

This is: THE DEBENHAM PROJECT



May 2015



**Winner of the “Inspiring Age Award 2014”
From Age UK**

**Visit our website: www.the-debenham-project.org.uk
© Copyright: The Debenham Project 2015
Registered Charity 1133501**

“DEMENTIA - CARING FOR THE CARERS”

&

“A VISION OF CARING”

Foreword by Lynden Jackson, Chairman

The Debenham Project

Sometimes something comes along about which people ask “why hasn’t this happened before”. There is no answer other than - it just has! - “it’s the right project, at the right time, and in the right place”. **The Debenham Project** is exactly that. Dementia is an illness that affects so many of our husbands, wives, parents, grandparents, friends and neighbours that we cannot “stand aside” and hope that the nation will “look after them”. Unless you have been there it is difficult to imagine the physical, social, health and emotional cost involved in caring for someone with the illness. It can dramatically reduce quality of life – but most family carers feel that they have no choice – **“It’s my Mum, my Dad, my Husband, my Wife, my son, my daughter”** – so many people in our community are putting themselves second (or third, or fourth)! Eventually, medical research will come up with better treatments and perhaps even a cure but until then families and friends will have to shoulder the burden. “A helping hand”, “someone who is there for you”, and “well designed local services” can make a big difference – we know because we have seen it. **The Debenham Project** has been set up to do just this – “what can be done, will be done”.

The Debenham Project



On April 23rd 2009 a public meeting took place which was pivotal in the way that Debenham and its surrounding villages are addressing the challenges of their ageing population. It has led to a unique project in which our community has taken responsibility for the welfare and support of those who are family carers looking after someone with dementia, and of meeting the health and social needs of those that they care for.

In just over a year, from a standing start, it developed a comprehensive range of local volunteer-based services which “draw in” the best professional support. The breadth and quality of the facilities are now “second to none” in the County (and perhaps the UK) and will be expanded and developed in the future.

The project has become recognised as an example of innovation and best practice across Suffolk and beyond. It challenges the public sector to respond by initiating, encouraging and supporting its “roll out” to all rural and semi-urban communities. The Debenham Project is established and will continue to evolve and develop its caring approach (Caring in the Community, Caring for the Community, and Caring by the Community) throughout the coming years. Our plans are ambitious, and our aspirations are governed only by:

“If it is not good enough for my mother, it is not good enough”

THOSE WHO HELP

The Debenham Project relies totally on the dedication and support of the Trustees, Volunteers, Professional Co-workers, and Partners of the charity.

THE TRUSTEES

The Trustees are legally charged with faithfully managing the Debenham Project in meeting the needs of the community by tackling the problems presented by dementia and an ageing population.

Lynden Jackson (Chairman) Roger Cockerton (Treasurer)

Paddy Fielder Michael Rouse

Gillian Shacklock Richard Blackwell

THE STEERING GROUP

The Steering Group advises and makes the practical arrangements so that support is 'delivered' to those who we seek to help.

Paddy Fielder (Chair) Mary Morley (Secretary) Lynden Jackson

Sue Jackson Alison Gravatt Gillian Shacklock Roger Cockerton

Chris Bishop Joy Walton Peter Holme Richard Blackwell

THE VOLUNTEERS

The support and goodwill freely given by individuals in our community has been truly amazing. At that first meeting over 20 people offered their time – “just tell us what to do and we will get on with it”. Now, there are 100 “on the books”, over 65 already help on an “occasional” basis, and about 40 help regularly. We cannot say more than “Thank you”. The role of the volunteer is to “be there” for the carer, to create a friendly and social atmosphere, to know how to “press the right buttons” to get the best professional care and support, but, and most of all, to “make a difference” to the quality of living for those who seek our help.

OUR PARTNERS

The Debenham Project could not succeed without support from a wide range of professional and local organisations connected with the provision of care in our communities. The Trustees are so grateful for all the support that has been forthcoming from them all:



Tel: 01449 724500

www.midsuffolk.gov.uk



Tel: 0808 800 4005

www.suffolk.gov.uk

Christies Care



www.christiescare.com



www.suffolkfoundation.org.uk



01728 861940

www.suffolklibraries.co.uk

CAMEO

Come And Meet Each Other
01728 860977

Suffolk Family Carers

01473 835477

www.suffolk-carers.org.uk

Sue Ryder

www.sueryderforlife.co.uk

Tel: 08450 501953

Coopersfield Sheltered Housing



01728 860135

www.sanctuary-group.co.uk

Debenham GP Surgery



01728 860248

www.debenhamgrouppractice.co.uk



01473 351234

www.ageuksuffolk.org

**Debenham Parochial Church
Council**



01728 861073



The Highwayman

Norwich Road, IP8 6PD

Reception: 01449 710389

Debenham Pharmacy



01728 860421



www.dementia-alliance.com



www.nwmhft.nhs.uk



NHS Suffolk

And many others, including Debenham Leisure Centre, Debenham Parish Council, and the Debenham Women's Institute. In fact, whenever we have asked for professional help from any organisation, they have been eager to give their support.

THE PROFESSIONAL CO-WORKERS

All our services start with our volunteers, but they cannot replace professionals when it comes to the detailed knowledge, advice, consultation, counselling, assessment, and so on that are necessary. Everything we do draws in the skills and experience of professionals to give the best quality of care locally. Our project is developing a new way for the vital support workers from the local authorities, the charities and the NHS to work with the community.



The project relies on large numbers of volunteers together with a wide range of professionals from many different organisations.

OUR CARERS AND THOSE THEY CARE FOR

In a community such as ours, it is all about everyone getting together to make things better. So! Some of us could do with a bit of help, understanding, and support whilst others want to give a bit of help, understanding, and support – how we care for each other defines our community. Those family carers who look after someone close to them contribute to The Debenham Project just as much as the rest. It is their thanks and willingness to accept a bit of help that makes it all worthwhile – it is not easy for a husband, wife, son, daughter, neighbour, or friend to say “I could do with a hand” but when it happens it opens doors and offers hope. To watch the difference made when, for example, a carer gradually joins in with others at our Carers’ Club and Info Café is a joy, and to see how they give their understanding and experience to other carers is a privilege.

We estimate that there are already more than 100 in our community who have significant symptoms of dementia. To date we have provided some level of support – ranging from information and advice, to personal and telephone contact, and on to luncheon clubs and social activities – to over 65% of their family carers.

OUR FUNDERS AND DONORS

All voluntary organisations need money in order to achieve their aims and most are limited by their struggle to find those funds. However, The Debenham Project has been very fortunate in receiving the support of the Mid Suffolk Local Strategic Partnership – managed by

Mid Suffolk District Council. They threw their weight behind the project and helped us to be secure until at least the end of 2016 and some way beyond. In a time of financial constraint this commitment is a testament to their willingness to back innovative community projects. In addition we have been funded by Suffolk County Council, The Suffolk Community Foundation, Sports Relief, Axa Insurance, Waitrose, Comic Relief, and The Norfolk and Suffolk Dementia Alliance for special projects. The project has also been presented with an award of £10,000 by The Suffolk Community Foundation. This money has been used to fund our Carers co-op and Debenham-on-Call initiatives.

It is important to us that the local authorities and the NHS have acknowledged the value of The Debenham Project in tackling the problems that dementia and an ageing population present. However, what really matters is how individual carers, volunteers, community groups, friends, neighbours and families respond to the need. We have not hitherto “fund raised”, neither have we organised fund raising events or canvassed for financial support. Yet so many local groups and individuals have spontaneously come forward with donations - even from Sweden - to give a “little” or a “lot” to help us make a real difference in the future. Thank you.

WHAT WE DO

The Debenham Project currently provides the following help:

I. Activities and Social Support Sessions

Being active, whether it is socially, physically or intellectually, can make a big difference in the quality of life of both carers and those they care

for. The project has regular sessions aimed at encouraging all sorts of activity, but mostly about getting together and having fun. They also give carers and cared-for the opportunity to meet and interact with others. The sessions are designed to cater for a wide range of interests, physical and mental capabilities, and to assist in reducing isolation from the community as a whole. They are a joint venture with CAMEO (Come And Meet Each Other) and St Mary's Church.

2. Food 'n' Friends Lunch Clubs – 3 clubs now operate

Sometimes it would be good to just go and have lunch with friends who wouldn't notice (or worry) that your partner's, mother's, father's,



friend's, or neighbour's conversation and behaviour might be "different".

To have somewhere to go and enjoy a social meal is great. When you care for someone with symptoms of dementia taking them to a public café or restaurant can be stressful. We have arranged a number of lunch clubs (usually only for a few guests) which offer a friendly, chatty, and comfortable occasion to relax and be with others who you can

“talk to”. Maintaining social contact is very important and joining in on a regular basis can help to develop and enjoy friendships in a safe social environment. These clubs have been developed jointly with Age UK.

3. Information and Advice Centre

It is often said that “get connected with the web and all your questions can be answered” – not so easy when you try! Mostly, we need a bit of help in accessing and interpreting the information – “too much!” and “what does it mean for me”? Ideally, we want someone who can help to sort out what you really need to know to manage your future, and what you can “leave to another day”. When it comes to dementia there are a number of excellent and accredited sources of information – there are also sources of common-sense and wisdom. The Debenham Project can offer both, through its Information and Advice Centre – a Website, Information leaflets, library staff-assisted access and one-to-one confidential assistance. It can also link you to professional support workers when you need detailed advice and information. This has been achieved with the support of the Debenham Library Resource Centre and Debenham Post Office.

4. Medication and Pharmacy Support

It may seem obvious that someone with memory problems might need help with making sure they take the right medication at the right time. Add to this that many have additional health problems e.g. diabetes and chronic heart disease for which a failure to take “the pills” (or to take them twice!) may lead to a serious medical crisis, it is important that help is available to carers and those they care for to reliably manage their medication.

The number of pills that have to be accurately sorted can be large and confusing. The Pharmacy offers a personal service providing help to

carers. In addition, the pharmacist can assist in liaising with the GP surgery, and ‘signposting’ to other professional support.



5. Carers' Club and Info Café

Living in a rural community we get used to carers saying “we can manage” – “we don’t need help” – “we don’t want our neighbours and friends to know”. The project cannot take the load away, but some things can help to make it easier to bear. To get together with other carers and volunteers who understand is a very positive step. The Carers’ Club and Info Café alternate fortnightly to offer a very friendly and social atmosphere where you can come and enjoy an afternoon without worry (heavily lubricated with tea and luscious cakes!) where you can talk with a professional support worker, chat with those around, or “just be!” This is a fortnightly social get together with other carers and cared for. If you just want to drop in and have “a coffee and a piece of cake” its “no problem”. We always have someone from either Age UK or one of our local carers for you to talk with.

6. Exercise Therapy – The Fit Club

Such a difference can be made with some simple exercises that can be done whilst sitting in a chair – removing stress, reducing pain, improving posture, increasing mobility, enhancing coordination and balance, and so on. It has proved a very popular weekly activity and currently has a full membership. It has shown just how much it is needed, and how important the social aspect is.

The Fit Club is run in collaboration with a local professional, Zoe George of ‘FitClub and VibroClub’, who is keen to specialise in helping those with dementia, and other older persons.

7. Specialist Memory and Support Services

It is a big step for family carers, and those they care for, to take their concerns to their GP. If he/she suspects dementia as the possible cause, this can be very stressful and disorientating - it will involve being referred to a consultant and attending a memory clinic for a diagnostic assessment. Ideally, we would like this to be in a friendly, familiar and local location where information and advice on all health and social care aspects is available but this is not always possible just yet. However, working closely with the Norfolk and Suffolk NHS Foundation Trust we are offering a new approach which goes a long way towards meeting the original hopes. We have trained several volunteers who are happy to accompany carers / patients to their appointments as a “friend” who can help explain things and provide information, advice and useful contacts. In addition, carers will still be able to make an appointment to talk confidentially with a specialist nurse or support worker.

8. Personal Care and Domestic Help Registry

This is a routinely updated list of professional organisations, agencies and individuals who offer personal care and domestic help in and around Debenham - an informal local network. So if you need some help please ask. Although we do not “recommend” or “guarantee” their services, they are not just “pulled out of the hat”, and when it comes to those providing personal care we do try to make sure that they are DBS checked. As time goes by it will become more comprehensive. Do please remember that a recommendation from a trusted friend is one of the best ways of finding someone.

9. Other Activities and Events

The Debenham Project has, and will, put on or sponsor other things – like a “1940’s Tea Dance”, an “Afternoon at the Mid Suffolk Light Railway”, “Having fun with Fitness and Exercise”, and a “Harvest Festival Exhibition of Model Agricultural Vehicles and Tools” together with professional seminars and meetings. We also have “special afternoons” when we invite local professionals to offer their skills – so far we have had reflexology, film archives, reminiscence boxes, and chair-based exercises. We are always open to suggestions about new and alternative events that will brighten up people’s lives.

10. Debenham On Call

The Debenham Project is seeking to build an informal network of fully trained volunteer carers to “stand in” and provide a short-time care service when there is an emergency, an urgent hospital appointment, or just a desperate need for a little time for the family carer.

The Debenham Project has been recognised for its innovative and community-based approach, and that it seeks to play a part in advancing the level and quality of support available to the increasing numbers of family carers and those they care for.



WORK IN PROGRESS

The Debenham Project is developing all the time. We want to do the very best we can to support carers and those they care for, and so we are anxious to “get on and do new things” and to “try out new ideas”. Some will blossom and become an integral part of what we do, but others may not be quite so successful and have to be set to one side for the time being. Here are just some examples of our current ideas.

1. The Carer’s Co-op

Professional support may sometimes be needed as a permanent arrangement, in times of crisis when a few extra hours of help are required, or simply to allow the family member to have some time for themselves every now and then. As a vision, we hope eventually to facilitate the provision of all forms of domiciliary care, including rehab, specialist, end-stage, and end-of-life in collaboration with Sue Ryder Care. This is a new approach – an alternative to the standard agency approach with its inherent problems in rural areas - which we believe is ideally suited to communities such as ours.

2. Debenham Community Transport.

In conjunction with the parish council and Avenues East in Stowmarket, the project has helped set up a community transport hub for Debenham so that people needing to attend medical appointments, and who do not have transport available, can still do so. The transport offers a door to door service which is invaluable to many who have mobility issues. The service has recently been launched and will look to expand to offer a wider range of transport opportunities for those wishing to use the service.

3. Relaxation Therapy

Make no mistake, somehow family carers do keep going despite everything, because they love the person they care for. However with some support their quality of life (and that of the person they care for) can be better. One new way that we believe can help is relaxation therapy. By learning and practicing techniques which have been shown to reduce stress and to calm, it is hoped that, when needed they will be able to clear out the emotional frustration and exhaustion being felt and, for a while, find a little peace of mind – a time purely for themselves. Therefore, we have started a small group led by a trained instructor meeting fortnightly.

BEHIND THE SCENES

Everything we do is focused on helping family carers and those they care for in Debenham and the surrounding villages. The vast majority of the project's efforts come from all our volunteers, assisted by professional workers from our partners, helping regularly with activities and services. However, working behind the scenes with the local authorities, the local GPs, the NHS, the charities, and other organisations, by sharing our experience and understanding, is also very important in both securing our funding and enabling the project to continue to develop.

The Debenham Project has been recognised for its innovative and community-based approach, and that it seeks to play a part in advancing the level and quality of support available to the increasing numbers of family carers and those they care for. It does this in many ways – by being involved in advisory groups, developing proposals, membership of Healthwatch, contributing to consultations, giving presentations, carrying out research studies, etc.

I. Carers' Experiences in Rural Suffolk

In July 2014 the Debenham Project completed a community-focused and professionally led research project to explore the experiences of family carers (and those they care for) in and around the Debenham community. This was the first time anyone had tried to comprehensively study a single community in this way and was funded by The Norfolk and Suffolk Dementia Alliance. The research sought to obtain information from local family carers and cared-for about the memory loss/dementia journey; a profile of our carers and cared-for; their experiences; and also views from them and others on the positive

and negative aspects of early diagnosis and early intervention of/by services. The purpose was to illuminate the reality of coping with the impact of dementia. The study and its findings have been published in The Journal for Dementia Care – one of the leading UK journals in the field.

2. Suffolk Conference / Workshop

At the time of publication, The Debenham Project is to host a major conference on the future of community-based dementia support and care for the frail elderly in Suffolk. It will be held in June 2015 at the Community Centre. It will bring together some of the most senior people in Suffolk and the UK who are responsible for the future of dementia support and the care of the frail elderly, along with representatives of the local community, health and social care professionals, volunteers, family carers and those who need the support. They will hear about the latest initiatives in Suffolk, and discuss the current and future directions for health and social care for the elderly frail in the county. We are delighted that Professor Alistair Burns and Professor John Young, the national directors for dementia and the frail elderly, respectively, of NHS England have agreed to attend the event.

3. “Putting it all Together – A Vision of Caring”

When the Debenham Project was launched in order to address the problems that dementia presents, we were also asked to think about how we would like all elderly frail members of our community to be cared for. This request led to a 4 year research study which proposes a “new way of caring” – a way which more nearly matches the needs of an ageing population. Our research has shown that integrating

health, social, and housing support in the community can offer not only better person-centred care, but also significant cost benefits

4. The Joseph Rowntree Foundation

During the first half of 2012, The Debenham Project was approached by the Joseph Rowntree Foundation to become a 'case study' for their 'Not a One Way Street' research project. The research focused on 6 case studies across England, Scotland, Wales and Northern Ireland and looks at innovative and different ways that 'mutuality and reciprocity' can work in society.

The project was delighted to be asked to contribute to the research being done and a very busy two days were arranged for Sian Lockwood to visit Debenham and meet as many of the partners that were working on the project as possible. Sian undertook the research on behalf of the Joseph Rowntree Foundation and she was extremely impressed with the overall achievement of The Debenham Project.

The Joseph Rowntree Foundation, alongside the Wellcome Trust, is among the organisations in this country which have the government's 'ear'. As a consequence it can and does influence government thinking and strategy on such things as care for the elderly.

OTHER ITEMS OF INTEREST

1. The Charitree.

The 'Charitree Project' was an unusual and unique way of evaluating what users of our services thought about the way the project operated. These comments were presented on a Christmas tree arrangement that was on display (with many other organisations' trees) in Debenham church over the Christmas 2014 period. Below are some of the comments that were shown on the 'charitree' when we asked the question 'what does it mean to us'.



Inspiring – gets you out to see other people – company – caring – support – yummy cakes – friendly chat with friendly people – it's lovely to be here – friendship – sharing cherished memories – time for a chat and advice, not to forget tea and cakes. Also a fuss for my dog – a helping hand – something to look forward to –

2. Debenham's Pop-Up Department Store.

Dementia awareness is a vital aspect to the way that communities involve themselves with an ageing population. The concept of 'Dementia Friendly' is gaining momentum all the time, and here in Debenham we have seen a whole hearted embracing of the concept by our local businesses. With pop up shops becoming the 'in thing',

Debenham has seen its first appear in the middle of the village, and this has sparked a wonderful approach to supporting the Debenham Project. One shop after another, until ALL the shops in Debenham were participating, donated items for sale so that the ‘Debenham Project pop-up department store’ could operate at the annual village fayre. In 2014, despite the best attempts of the British weather, (rain, rain and more rain), over £300 was raised in about 2 hours with all manner of goods being sold to very receptive buyers. The donations from the local shops were not all sold and another event is possible from those original donations. This type of community spirited action by our local businesses is a wonderful testament to their ‘Dementia Friendly’ awareness.

RECOGNITION AND AWARDS

I. Academic Recognition.

The Debenham Project has become known well beyond the parish boundaries. In fact, I am always surprised just how far the word has reached. More recently we have had a group involving Cardiff University, The Welsh Assembly and others seeking to learn more about the project. Also we have been visited by a consultant doing research for Manchester Council, and also keen interest from North Wales. Each is looking for new ways to deliver health and social care at the community level. We are particularly pleased that the “The Social Care Institute for Excellence” (a leading national health & social care organisation) has included The Debenham Project as an example of what is best practice in its on-line guide on home (and community)

care for older people. We have also been delighted that the research carried out by Tim Mason and Gordon Slack to capture the experiences and perceptions of the family carers, cared for, volunteers and professional involved in the project has been published in the leading “Journal of Dementia Care” (<http://www.the-debenham-project.org.uk/articles.shtml>).

However, recognition at a national level is not a high priority – we are much more concerned with contributing to the development of high quality dementia support services here in Suffolk.

2. The Prime Minister’s Challenge on Dementia

As a result of the Prime Minister’s challenge on Dementia, Debenham became an early entrant into the Dementia Friendly Communities in England. Working with Debenham parish council, the project applied for and was accepted as a Dementia Friendly Community in March 2014.

Following on from that, the project was delighted to see that our chair, Lynden Jackson, was presented with a ‘UK Point of Light’ award by David Cameron. His award letter is reproduced on the following page.



10 DOWNING STREET
LONDON SW1A 2AA

THE PRIME MINISTER

21 October 2014

Dear Lynden,

Congratulations!

I am delighted to be recognising you as the 136th UK Point of Light.

UK Points of Light is a new award which recognises outstanding individual volunteers - points of light in our country - who are doing extraordinary things in the service of others.

Dementia is one of the greatest challenges of our time. It steals lives and tears at the hearts of families. When I began the Prime Minister's Challenge on Dementia two years ago it was people like you I had in mind.

Your incredible dedication is transforming the lives of people living with dementia and helping their families too. Thanks to you, 6,500 people in Suffolk now have increased support and feel less alone. By making Debenham and its surrounding villages a Dementia Friendly Community, you are helping those with dementia to stay connected to their community and to gain precious time with their children and grandchildren.

I believe it is my duty as Prime Minister to hold up examples of great volunteering and service as an inspiration to others. Through your hard work and dedication you are making our communities stronger, and our country a better place.

On behalf of the whole country, I hope this Points of Light Award can be a small way of saying thank you.

With all good wishes,

Yours,

David

Lynden Jackson

3. Inspiring Age Award 2014.

The Project has also been given awards at local, district and county levels in recognition of its innovative approach to the problems that dementia presents to rural communities. Apart from receiving Suffolk Acre's Probert Trophy for Community Achievement in 2011, we were delighted to receive the 'Inspiring Age Award 2014' from Age UK, in recognition of our contribution to the local community. Although our ethos is to just 'get on and do it', such awards reflect very positively on the way that everyone involved supports the project and, through that, the community we live in.

WHAT NEXT? – “A VISION OF CARING”

There are three things that have guided The Debenham Project. The first is to listen to carers and those they care for, the second is to “get on and do something”, and the third is to “have a vision”. So far, we have managed to make a real difference to a significant number of those who, otherwise would have been just about coping, and we have gone a long way towards many others knowing that they are not alone, and that, when they really need help, it will be there. The success of the project is exceptional both in the proportion of carers it has helped and in the difference it has made to individual carers and those they care for.

However, at that first meeting in April 2009 it was made clear that we should not limit our aims – that we should not be afraid to “have a dream” in which:

No one should have to leave their friends, family and neighbours in order to be cared for with love and dignity – “7, 10, 14 miles is too far”.

No matter how frail we might become, we will still be able to be part of our community – to visit the shops and cafe, to have our grandchildren pop in, and to pass “the time of day” in the High Street.

No one should have to be admitted to hospital, or stay in hospital when they can be cared for in the community, by the community.

This **DREAM** has become a **VISION** – the “Vision of Caring” – and it is becoming a **PRACTICAL** plan in which Debenham will lead the way in caring for its elderly frail and ageing members of the community.



The project is working to **REALISE** this vision – it is a massive challenge, but “what you don’t start you cannot finish”.

We think that it will require an investment of a little over £10M and the running cost will be about £2M each year. It seems an enormous financial cost but in just our area alone, the annual cost of health and social care for the elderly is nearly £7M. “The Vision of Caring” will save more than £700,000 on that bill!

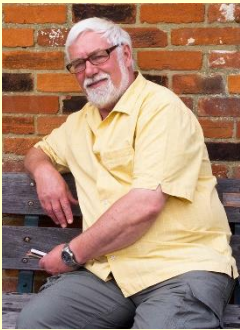
It will mean drawing together the NHS, the Social Services, the community, and the major charities to integrate care on a local basis. It will mean building and staffing future generation accommodation and nursing facilities appropriate to a rural community. It will mean creating a model of what is best practice. It will mean “**breaking the mould**” of how the NHS and the Social Services have worked in the past.

We believe that it can be done – and we have the figures to prove it!

We have done the groundwork – now comes the hard part – finding the funding and making it happen.

The Debenham Project has proved what a community can do for those who give up their lives to care for someone close. Whatever financial difficulties the future might bring, it will continue to provide whatever help it can. The project will grow and evolve over the coming years.

“If this has been achieved in such a short time, why should we not believe that it is possible to care for those who have become frail, as we would hope to be cared for?”



A handwritten signature in blue ink, appearing to read 'Lynden Jackson'.

Lynden Jackson (Chairman)

TESTIMONIALS TO THE DEBENHAM PROJECT

Daniel Poulter, MP (Parliamentary Under Secretary of State for Health 2010 - 2015): “The Debenham Project is an outstanding example of integrated and holistic community-focused care and support, for people with dementia and their families and carers. Suffolk is very lucky to have such a dedicated team of volunteers to drive this project forward, The Debenham Project is helping to set new standards of care and support for people, and the families of people, with dementia.”

Sian Lockwood OBE (Chief Executive, Community Catalysts CIC): “What is great is this is a group of people really trying to do something. They are all local people and they actually care. The Debenham Project is an inspiring example of what can happen when local people decide to take action themselves to tackle a problem affecting friends and neighbours in their community. I spent two days with people involved in the project and was just so impressed by their focus on ‘big vision’ and practical action. The project has already made a positive difference to many local people’s lives – the ‘big vision’ (when it is achieved – and I know it will be) will benefit many more. Now we just need to find a way of extracting the lessons from this approach and sharing them with other communities.”

Eddie Alcock OBE (Chair, Suffolk County Council, 2010 – 2011): “When I first became aware of the objectives of The Debenham Project my first thought was: “It’s so obvious that this is needed and that Suffolk County Council must throw its weight behind it”. Now it is up and running it is already an exemplar – an incredibly important volunteer-based initiative that seeks to give valuable help and support

to those caring for those with dementia. People, in fact, who themselves are often forgotten as much as the people they are caring for! The Big Society personified! May it now be replicated nationwide.”

Colin Noble (Adult Care portfolio holder, Suffolk County Council): “Much is said about the growing problems we, as a society, face with dementia, much is said about the Big Society, and much is said about community engagement and involvement. The Debenham Project just "got on with it" and much should be said about its tremendous work and value, to the community it serves”.

Joanna Spicer (Chair, Suffolk County Council, 2009 – 2010):



"Debenham is so wise to have recognised the increasing challenge of the growing number of people suffering from dementia and also the considerable stress and problems this causes for their families and friends."

Judith Hawkshaw OBE: “If it is not good enough for my mother, it is not good enough”

Baroness Sally Greengross (CEO, International Longevity Centre): “I was very interested and will

mention this in all relevant debates in the House of Lords and to relevant Ministers at any meetings I attend”.

Lord Richard Best (President of the Local Government Association): “I am sure you are very much on the right track and The Debenham Project could provide an exemplar for rural housing schemes for older people. I wish you every success”.

John Graham OBE: “I came away from the conference and was inspired by your talk to write about it in a blog I write on elderly issues”.

Prof George Giarchi (Ethics of Care, Gerontology and Dementia, Plymouth University): “Most impressed Lynden. Thanking you so much for the originality and for what you are doing for others”.

Prof. June Andrews (Director, Dementia Services Development Centre, University of Stirling): “I am on holiday, but addicted to emails, so this is a short note to tell you how impressed I am at your work and your energy for supporting carers and people with dementia”.

Final South Essex Commission Interim Report March 2011: “However, I think Professor Giarchi allowed us to re-connect with some very fundamental points about the human condition and I think, combined with Lynden Jackson’s example of The Debenham Project provided an inspiration to us all to think beyond services and see the potential within people and communities”.

Karen Mayhew (CEO, The Havebury Housing Partnership): “I think your project is exciting and inspirational”.

THANKS AND ACKNOWLEDGMENTS

This publication has been the result of input from many people but in particular the editorial and creative team:

Colin Archibald, Chris Bishop, Gillian Shacklock and Richard Blackwell (Editor).

Photography by Colin Archibald: www.reflectionsofreality.co.uk

USEFUL CONTACT NUMBERS

| Organisation | Contact Telephone Number |
|---------------------------------------------------------|------------------------------------------------------------------------------------|
| Debenham Project (Advice & Information) | 01728 862003 |
| Debenham Project (Confidential Telephone Support) | 01728 861865 |
| Age UK Suffolk (General Information) | 01473 351234 |
| Age UK Suffolk (Business Enquiries) | 01473 359911 |
| Alzheimer's Society (East Suffolk) | 01473 237301 |
| CAMEO | 01728 860977 |
| Coopersfield - Debenham | 01728 860135 |
| Debenham GP Surgery | 01728 860248 |
| Debenham Parochial Church Council | 01728 861073 |
| Debenham Pharmacy | 01728 860421 |
| Debenham Library Resource Centre | 01728 861940 |
| First Stop (on-Line Information) | www.firststopcareadvice.org.uk |
| Fit Club | 01449 710389 |
| Mid Suffolk District Council | 01449 724500 |
| Sue Ryder (General Enquiries) | 08450 501 953 |
| Suffolk County Council Social Services (Customer First) | 0808 800 4005 |
| Suffolk Dementia Helpline (Sue Ryder) | 01473 353350 |
| Suffolk Family Carers | 01473 835477 |

REFERENCES AND BIBLIOGRAPHY

www.the-debenham-project.org.uk

www.the-debenham-project.org.uk/downloads/articles/breakingthemould.pdf

www.the-debenham-project.org.uk/downloads/steeringdocs/A_Vision_of_Caring_rtse7.pdf



Welcome to Debenham – A Caring Community