



Hello everyone,

I know how much we are all praying for an end to the Covid crisis and how we all seem to be tired out and finding it hard to think of anything else. Speaking purely for myself, I find that the endless depressing speculation on the television and in the media is not helping – I would prefer just a simple bulletin once a day and a best guess Government Plan for the next few months. However, that is not going to happen so I had best not worry, stick to the guidelines, and get on with things. And if the Government won't give us a plan then we shall have make our own one for The Debenham Project. In fact, we have always had a plan based upon the pattern of the pandemic, the steps taken to limit the infection rate, and when the lock-down seems likely to be lifted. Our plan has been: To ensure contact with all involved in the project by weekly phone calls, e-mails, and regular newsletters concentrating especially on those families who are the most vulnerable: To develop an on-line support package which offers exercise, relaxation, music, nature, etc. to help participants cope with the suspension of all our face-to-face activities and services: To secure the Project's financial sustainability through the crisis and beyond: To prepare for the time when we can all get together and begin recovering back to our pre-Covid state. We are in good shape on each of these, but all good plans must be open to change. It comes as no surprise that we have had to revise our timescales – At first we thought there was a good chance of reopening around September/October – Then the eruption of new cases coinciding with the end of 1st lock-down forced us to revise the date to early spring of this year – And then Covid delivered a (hopefully final) sting in its tail with the new variant. So now what does by very blurry crystal ball reveal? For the moment it looks like it will be significantly later in the year.

In the meantime, we will carry on with our current plans. One of the next additions to our on-line resources will be “dance at home” for the over 55s. Dance East is launching “Debenham Movers” with the aim of making dance and movement more accessible to residents in Debenham (No experience is required). The first step is to provide pre-recorded taster sessions as part of our Well-Being Package and then, later on in ZOOM sessions led by experienced dance artists exploring a range of taught and improvisational exercises. The main goal of these classes is to benefit you both mentally and physically, and give you the opportunity to meet with others over the ether.

“Love & Kindness Letters” is a community project running throughout February. The aim is simply to spread some love & kindness during a difficult time that challenges connections. It's easy to get involved, all you need to do is write a letter or create a picture that can be shared with others. If you would like to take part, either to send or to receive a letter, or both, please get in touch with stephanie.stanhope@outlook.com / 07854750272.

Finally, thank you everyone who has made donations to the Project. It is your support that has ensured that we will be around for years to come. You can access all of our on-line help by visiting our new [“On-Line Resources”](#) page and can find our "Coronavirus - Local Information and Support" list on our [News and Project Progress page](#). You can also call us on 01728 862003.

With all my best wishes,

Lynden