



National Help Line: 020 8977 5474

www.backcare.org.uk

2007 AGM Report

The AGM was held at the Clinical School, Addenbrookes on March 28th and I would like to take this opportunity to thank the trust for use of their fine facilities.

Not as many members attended as we could have hoped, but sufficient numbers were available for the new arrangements to be voted on. Sadly, due to the demise of Carol Dray, we have lost a very fine New Members Secretary, and she will be sorely missed. A Eulogy was read, a copy was given to David, her husband, and a copy recorded in the Minute Book. Fortunately, June Ireland has kindly come forward to carry out this function. She was duly accepted into this position. If the loss of Carol was not enough, Barbara Carse also passed away. The committee, and I am sure all members, would like to send their condolences to Stan. Madeline Lines, after doing sterling work as Treasurer, sadly, has resigned due to personal commitments. Flowers and chocolates were presented to her with thanks for all her help. Derek Burt stepped into the breach once again and was accepted as our new Treasurer.

Claire Sidaway has been our acting secretary for some time and has agreed to take on this responsibility together with that of Hydro Pool Organiser. She was accepted into both these positions. It was agreed members must help her as much as possible until a more equitable solution can be found. The full details of your new officers and committee members can be found at the end of this Newsletter.

Other matters

The Party we had at The Red Lion in Granchester was a great success. It has been suggested that we arrange another get together in the Spring. If this is of interest to you please speak to any committee member so we can judge the numbers.

This Newsletter has been delayed, due to ill health of nearly every member of your committee and all efforts have been concentrated on the running of the gym and hydro facilities. It is necessary for more help with running the pool on Tuesday and Thursday evenings. A number of our group do help, but their availability is variable. It is imperative that members, who

are responsible for pool safety, arrive in good time to start their duty, make arrangements for someone to stand in for them while they change and use the pool and, if they cannot attend for any reason, make sure arrangements are made for a stand in. This matter is so important; the very continuation of the Cambridge club depends on it. It is not fair to put the onus on a few members who cover for people who turn up late and do not make arrangements when they are unable to attend, for whatever reason.

This year's AGM is arranged for Monday 31st March at 7pm at Addenbrookes Clinical School. Last year the attendance by members was very poor. In fact only ten turned up in addition to the committee members. I strongly urge as many members to attend as possible. It is only one day a year and unless members take more interest in the BackCare club it will fold. I think you will agree we are a great aid to the management and improvement of back conditions, but if more help and interest is not taken by the membership, we will no longer have a club. It is in your hands.

A Note from the Treasurer

It seems an age since the last Newsletter and as Brian has said, 2007 was a very difficult year for the Branch, with some of the Committee suffering ill health and personal problems. Hopefully 2008 will be much better, with an emphasis on maintaining and improving our current activities, and possibly, the introduction of some new ones.

Our finances remain healthy, mainly due to the continued success of Hydrotherapy. We are very thankful to the Physios & other staff at Addenbrookes for the service and facilities they provide us. During the year we made donations to Addenbrookes and BackCare, which were very well received.

All Branch (or Associate) members should by now have paid their yearly subscription of £10 (due on January 1st).

I would like to echo Brian's comments regarding Committee work. These duties are performed by a very small percentage of the membership, quite often ex committee members who served for some years in the past have stepped

back into the breach to insure the survival of the branch. Lack of communication puts much pressure on the committee. If you feel that you have something to offer the branch, then turn up for the AGM in March and put yourself forward. We welcome new ideas.

Anyway have a good 2008 & keep pain free.

Derek Burt

June Ireland – Membership Secretary

So you want to know about Me!!

Hmm where do I begin? Well let's start with the obvious stuff. I am 55 years young and in a loving relationship. I have a beautiful, creative wonderful daughter who has given me two wonderful grandchildren who poke fun at me often and don't allow me to take myself too seriously. I live in a small village just outside Ely and am happy to be part of that community. We have a small black dog called Gilly who thinks she is still a puppy even though she is now 6.5 years old and going grey around the muzzle.

I am blessed with a loving family and a host of friends. I enjoy reading novels, listening to music, going to the theatre and to the cinema. I belong to our local amateur dramatic society and like meeting new people. I love a good curry and enjoy going out to eat with friends and family. We often have people to stay over and our house is never empty and always filled with lots of love and laughter.

I use my common sense coupled with a few skills I have picked up over the years to help people get back on their feet and back into life when they are in difficulty, working as a volunteer for a society I have been associated with for a number of years.

I joined the BackCare organisation just over a year ago and it has been wonderful to get to know quite a few of you. Because I believed it was important to be a part of things, I am now your Membership Secretary. I would like to take this opportunity to thank everyone for their patience, support and help whilst I was finding my feet. Thanks a lot.

Cambridge BackCare Committee Members for 2008/2009 - Contact Details

CHAIR - Brian Bailey
Tel: 01480 477474
Email: captain_b@ntlworld.com

VICE CHAIR – Bob Elbourn
Tel: 01223 501559
Email: bob.elbourn@ntlworld.com

NEW MEMBER SECRETARY
June Ireland
Tel: 01353 741357
Email: june@wookiee.co.uk

SECRETARY & HYDRO SESSION CO-ORDINATOR

Claire Sidaway
Tel: 01954 789583
Email:
Claire.sidaway@addenbrookes.nhs.uk

COMMITTEE MEMBERS
Diana Buddle, Jim Higgins,
Roy Young.

TREASURER AND SUBSCRIPTIONS SECRETARY

Derek Burt
Tel: 01763 231710
Email: d.burt@ntlworld.com

NEWSLETTER EDITOR
Paul Anderson

BACKCARE WEB
<http://www.backcare.org.uk>