



Hi Everyone, with each month that goes by our project continues to develop. Two more Food 'n' Friends lunch clubs are starting up and we will be looking to set up more, later on in the year, as more carers and those they care for want to take up the opportunity of a regular "family" like lunch. If anyone would be interested in hosting a lunch club please let us know.

Now that we have got the project well established in terms of its services and its ability to link in to a wide range of professional support, we will shortly be launching an "awareness campaign" to improve our understanding of the problems that carers in our area face, what can be offered to support them, and to gently encourage those who are managing on their own to think about asking for a little help.

Once again, we are so grateful for some very generous contributions to our funds

Don't forget the Tea Dance – A 1940's Dance Spectacular – on 3rd April – details on the posters all around the village – tickets from Websters or ring Joy Walton on 01728 860007.

Finally, continued thanks to all in Debenham, the surrounding villages, and the local authorities for all their support.

If you would like to know more please see our display in the Post Office; or ring 01728 862003; or call in at the Library Resource Centre or visit www.the-debenham-project.org.uk

Lynden