



Hello everyone,

We are open for "business as usual"

Cameo: 1st and 3rd Tuesday afternoons

Carers Club and Info Café: 2nd and 4th Tuesday afternoons

Fit Club: 1st, 3rd and 5th Thursday mornings and 2nd and 4th Thursday afternoons

Transport service (for medically related appointments): On request.

Advice and Information: 9.00 am to 5.00 pm daily on 01728 862003, and on our website.

One-to-One (help with "Power of Attorney", Benefits, Wills, etc.): On request.

We look forward to welcoming everyone back. If there is someone whom you think might like to join any of our groups or clubs also please let me know.

Be assured that we are watching the Covid infection rate very closely and we will review our plans and modify them if necessary. Since I anticipate everyone involved will be fully vaccinated and the current risk of a serious infection is low, we are following the Government advice to be careful and sensible. For the time being, wearing a mask is fine but not essential, small groups at tables are ok, and open the windows to ensure plenty of fresh air.

Don't forget we will be at Deb Fest at the Leisure Centre on September 4th if you are looking out for a bargain for yourself or a present for someone special. We will be selling a wide range of brand new giftware as well as small items of bric-a-brac – Look out for the posters. It is going to be a really great day out. And talking about "great days out", many thanks are due to Joy for, once again organising the annual (but not last year!) seaside outing to the Hut at Felixstowe – a lovely time was had by all – fish and chips, ice cream, rickshaw rides along the prom, and all the trimmings.

Thanks to kind gifts we have several wheelchairs that are available for loan. We also have a mobility scooter which can be transported in a car. Finally, thank you everyone who has made such generous donations to the Project - Your support has ensured that we will be around for years to come. I particularly want to thank the family and friends of Esther Knibb for their very generous donation in her memory. I knew her well as a close neighbour and over the years she supported the Project with regular donations to our work. She was a truly lovely person who embodied "living a life of caring for others".

With all my best wishes,

Lynden Jackson

www.the-debenham-project.org.uk ; 01728 862003