



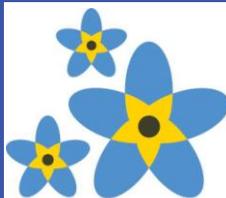
THE DEBENHAM PROJECT



**Dementia -
Caring for
the Carers**

4th Edition - May 2018

**Winner of the
"Inspiring Age
Award 2014"
from Age UK**



Working to become
**Dementia
Friendly**

www.the-debenham-project.org.uk



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, partners, 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 partner, 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 23rd April 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

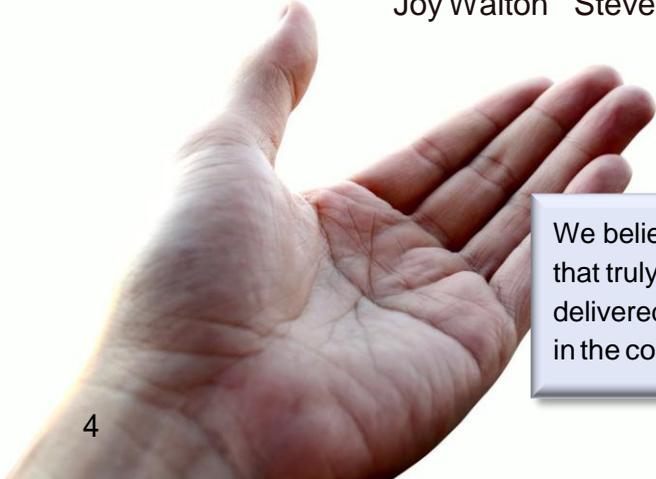
The Trustees are legally charged with faithfully managing the Debenham Project in meeting the needs of the community by tackling the problems presented by dementia and an ageing population.

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 Chris Bishop Roger Cockerton
Richard Blackwell Gillian Shacklock Peter Holme
Joy Walton Steve Robbins



We believe that this is the only way that truly 'person-centred care' can be delivered – caring for the community, in the community, by the community.



Our 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 120 “on the books”, over 65 who help regularly, about 40 help on an occasional basis, and others have offered their time should it be needed.

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.



“Volunteering for The Debenham Project has been a totally rewarding experience. I feel I have a greater understanding of the care and support systems that need to be in place and I am proud to be part of this project.”



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:



01449 724500 www.midsuffolk.gov.uk



0808 800 4005 www.suffolk.gov.uk



Information & advice line 01473 351234
www.ageuk.org.uk/suffolk



SUFFOLK
Community
Foundation

www.suffolkcf.org.uk

**Dementia
Together
Suffolk**

Free helpline - 08081 688 000
www.dementia-together.com

Sue Ryder

08450501953 www.sueryder.org



The Highwayman Norwich Road, IP8 6PD

01449 710389



Coopersfield Sheltered Housing

01728 860135

www.sanctuary-housing.co.uk



Debenham GP Surgery

01728 860248

www.debenhamgrouppractice.co.uk



01728 861940 www.suffolklibraries.co.uk



Debenham Pharmacy 01728 860421



Come And Meet Each Other 01728 860977



Debenham Parochial Church Council 01728 861073



www.dementia-alliance.com

Norfolk and Suffolk 
NHS Foundation Trust

www.nsft.nhs.uk

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 whole community
is eager and willing
to lend its 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.



“I feel reassured when trained and experienced carers look after my Dad.”





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, partner, 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.



When a relative asks for help, it opens doors and offers hope.

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

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 in the medium term.

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, Sports Relief, Axa Insurance, Waitrose, Comic Relief, Yorkshire Building Society, The Norfolk and Suffolk Dementia Alliance, the local Co-op, The Forge Church, and also collection boxes in every local business. The project has also been presented with an award of £10,000 by The Suffolk Community Foundation.

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 “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.





What we do

The Debenham Project currently provides the following help:

Activities and Social Support Sessions (CAMEO)

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. 'CAMEO' (Come and meet each other) is a joint venture with St Mary's Church.

Food 'n' Friends Lunch Clubs – *Three 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 were developed jointly with Age UK.

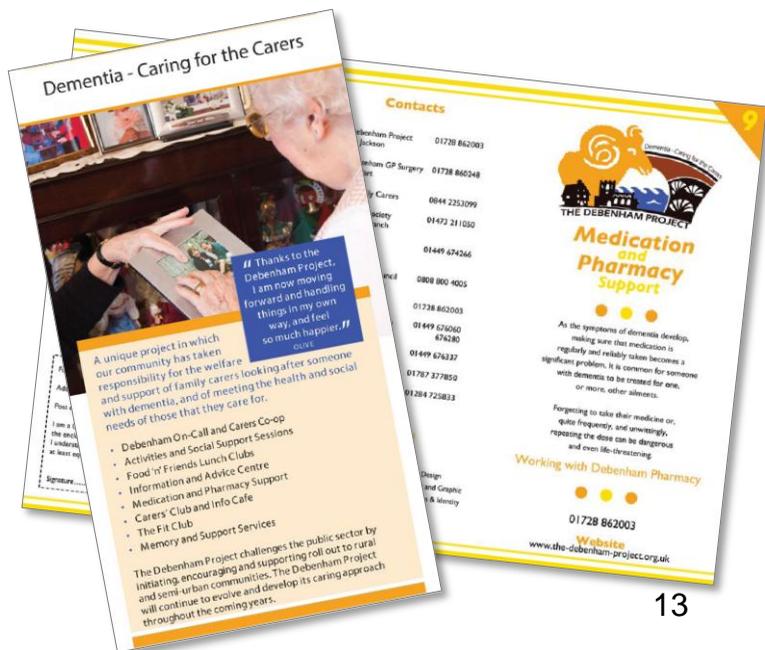
Information and Advice Centre

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!”, “can it be trusted?” and “what does it mean for me”? Ideally, we want someone who can help to sort out what we really need to know to manage our future, and what we 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 .





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.



I was so worried that Mum would forget to take her tablets correctly.

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.

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 with experience to talk with you and, monthly, a professional dementia advisor.

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 'Fit Club', who provides specialist exercise therapy to recovering patients in the NHS and is totally committed to supporting older persons and those with dementia.





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 of offering both diagnosis and support within our community i.e. no longer leaving patients and carers to worry about where they might turn to for advice and help. We have trained several volunteers 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.

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 either experienced local self-employed carers or are





registered care agencies. 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.

Way Back When (Reminiscence Therapy)



Reminiscing is a powerful therapy for encouraging a feeling of comfort, security and pleasure.

Although someone may have great problems with their short term memory they often remember days gone by, etc in surprising detail. This monthly group is truly inclusive and brings together all who enjoy remembering with friends what they did in the 40s, 50s, 60s, etc and enjoy sharing their adventures, the hobbies, events and activities with them.

Dementia Together

Living with the impact of dementia on your life, whether you are a family carer or the one with the illness, is a journey that sometimes goes well and at other times is on the edge of breakdown. Knowing that there is support along the way and, when things become overwhelming, a team that can help you to recover and get back on track, is special.



The Debenham Project is a founder member of the Suffolk-wide “Dementia Together” support service for anyone concerned about dementia and the impact that it is having on someone close to them. This service is directly funded by the NHS and Suffolk County Council and means that in Debenham we can call on professional support, have direct referral to statutory services, and access to the best information and advice.



Debenham On Call

The Debenham Project can call on a wide range of volunteers and professional organisations to provide advice and practical assistance when needed.

It is not just about signposting to Dementia Together, the NHS, and Social Services, but also about local support in coping with every-day problems. “If we can’t help we can probably put you in touch with someone who can”.

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.

Get you there

Worries about how to get to a GP, hospital, dental, or other medically related appointment are a great concern for elderly or frail people who



cannot (or should not) drive themselves, may not be able to call on a relative or friend to take them, and can’t depend upon public transport. The Project has created a small network of volunteer drivers who are more than happy to help out and, not only take someone to and from the appointment,

but also be there as a friend/companion throughout the visit - no one will be left alone.



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”, a “Harvest Festival Exhibition of Model Agricultural Vehicles and Tools”, a “Day out at the Seaside”, our “Annual Garden Party”, together with professional seminars and meetings. We are always open to suggestions about new and alternative events that will brighten up people’s lives.



Special events can really brighten up people’s lives

One to One

Many families successfully manage to cope with the impact of dementia on their lives in the early and middle stages of the illness without the intervention of the NHS and Social Services. However, they often say that they felt left to cope on their own following the initial diagnosis and that they would value being able to periodically contact someone familiar for assistance at times of difficulty.

We have initiated “One to One” so that there will be someone who can “come alongside” who understands your situation and can “be there for you” to be a listening ear and help you through when times get really difficult. They are not there to take away your problems, but to help you cope.

I just needed to talk to someone who would listen and understand



Work in Progress

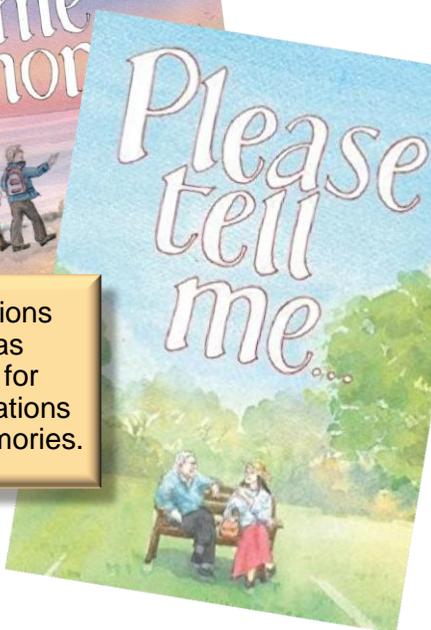
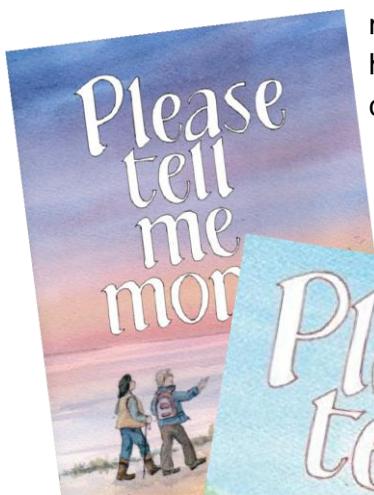
The Debenham Project has always been committed to providing the best community-based support that it can. It looks towards other projects and research that might suggest something we could learn from and try. It also seeks to use its wide range of contacts to recommend caring people to contact us with ideas that have real potential to help those struggling with the impact of the illness on their lives.

Please Tell Me

The long term memories of those with dementia are often amazingly intact and they greatly enjoy chatting about the “old days” and their past adventures – who doesn’t? Old photos, music, objects, personal memories, etc. that have meant a lot can be used to stimulate conversations. “Please Tell Me” is a very simple way of not only helping a family carer to start this but also to make it

something that they can enjoy doing with the person they love – a scrap book – pages that can capture the best bits of the past – a “Life History”. But it can be much more than that.

Anyone, friend, neighbour, carer, or relative, can be involved and contribute when they visit, or they can simply use it to open up a conversation.



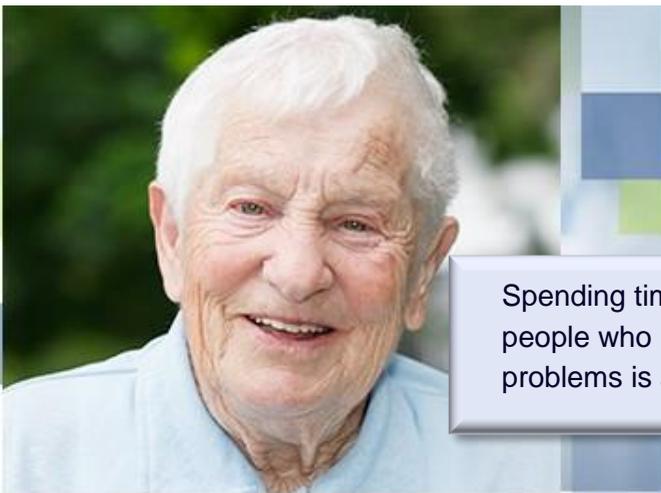
Questions can act as prompts for conversations and memories.



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 very important. It helps in both securing our funding and enabling the project to continue to develop, and also in influencing the future pattern of care in Suffolk and the UK.

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 has done and continues to do this in many ways – by being involved in key advisory groups, developing proposals, membership of Healthwatch, contributing to consultations, giving presentations, carrying out research studies, etc.



Spending time with other people who have similar problems is always helpful.



Research

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 Debenham. 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.

www.the-debenham-project.org.uk/articles.shtml

“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 local community can offer not only better person-centred care, but also offers significant cost savings, and it has positively contributed to the County and National debate concerning the future structure of Health and Care.





Sharing

The Debenham Project has become known well beyond the parish boundaries. In fact, I am always surprised just how far the word has reached – even to India and the USA! We have been consulted by representatives and academics of Cardiff University, The Welsh Assembly, Manchester Council, Essex Council and others seeking to learn more about the project. Also we have been contacted by groups in Wales, Cumbria, Northumberland, and Norfolk: Each looking for new ways to deliver dementia support at the community level.

The Joseph Rowntree Foundation 2012

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.





Social Care Institute for Excellence

The “The Social Care Institute for Excellence” (a leading national health & social care organisation) has included The Debenham Project as an example of best practice in its on-line guide on home (and community) care for older people.

social care
institute for excellence

Royal College of Psychiatry 2018

The Debenham Project has been quoted in their “Dementia Evidence Based Treatment Pathway” as an example of best practice. The title sounds highly academic but, basically it is about achieving better access to quality dementia care by identifying innovative and leading support activities across the UK.



Contributing

Over many years we have represented those who are living with the impact of dementia on the mental health focus group of Healthwatch Suffolk. More recently, as a founder member, the Project helped develop “The Suffolk Dementia Forum” which brings together the organisations and individuals who are the primary experts and practitioners of dementia support in the county.

Additionally, we are regularly contacted for visits to see our work (which we rarely agree to as the project is all about providing a safe space for our participants, which is free from any publicity). However, we have shared our experience with other local authorities, NHS managements, government, and academic establishments. These include, The Welsh Government, Northumbria University, Cardiff University, Manchester Council, and various community groups.





Recognition and Awards

Academic Recognition

Whilst 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 – it is a confirmation that what we do here in Debenham has at least some small impact on improving dementia care services beyond our own boundaries. The project has given invited papers and presentations at national conferences in England and Wales, and been quoted in research case studies for academic reports.

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 Points of Light' award by David Cameron. [His award letter is reproduced on the following page:](#)

Probert Cup 2011 and 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. For instance, we received Suffolk Acre's Probert Trophy for Community Achievement in 2011, and 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 supports the project.



10 DOWNING STREET
LONDON SW1A 2AA

THE PRIME MINISTER

POINTS OF LIGHT

Dear Lynden,

Congratulations!

[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 [began the Prime Minister's Challenge on Dementia two years ago it was people like you [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.

[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.

Lynden Jackson

David

Lynden Jackson



Where next?

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.



Although our ethos is to just ‘get on and do it’, such awards reflect very positively on the way that everyone supports the project.



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.

Gradually that **DREAM** has become a **VISION** – the “Vision of Caring” – and our research has shown that, despite the inherent resistance of the NHS and Local Government to change, it is becoming a **PRACTICAL** plan in which rural communities such as Debenham will lead the way in caring for its elderly frail and ageing members of the community.

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

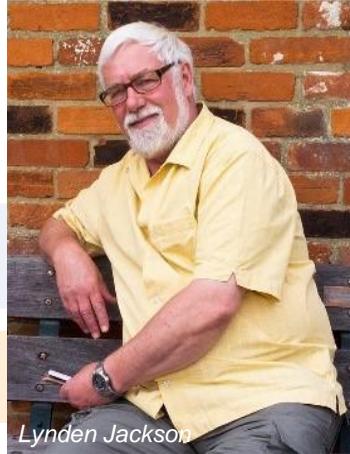
The Debenham Project has proved what a community can do for those who give up their lives to care for someone close. Whatever financial difficulties the future might bring, it will continue to provide whatever help it can. The project will grow and evolve over the coming years.



“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?”



Lynden Jackson (Chairman)



Lynden Jackson





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.”

Colin Noble (*Leader, 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".

Prof. June Andrews (*Dementia Services Development Centre, University of Stirling*): “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”.



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”.

Pippa Kelly (*Award-winning blogger at pippakelly.co.uk and Huffington Post*): “The need for community-focused dementia care has increased, not just in Suffolk but up and down the UK. The time has come to convert into action the tremendous goodwill that has been highlighted by national schemes such as the Dementia Friends initiative. The Debenham Project does this in spades. It shows what can be achieved when a community decides to just get on and do it – and makes a real difference.”

Lord Richard Best (*President of the Local Government Association, 2007-2016*): “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”.

Professor Alistair Burns (*NHSEngland’s National Director for Dementia and Older Peoples Mental health*): The Debenham Project is a model for community support ... There cannot be Debenham projects everywhere but there could be elements. Perhaps there is a bit of Debenham in us all.

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. 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.”

Welcome to Debenham - a Caring Community



The Debenham Project	01728 862003
Dementia Together (Helpline)	08081 688000
Age UK Suffolk	01473 351234
Alzheimer's Society (East Suffolk)	01473 237301
Debenham Library	01728 861940
Sue Ryder Care	08450 501 953
Suffolk County Council - Social Services	0808 800 4005
Debenham GP Surgery	01728 860248
Suffolk Family Carers	01473 835477