

THE DEBENHAM PROJECT

Dementia - Caring for the Carers

In these uncertain and worrying times it is difficult for many when we cannot meet together.

The Debenham Project has put together a number of online resources to support people at home while clubs and meetings are not possible. They are designed to 'dip into' when needed

WELL-BEING PACKAGE

Our new online support

Nature Sounds

Exercise

Singalong

Relaxation

- **Feel Connected**
- **Lift your spirits**
- **Ease stress and worry**
- **Enjoy moments of pleasure**

Access directly on-line by visiting the website (below) or contact us to download and use off-line as a pdf file.

Contact The Debenham Project - 01728 862003
www.the-debenham-project.org.uk



WELL-BEING PACKAGE

Nature Sounds



Sights, Sounds and Songs of Nature

- Experience and feel the joy of the countryside in your home
- Songs of nature: birdsong, the movement of trees etc.
- Glimpses of the beauty of our local countryside
- Videos, photographs and audio accompanied slide shows
- Special contributions by local people
- Let the glory of nature and feeling part of the world around us have a huge impact on our physical and mental well-being. The stress just melts away.

Sights, Sounds and Songs of Nature

Although rain is so welcome for our gardens and for the farmers, sunshine really lifts my spirits and tells me that there is joy in just being in our local countryside, listening to the songs of nature, and being connected to nature in all its glory and simplicity. Who doesn't love to hear our local countryside birdsong - the blackbird, the thrush, the lark and the robin, the chiff-chaff, the turtle dove, the cuckoo, and the wren?

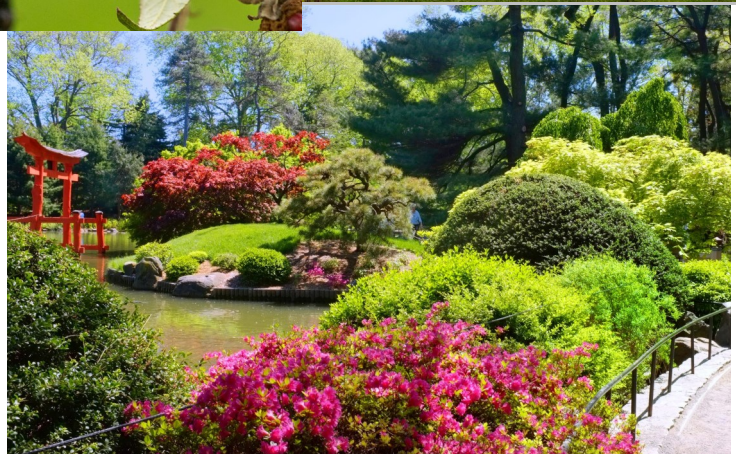
But I also like to feel the wind and hear it rushing through the trees; and to listen to the raindrops as they fall from leaf to leaf in the trees above our heads.

Experiencing and feeling part of the world around us can have a huge positive impact on our physical and mental well-being – the stress just melts away.

So, we are making a special effort to make our countryside available on-line. Over the past weeks we have been offered lots of videos and wonderful photos that can't fail to leave you wishing you had actually been there, or perhaps thinking "I remember just such a lovely walk so many years ago"

Sights, Sounds and Songs of Nature offers you enchanting videos and audio accompanied slide shows. Just Click to select:

- ⇒ [Mickfield Meadow](#)
- ⇒ [Near the River Alde](#)
- ⇒ [Kingfishers Fishing](#)
- ⇒ [Harvest Mouse](#)
- ⇒ [The Bird Song Opera](#)
- ⇒ [Debenham Lake \(Early Spring\)](#)
- ⇒ [Debenham Lake \(Mid Summer\)](#)
- ⇒ [4.45 and The Dawn Chorus](#)
- ⇒ [A Stroll in a Japanese Garden](#)
- ⇒ [The River Alde at Snape Maltings](#)



We hope you have enjoyed these glimpses of the countryside and nature.

Special contributions from local people:

Mike Challis, Arthur Jackson, Pam Harling-Challis, and Lynden Jackson

WELL-BEING PACKAGE

Singalong



All the songs we love to sing

- Be entertained with Stephen Mckie, our own 'Music Man'
- Enjoy all the songs from 'The Debenham Project Songbook'
- Listen to your favourites and sing along.
- **'By Special Request'**; tell us of a favourite song that has a special meaning or memory and Stephen will record it just for you! Email, phone or drop a note through the door with your song choice and a few words describing why you have chosen it. Everyone in the Debenham Project is included. How personal and special is that!

Singalong with The Debenham Project Songbook

(Old Times Songs Compiled and Performed by Stephen Mckie)

Many of you will know Stephen Mckie, our wonderful "Music Man", who has entertained us many times at our annual Garden and Christmas 'Carers Club' parties.

Stephen has, in his own inimitable style, recorded an extended concert of all the songs we love to sing :-

"A Mellifluent Old Time Music Hall Extravaganza for your Delectation."

I guarantee that you will find yourselves wanting to join in.

We have produced "The Debenham Project Songbook" with the words to all the songs.

[To open the songbook and enjoy the concert click here.](#)

The words for all the songs can be [downloaded from here](#)



I'M FOREVER BLOWING BUBBLES
I'm forever blowing bubbles
Pretty bubbles in the air
They fly so high, nearly reach the sky
Then like my dreams they fade and die
Fortune's always hiding,
I've searched everywhere
I'm forever blowing bubbles
Pretty bubbles in the air

DAISY DAISY
Daisy, Daisy, give me your answer do
I'm half crazy, over the love of you
It won't be a stylish marriage
I can't afford a carriage
But you'll look sweet, upon the seat
Of a bicycle made for two

BY THE LIGHT OF THE SILVERY MOON
By the light of the silvery moon
I want to spoon
To my honey I'll croon love's tune
Honeymoon, keep a shining in June
Your silvery beams will bring love's dreams
We'll be cuddling soon
By the silvery moon.

MOON RIVER
Moon river, wider than a mile
I'm crossing you in style some day
Old dream maker, you heart breaker
Wherever you're going, I'm going your way
Two drifters, off to see the world
There's such a lot of world to see
We're after the same rainbow's end
My huckleberry friend
Moon river and me

The Power of Music

for people living with dementia and those who care for them



**Where memories are made
again and again**

Anywhere, Anytime & Always Free

For those with internet access

Music is a wonderful connector and has the ability to bring people together in the here and now. It can enliven, stimulate and enable people living with dementia to express themselves creatively through musical engagement.

Research shows that music can help reduce the often distressing symptoms of dementia, such as agitation, apathy and anxiety.

There is a part of us that lives in the music that we danced and partied to in our youth. Instantly we remember those golden moments of the Forties, Fifties, Sixties, Seventies and Eighties.

M4D Radio is a group of 5 themed radio stations available 24 hours a day, 365 days a year, playing music that evokes memories.

Choose your era, listen, enjoy, hum along to the tune and even harmonise with the lead singer!

Please note this is an internet radio station



Music that means something more...



Our musical memories are typically made from our early teen years through to our late twenties. This radio station enables you to choose your birth year to listen to the musical decade where your musical memories were made:

[Born before 1935](#) [Born 1935 -1945](#)

[Born 1945 - 1955](#) [Born after 1955](#)

[Ageless](#)

WELL-BEING PACKAGE



Exercise

Exercise - The Debenham Way

- 'Fit Club online', Zoe George leads easy chair-based exercises
- What a difference can be made with these simple and gentle exercises that we can all do whilst sitting in a chair – removing stress, reducing pain, improving posture, keeping supple, helping with balance and coordination.
- The 'Fit Club Snack Bar'; offers bite-sized 5 minute exercise routines for those who want a few minutes of specially prepared gentle exercises. They take no time at all but can make a big difference if you regularly partake from the selection.

Exercise the Debenham Way

We all know that we should do at least a little regular exercise, but at this time when we, and especially our older and less mobile neighbours, are spending much of our time in our own homes, this becomes more difficult.

Why not join in with our Fit Club on line?

This is about making life easier for all who may be "a little over 60" and, perhaps, just "a bit stiff in the joints" or "a bit out of puff", or unable to "get around like we used to".

It is a great way to de-stress if isolation is getting to you.
EASY chair-based exercises are something we can all enjoy
and feel better for .



To see how much fun we have [click here](#) for a short trailer.

For more information and to join in with the full session; [click here](#) .

The Fit Club 'Snack Bar'

Getting into a daily or, if that's more than you want, weekly exercise routine is a great idea. We have opened the socially distanced "Fit Club Snack Bar" which will offer a menu of "Exercise

Menu

[Stretch and Swing](#)

[Happy Joints](#)

[Tap Those Toes](#)

[Upper Body](#)

Please select your routine by clicking on its title.

All you will need is a firm dining room or kitchen chair, preferably without arms.



These are specifically designed to suit the tastes and needs of those who just wish for a few minutes of gentle exercise specially to ease a few aches and pains, and stresses and strains.

To enjoy any of our **recommended 5 minute snacks** just click on your choice in the menu displayed to your left.

WELL-BEING PACKAGE



Relaxation

Relaxing the Debenham Way

- It is sometimes difficult to keep calm, we have created a short course for relaxing in your home when things are getting tough. These exercises can help to relieve tension, recharge your batteries and generally help you feel better!
- If you can find a quarter of an hour each day to learn and practice these techniques you will not only be able to cope with stress and anxiety more easily, but also to feel refreshed when you are feeling down.
- The key to using relaxation techniques regularly is to build them into your lifestyle. The motivation for sticking with it comes from the result you get. If possible, give yourself the time to relax deeply every day for 15 -20 minutes.

Relaxation the Debenham Way

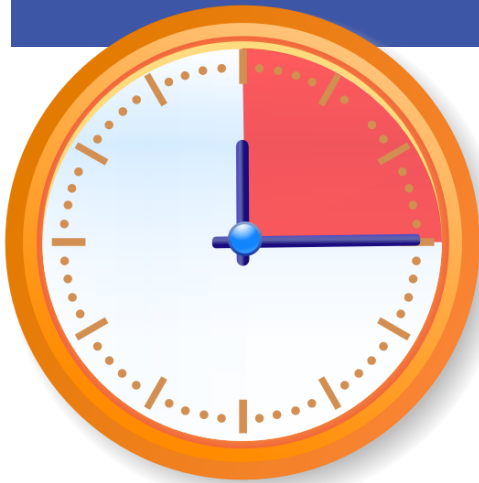
Based upon a collaboration with Margaret Samain and the advice of Headway and the NHS

Inevitably, the social isolation of a family, an older couple, or an individual is often going to lead to frustration, stress and tension. It is sometimes very difficult to keep calm, especially so if you can't get out even for exercise.

It is even more so for those who are caring for someone who has dementia or another chronic ailment. So we have created a short course for relaxing in your homes when things are getting tough.

We are calling it "Relaxing the Debenham Way".

If you can find **a quarter of an hour** each day to learn and practice these techniques I know you will not only be able to cope with stress and anxiety more easily, but also to feel refreshed when you are feeling down.



Worry, tension and anxiety raise levels of stress hormones within the body.

Stress hormones are extremely useful in the short term - say in a dangerous situation - but are toxic in the long term and need to be switched off.

There has been a good deal of research to show that relaxation encourages good functioning of the immune system.

The 'letting go' that happens in the stillness of deep relaxation, assists the immune system to recover and function better, also helping medication to work more effectively.



Most people find it difficult to relax. Relaxation is a skill, and like any skill it needs to be learned.



Deep relaxation is the key to the release of muscular, emotional and mental tensions.

Studies have shown that relaxation is associated with slower respiratory rate, lowers blood pressure and heart rate, improves sleep, calms the nervous system and helps to eliminate panic attacks.

There is a wide variety of relaxation techniques and breath awareness practices to help, but remember 'one size doesn't fit all', and it may take a little while for you to find a technique that works for you.

The key to using relaxation techniques regularly is to build them into your lifestyle. The motivation for sticking with it comes from the result you get.

If possible, give yourself time to relax deeply every day for 15 - 20 minutes. These exercises can help to relieve tension, recharge your batteries and generally help you feel calmer and better!

The following exercises use Abdominal Breathing as opposed to Chest Breathing. This is when we use our tummy muscles to push up and pull down our diaphragm and so suck and expel the air from our lungs. To learn more about this and how we do it, see the attached guide.

The course consists of 4 techniques:

1. [Breathing Relaxation](#) - Calming your body and mind using a controlled breathing pattern
2. [Diaphragmatic / Abdominal Breathing](#) - Breathing naturally and efficiently using your tummy muscles
3. [Body-Scan Relaxation](#) – Becoming aware of your whole body and consciously relaxing tension
4. [Focused Meditation](#) (Mindfulness)

Click on the titles to begin the course.

For more information provided by the NHS about abdominal breathing please click on [NHS advice on Abdominal Breathing](#)

Margaret Samain 2020



1. BREATHING RELAXATION

(CALMING BREATHS WITH EXHALATION)

We are often told when anxious, tense or emotional, to take deep breaths but this can often make things worse as carbon dioxide is not being expelled. The calming, letting go part of the breath is the exhalation.

This exercise uses the out breath, in a gentle, controlled way, to relax, free and encourage rhythmic breathing. Also it permits the airways to remain open longer and rid yourself of more stale air than usual.

Preparation: Sit on a straight backed chair with both feet in contact with the floor - use a cushion or books if necessary - feet hip width apart. You may also practise this exercise lying or standing.

Drop your shoulders, have arms relaxed, hands soft, release your abdomen, soften muscles in your face.

If at any time you feel discomfort or any breathlessness — STOP immediately and resume your normal breathing.

Begin with a few abdominal breaths alone.

SIGHING BREATH

Inhale slowly, smoothly, as fully as is comfortable through your nose, using abdominal breathing. Allow the breath to flow in easily — no strain

Begin to sigh the breath out gently, slowly and completely through your mouth.

Consciously letting go of tension with each soft sigh - feel your shoulders dropping and your body beginning to release tension.

Sit for a short time and breathe normally before continuing.

PURSED LIPS Inhale slowly and smoothly, as fully as comfortable through your nose.

Purse your lips as if whistling.

Blow the breath out gently through your mouth as if to just flicker a candle flame.

Exhaling against a slight restriction you'll find the out breath is quite a bit longer than before.

Don't anticipate the end of it, don't cut it short. Just keep blowing gently until you feel you can't expel any more air.

Sit quietly for a few minutes with your regular breathing. Observe your breath, the movement of the breath in your body and how you feel.

Practise this exercise regularly, building up how many you do gradually.

2. DIAPHRAGMATIC/ABDOMINAL BREATHING

Benefits:

Breathing diaphragmatically promotes the efficient exchange of gases which takes place at the base of the lungs, inhaling more oxygen and nutrients than if you breathe shallowly. It helps to reduce respiratory rate and heart rate, and increase the ability to cough effectively. It is a very important tool for the management of stress.

It promotes a natural, even flow of breath, which strengthens the nervous system and relaxes the body; it is, in fact, the most efficient method of breathing, using a minimum of effort in return for maximum intake of oxygen. Use this way of breathing as much as possible throughout the day. If you feel any discomfort or light headedness — STOP and resume your usual breathing.

Preparation:

Sit on a straight backed chair with both feet in contact with the floor (use a cushion or books if necessary) feet hip width apart.

Drop your shoulders, have arms relaxed, hands soft, release your abdomen, soften muscles in your face.

Breathe in and out through your nose if possible, but don't worry and don't force yourself to do so. If you notice that you primarily breathe through your mouth. Try a few through your nose.

Rest your hands lightly on your abdomen, just beneath your ribs, above your navel. Become aware of your breath, your natural breath. Let it be as it is, don't do anything to influence it, and don't try to 'breathe deeply'. Just let the breath flow.

Let the breath arise spontaneously without 'pulling' it in. Let your out-breath travel out of your body till it comes to the end of its journey. Allow it to be full and complete. Don't 'push' it out, just let it go.

Become aware of the movement of your abdomen under your hands. Feel that you are breathing into your hands, the tummy gently rising with each in-breath, gently sinking with each out-breath. Think of a balloon; as you put air into it, it becomes full; when you let the air out, it becomes flat. Gently, with no strain.

With each in-breath your diaphragm descends to give your lungs space to expand. With each outbreath you are experiencing the diaphragm returning to its resting position.

Observe the breath and its movement in the abdomen, starting with just a minute and lengthening time with practise.

With each out-breath, let your body release and soften.

3. BODY-SCAN RELAXATION

In body scanning we take our awareness to every part of the body, from part to part, so that we can consciously feel where we are holding tension and begin to relax those areas. Eventually you will be able to feel how this tightness builds up, what causes it and learn to release excessive tension. You may like someone to read this script to you.

Take time to make yourself as comfortable as possible, eyes gently closed. Breathe gently, quietly and evenly.

Take your attention to your feet — wiggle your toes and release them. Be aware of the soles, heels, insteps, top of your feet. Let go of any tension — imagine it flowing out through your toes.

Bring your awareness to your ankles, shins, calves, knees, back of the knees, your thighs. Your legs are feeling very heavy.

Your hips and buttocks — allow this area to sink down.

Release your back into whatever is supporting you — your spine, your right shoulder blade, your left shoulder blade — the whole of your back. Bring your awareness to your abdomen — soften this whole area. Breathe gently in through your nose and sigh out through your mouth a few times — feeling any tightness release with each gentle sigh. You are letting go of any holding on.

Your rib cage and chest are softening and releasing.

Your shoulders — let them drop down.

Upper arms, elbows, lower arms, wrists, and hands. Soften your hands and fingers. Your arms are feeling very heavy.

Consciously let any tension unwind, that you are aware of, with each out breath.

Your throat, neck, and back of your head – then the top of your head - the whole of your scalp.

Your forehead and temples — release any frown in this area — smoothing tension away.

Soften your eyes, eyelids — allow your eyes to rest.

Your cheeks, ears, mouth soft with tongue resting comfortably, the gentle touch of your lips together. Let your jaw drop. Soften all the muscles in your face, any tension dissolving away.

You are letting go on each breath out. Your whole body is feeling heavy. Releasing, relaxing, and softening.

Enjoy a feeling of quiet and stillness for as long as you wish.

Open your eyes and have a gentle stretch. When you get up, do so slowly and mindfully.

4. Focused Meditation

The first thing to clarify: What we're doing here is aiming for mindfulness, not some process that magically wipes your mind clear of the countless and endless thoughts that erupt and ping constantly in our brains. We're just practicing bringing our attention to our breath, and then back to the breath when we notice our attention has wandered and then transferring that attention a positive image and sound.

1. **Make sure you are comfortable and prepare to sit still for a few minutes.**
After you stop reading this, you're going to simply focus on your own natural inhaling and exhaling of breath.
2. **Focus on your breath.** Where do you feel your breath most? In your belly? In your nose? Try to keep your attention on your inhale and exhale.
3. **Follow your breath for two minutes.** Take a deep inhale, expanding your belly, and then exhale slowly, elongating the out-breath as your belly contracts.
4. **Return to your normal breathing pattern** Click on the following link [Debenham Lake Slide Show](#) and a new page should open. Scroll down a little so that you can see the bottom of the first slide. At the bottom right hand corner is an oval shape with 3 vertical dots; click on these dots and choose play. The slides should then follow on from one another, each slide lasts for 3 minutes.
5. **Let your mind enter the picture whilst listening to the birdsong.**
Breathe slowly and gently while you absorb the view and the sound. Imagine that you are standing still beside the lake and just being at one with the surroundings. Slowly close your eyes and just listen for 15 to 30 seconds. Slowly open your eyes again and view the scene once more.
Carry on watching and listening until you feel really calm and relaxed.

Each slide lasts for 3 minutes and will automatically change to a new picture and a new birdsong. You can also manually advance it by clicking on the picture (there are 22 in total). To flick through them repeat click. However, we don't seem able to go back to a previous slides so if you reach the last slide (22), you will need to restart the slide show afresh.