

Dear Members,

### Annual General Meeting (AGM)

The Annual General meeting was held in November 2014 and the new members of the Committee were elected:-

Daphne Cornell	President	Patrick Bailey	Membership Secretary
Patrick Draper	Chair	Jennifer Capper	Member
Phil Morgan	Vice Chair	Andrea Charity	Member
Jane Bailey	Secretary	Katharine Collis	Member
Jean Sewell	Treasurer	Hannah Ropkins	Member

Since the AGM, Tina Stratton has also been elected to the Committee.

### Events

We have planned a number of events over the next few months:-

- Spring Disco 28<sup>th</sup> March 7-9.30pm at Swards End Hall with Jezzo
- Disco on 9<sup>th</sup> May 7-9.30pm at Swards End Hall with the Earl of Essex
- BBQ on 29<sup>th</sup> August 6.30-9.30pm at St Mark's College

These events have proved popular in the past and we will continue to offer them to you. It was good to hear that 30 members had a great night at **Waterloo - the BEST of ABBA Tribute Show**. Huge thanks to Jane and Patrick Bailey for organizing the visit.

### New weekly Club

I am delighted to tell you that a new weekly club for all members is due to start on Wednesday 8<sup>th</sup> April at the Salvation Army Hall, Abbey Lane Saffron Walden from 7.15 to 8.45pm. A Leader has been appointed to run the Club, which will be called the "Side by Side Club", and her name is Lizzie Hannington. Lizzie will be writing, in the near future, to you explaining all about the Side by Side Club. Allison Smith will be Lizzie's Deputy. The Club will be organized with many interesting activities which you will be able to take part in and contribute to.

To help publicise the Side by Side Club, we are holding a special event in Saffron Walden Market on Saturday 28<sup>th</sup> March from 11am to 2pm. The stall will be outside Monsoons (opposite WH Smiths). There will be balloons, lots of games, puzzles, musicians and volunteers giving out flyers. Would you like to help? Please phone Patrick on 01799 521598 or Lizzie on 01279 813651. It will also be an opportunity to meet Lizzie. A poster for the Side by Side Club is included in the envelope.

## Health of Parents

We have been asked by Carole Beighton, a research student at London University, to put this into our newsletter. Carole is completing research on parents with adults with learning adults. Carole would like your parents to complete an online survey. This is Carole's letter:-

### **"The health of parents who support a child or adult with a learning disability**

I am the parent carer of a child who has both learning & physical disabilities and I am in my third year of undertaking a PhD at London South Bank University which is exploring the health of parents who support a child or adult with a learning disability.

Parents of children who have a learning disability are known to spend the longest time as carers and we are known as 'perpetual parents'. However most research reports on the health of 'all carers' and our health is compared to that of shorter term carers for example those caring for someone who has dementia or receiving palliative care. Therefore my research will add to the body of knowledge which explores our specific health and needs as parent carers as we need to stay in good health in order to care for our children over their lifespan.

I need a minimum of 200 parents countrywide to participate in my research to make the findings valid and to get them published. The survey is completely anonymous and should take no longer than 15 minutes to complete and includes questions about you and the child/adult you support, questions relating to your general health, your experiences of being a parent carer and whether you feel this has had an effect on your health and wellbeing. At the end the survey you can see how some of your answers compare to other parents who have participated.

For more information or to take part please click the link below (you can exit at any time):  
[https://www.surveymonkey.com/r/Parent\\_carers\\_health\\_survey](https://www.surveymonkey.com/r/Parent_carers_health_survey)

Thank you very much for your time.  
Regards  
Carole Beighton"

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Hope to see you soon.

Best wishes

Patrick Draper ( 01799 521598 )

