



Debenham Project Update and Local Information

March 31st 2020

Hi Everyone,

This is our second weekly newsletter of the period of 'Lock Down'. The first one was sent out last week to all who were involved in our various support groups and trying to keep in touch now that we have had to suspend them. It included information about how to access local information and practical help. I have repeated this as an attachment so that you will not have to hunt for it and I will include in every newsletter in the future so that it is always at hand. This time I am sending it out to everyone currently involved with The Debenham Project for which we have an e-mail addresses. If you know someone who would like to receive this newsletter please let me know and include their address.

I do hope you are all well. Here at Bleak House we have so far avoided the virus and are getting on with life in "Lock Down". However, we can still get out for our daily exercise with our black lab Nelly (If She's Bad, She's Toast - a reference to a famous opera singer) and thank goodness for that. In fact thank goodness that we live in Debenham.

It was truly lovely this morning as I walked up over what I know as the sheep field and on towards Crows Hall. Glorious Spring sunshine, a clean if slightly cool breeze, the fields green with the beginnings of this years wheat crop, and the wonderful melody of a lark. And it was so quiet and peaceful - only the occasional sound of a vehicle in the distance. The concerns and worries and stresses over the impact of the coronavirus were left behind for the sheer pleasure of the moment - An injection of psychological and emotional refreshment. We are indeed so very lucky to still have the opportunity.

However, there are many of us who aren't able to walk any distance and use the footpaths to exercise, and there are some who, sadly, are extremely vulnerable who can't leave their homes for any reason at all. Also, there are those family carers who are supporting someone who may not be physically unwell but has dementia. Going out in the car and visiting familiar places and cafes has often been critical in managing and coping with the stresses of their 24/7 carers role. It may be frustrating and stressful for the majority of us being cooped up at home and I am sure that it often results in niggles and sharp words. However it is greatly magnified for those who have been living with the impact of dementia on their lives for some time.

It was these thoughts that brought to mind Margaret Samain who, some time ago, ran a group for the Project which aimed to help family carers relax and cope with stress through the use of 'mindfulness' techniques. Taken from her course I have attached her guide to 'Relaxation'. If you can find a quarter of an hour a day of time to learn and practice one or two of these three techniques, I feel you will benefit greatly and be able to achieve calmness when things may be getting on top of you.

I hope you find some comfort, support and help in this message. Please do not hesitate to call if you need

Take Care and Stay Safe.

Kindest regards,

Lynden