



Wishing everyone,

A Merry Christmas and A Happy New Year

This is a special time of the year for us all. A time when we are preparing for celebrations with family, friends and neighbours. In the Debenham Project we make a particular effort to create a party atmosphere in our various groups and activities - Lunch Clubs, Fit Club, Carers Club and Info Café. Our Lunch Clubs have always organised Christmas meals, and this year is going to be extra special for the Coopersfield group. It will be their first Christmas event following its resurrection after Covid. As part of our efforts to encourage youngsters to participate in the Project, the High School Music Group will be entertaining them. As ever, Fit Club will not fail to get into the mood – it is always a highlight for our professional instructor, Theresa, whose passion for the season's festivities knows no bounds. However, this year it will be tinged with a bit of sadness as, after more than a decade, Theresa will soon be moving on to pastures new. And, of course, the Carers Club and Info Café will once more pack Dove Cottage for their grand Christmas party with our amazing "Music Man", Stephen, entertaining and accompanying us in our yuletide singing.

Soon we will be heading into 2023. As you know we have been reviewing everything about the Project in order to ensure that it provides quality support for all who are living with dementia in our community far into the coming years. And that means that we will have been, and will continue to, talk to current and past carers about what we can do to help make their lives better and to help cope with the stresses and strains. As a result, two of our past carers, Caroline and Jean, will be starting a new group to encourage current carers to 'get together' in Dove Cottage or on-line in January. The aim is to facilitate mutual support, sharing, information, tips for coping, etc. I believe that this will prove to be a very valuable addition to the support we can offer.

Finally, many thanks to Websters and Coopersfield residents for their generous donations. we always are so grateful for all the support we receive from our community. For much more information about The Debenham Project please go to our website (address below).

With all my best wishes,

Lynden Jackson

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