



Hi Everyone, as promised last month two more **Food 'n' Friends** lunch clubs have started 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 – more elsewhere in this issue.

The Awareness Campaign has begun. It's starting with our volunteers "spreading the word" using the "personal touch". We would like to encourage anyone who may be coping with the problems of caring for someone with symptoms of dementia just to "make contact". This is not about them actively seeking support but to let them know help is available when they need it and, hopefully, to avoid a crisis. **If talking to someone who "understands" will help, the Confidential Telephone Support Line is open from 6.00 to 9.00pm Fri/Sat/Sun on 01728 861865.**

We are also hoping that anyone who may be a bit concerned that their husband, wife, partner, mum, dad, or friend has become more than "just a bit forgetful", or "moody", or "confused" at times will think about seeking some advice. It can make an enormous difference to their future quality of life if difficulties can be tackled before they become serious.

In June, Julia Dawson of the Alzheimer's Society will be running a course of 4 **information and advice** sessions for family carers – and for those who might find it very difficult to attend, a professional carer can be provided.

Once again, we are so grateful for some very generous contributions to our funds. **The Tea Dance** – A 1940's Dance Spectacular – on 3rd April – was wonderful and made £234 for the project. If Joy Walton decides to repeat it (or something similar) do make sure you come – you won't be disappointed! A big thank you to Joy and everyone who helped – look for the full story here in the magazine.

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