

August 2022



Booklet and Leaflet Revision

Following the onset of Covid all our groups and one-to-one support had to be suspended. However, we have now resumed doing most of the activities and services as described in this booklet and on-line. We are in the process of revising all our literature in the light of the changes over the last 2 years. For the moment we will be continuing to use our current booklet and leaflets but include this insert explaining the situation and important changes.

“**Dementia Together**” has been replaced by a new county wide dementia support service called “**Dementia Connect**”. The services provided are very similar (Phone: 0333 150 3456 E-mail: dementiaconnect@alzheimers.org.uk.)

“**AgeUk Suffolk**” no longer exists as an independent Suffolk-based charity.

“**Cameo**” closed alongside our other group activities and has been unable to restart yet. However, we hope to be able to relaunch it before too long.

One of our three **lunch clubs** was unable resume its monthly meetings and had to close permanently.

During the pandemic we developed our integrated “**Well-Being Support Package**” offering relaxation, seated exercise, singalong, nature sounds, etc. (<http://www.the-debenham-project.org.uk/wellbeing.shtml>)

Note: Some telephone numbers of organisations may have changed so please visit their website for their new number.