



Cross Green Lunch Club

The lunch club is a brilliant idea- a group of volunteer hosts, carers, and their dependents who meet and share a meal. Sometimes at each other's houses, sometimes in pubs or restaurants suggested by members of the group. We meet on a monthly basis, taking into account the commitments of every member, and trying to accommodate these so that everyone can be there.



Following a suggestion by a club member that we could get out more, we have also been on outings (which very much include lunch and often tea!) - Christchurch Mansion and Park, a trip on the Lady Orwell on the river Orwell, and we have just visited the Castle Museum in Norwich. Land guard Fort, Saxmundham Museum and Leiston Museum are on the list of venues to visit in 2013. The booking is organised by one person, and the group work together to organise transport and share costs.

Quotes from participants-

'We are indebted to all those who belong to the Debenham Project and help in any way with the organisation of these outings and also to the drivers who transport us to and from our destination.'

'it is a joy to know that your dependent is accepted and welcomed ,in the same way as you are.'

Problems can be discussed and suggestions made to help you in your situation. The carer needs to feel cared for just as much as the person that is being looked after. ‘

The club offers something to look forward to, fun, laughter and entertainment whilst together, and something to reflect on and enjoy. Members also meet up and are in touch with each other between the booked lunches, showing how friendships can evolve from the point of contact the club offers.

To quote another member of our club, ‘These meals are not primarily designed to sate our desire for food, but have another and nobler purpose. To provide the ambience where strangers become friends, the hurt healing, and the lonely, a warm welcome, a listening ear and a helping hand. ‘

Russell Ling, Andrew McKie and Joy Walton