. This provides data down to district and borough level.

This week, I was delighted, on behalf of everyone involved with the Project, to accept an award from Radio Suffolk for "making a difference". Of course, we are just one example of how even more caring and supporting Debenham has been since the lock-down with the "Helping Hand" and "Food Parcels" initiatives, and so many individual acts of kindness.

Sadly this month the other of our special summer events has also fallen by the wayside: The outing to the "Hut" on the beach front at Felixstowe which has become a traditional event offering not only "a day at the seaside" but also "fish and chips" and a "rickshaw ride along the promenade". Organised by Joy Walton, it has each time so far, been a truly lovely occasion, so very much appreciated by all her guests. Although it now cannot go ahead Joy has a date for your 2021 diaries – **Next year's outing to the Hut will be on August 22<sup>nd</sup>**.

There is a part of us that lives in the music that we have danced and partied to in our youth. We can't forget it and find ourselves humming along to the tune, harmonising with the lead singer, and remembering with pleasure those golden moments. I recently came across an on-line themed radio station called [m4d Radio](#) that is available 24 hours a day, 365 days a year, playing music that evokes memories of the Forties, Fifties, Sixties, Seventies and Eighties. Choose your era, listen and enjoy...

Finally, why not visit our website and try out some of our On-Line activities?

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

With all my best wishes,  
Lynden

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