



Spring 2005

Cam-Mind Newsletter

For better
mental health

Cam-mind Social Activities 2005

Sunday 17/4 Lunch at Jean Gurdon's
Saturday 18/6 Disco 7 - 10pm
Thursday 7/7 Summer Outing
July/August - Music on Jesus Green
Saturday 6/8 Summer Party
Sunday 4/9 Lunch at Jean Gurdon's
Thursday 17/11 Christmas Shopping Trip
Sunday 11/12 Christmas Party

*If you are interested in any of the above activities
please contact your club rep. or the Cam-mind
office.*

CAMBRIDGESHIRE MENTAL WELFARE ASSOCIATION LTD
Barrere House, 100 Chesterton Road, Cambridge CB4 1ER
Tel: 01223 311320 Fax 01223 356947
Email: admin@cam-mind.org.uk Web: www.cam-mind.org.uk

Registered
Charity No.
265087

President: The Right Reverend The Lord Bishop of Ely

Registered in England No. 1082980
Chairman: Dr Antony Eva Hon Sec: Shelley Rogan Hon Treasurer: Keith Evans ACIB

PLEASE SUPPORT CAM-MIND WORKING LOCALLY SINCE 1908

*****STOP PRESS*****

This newsletter was edited by Alison Humphreys. Our Summer edition will be edited by Maria Iturri with help (if she needs it) from the Cam-mind office staff. Maria is looking for people to share ideas with and if YOU would like to "have a go" with no pressure in an informal atmosphere please contact our office on 01223 311320. We look forward to hearing from you.

*

CAM-MIND GROUPS

New Monday Afternoon 1-3pm

Drop-in for Cam-mind members; includes Creative Writing and board games.

Monday Evening 7.30- 9.15 pm

A varied programme of events for men and women of all ages. Slide shows, dancing, quizzes, games, bingo and craft demonstrations are amongst the activities. No need to be too active if you prefer to watch!

Tuesday Morning 11.00am- 1.00pm Special Interest Group

Many topics on an art and craft theme are covered in an informal and friendly atmosphere.

Tuesday Afternoon 1.00-3.00 pm Pottery with Bob Race

This is a relatively new and very successful group and the first in a joint initiative between Friends of Fulbourn and Cam-mind. The group encourages self-expression with clay in a therapeutically calm and creative atmosphere.

Wednesday Lunch Time 12noon-2.00pm–Women's Group

A very diverse special interest group for women in the 20-40 age group. A light lunch is shared followed by a talk or demonstration. Past subjects have been making earrings, make-up and colour, aromatherapy, water colours for beginners and British Wildlife.

Wednesday Afternoon 2.15-4.00 pm – Sawston Drop in

The first of our satellite groups covering Sawston, Stapleford, Fulbourn, The Shelfords, Whittlesford, Trumpington, Harston and Babraham. The small, friendly group of men and women meets for tea and biscuits in a relaxed and neutral setting. Conversation is easy and there are often lively and topical discussions.

Thursday Morning 10am – 12 noon –Cooking Group

A small and friendly group of up to eight people. This is designed as a short course in which the members firstly meet to decide what they would all like to cook and then get together on a weekly basis for a joint cooking session.

Thursday Evening 7.30-9.00 pm

This lively group is for those young at heart who meet to enjoy such activities as table tennis or board games. An informal group for people who like to move around freely.

Friday Morning 10.30 am-11.45 am

A coffee morning for a mixed range of men and women. The group enjoy a chat over coffee and take part in a raffle or bring and buy. Outings are occasionally enjoyed by the group.

Friday Morning 10.30am-12 noon- Arbury Drop In

A coffee morning for those living in the Arbury area of Cambridge. An informal group who meet for a chat and friendship.

Sunday Lunch Club 12.30-3.00pm

Sunday is a lonely time for many of us and this very popular club is held mid-monthly and on the last Sunday of each month. Members get together for a full home-cooked Sunday Lunch.


If you would like to join any of our groups either as a volunteer or a service user or both please contact the Cam-mind office for more details on 01223 311320. We look forward to your call....



EVENTS PLANNED :

- ❖ *Collection Cambridge Rail Station 16-20th May.*
- ❖ *Car Boot sale at Cowley Road 15th May.*
- ❖ *Bouncy Castle at Cambridge Leisure Development at the Cattle Market Site 14th May.*
- ❖ *Collection at Sainsburys Supermarket 14th and 15th May*
- ❖ *Collection at Morrisons Supermarket , Cambourne 21st and 22nd May*

PLEASE SUPPORT US DURING THIS WEEK If you would like to help at any of the above or if you have any other ideas for events please contact the Cam-mind office.



**OTHER COLLECTIONS
PLANNED**

ASDA – 15TH & 16TH JULY


Waitrose

Tesco

→

→

Watch this space!



CAM-MIND – GOING GREEN

After an initiative from one of our residents, we are now recycling all our newspapers and all waste paper from the office.

APPEAL

All of us have been profoundly affected by the dreadful Tsunami Disaster and thousands have given generously to the Appeal. However, as there is only so much money available for Charity and we are all surrounded by requests not to forget all the International, National and Local Charities in desperate need of money, inevitably Cam-mind will find it harder to find funds.

I have recently been looking at our history and 50 years ago the Association employed up to seven people and ran an office in the City. Much of the money for this came from concerned members of the public in the form of annual subscriptions. Our role then was to provide services that are now undertaken by Local Government and the Mental Health Trust.

We live in our own, 21st C, world and our role has changed, although it is no less important. We, as Cam-mind, provide pastoral care and friendship to all whose who are referred to us (120 at the last count). All agree that we provide an invaluable service in helping people to live independent lives and combating the loneliness and isolation that could hardly have been envisaged in the extended family networks many of us older people can still remember from our childhood.

We receive no money from Local or Central Government and, in the last financial year, only 2.68% came from Subscriptions.

I believe the time has come to start to help ourselves. Money from a generous public and from Grants is fine and wonderful when it happens, but we first have to look after our own.

If you have been affected by Mental Health, either personally, as a carer/relative or in any other way, could you please consider either becoming a subscribing member or increasing your annual subscription? Have you considered including a bequest in your will?

To become a subscribing member, please complete the form on the back page of this Newsletter and return it to Barrere House.

If already a subscribing member and willing to increase support, please complete the Banker's Order on the back page of this Newsletter and return it to Barrere House. Incidentally, a number of our members very helpfully make monthly payments.

To make a bequest, it is generally a matter of advising your solicitor of the name and address of Cam-mind and the amount to be given.

Thank You.

Christine Ruse

Vice Chairman

try not to think

***We all know that in time we will come to stop and think
and a time that you will try to see what life is doing to us
a shout is as good but when we shout no one is there
sometimes I get tired. The mind is like a room full of doors and
who knows what is behind those doors
but there is one door that is open and this is your eyes.***

Kevin Brown

WALKING YOUR WAY TO HEALTH IN SOUTH CAMBS

Healthy walks are suitable for anyone who has an interest in walking or who wants to adopt a healthier lifestyle. All ages and abilities are welcome.

Walking on a regular basis can:

- ❖ Make you feel good
- ❖ Give you more energy
- ❖ Help you sleep better
- ❖ Help reduce stress
- ❖ Keep your heart strong
- ❖ Reduce blood pressure
- ❖ Help with weight management

Walking is a safe way to health and fitness and it's a chance to meet people and to make new friends.

The walks will range from 30 minutes to an hour and will be led by rangers and trained volunteers around the parks at a pace to suit everyone's ability (you may wish to bring along a drink). Teas and Coffees will be available at the end of the walks to replenish those energy stores and you can socialise with fellow walkers.

There is no need to book, just turn up on the day. Participants will be required to complete a medical questionnaire before the start of their first walk.

Milton Country Park

Day: Every Tuesday

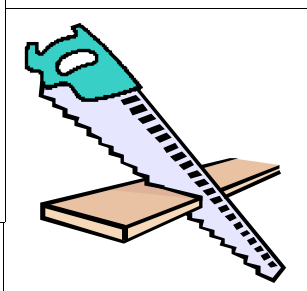
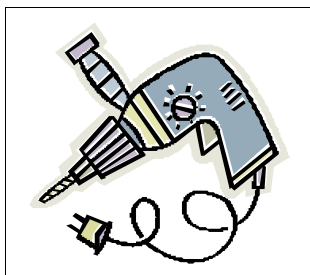
Time: 2.00pm - 3.00pm followed by refreshments.
Contact: Milton Country Park (01223) 420060 / South Cambs Sports Development Team (01954) 713362

Wandlebury Country Park

The healthy walks have been supported through a sports development grant.

Day: Thursday 3rd March - Thursday 19th May (for an initial pilot scheme)

Time: 11.00am - 12.00pm followed by refreshments.
Contact: Cambridge Preservation Society, Wandlebury Country Park (01223) 243830
Directions: Wandlebury Park is on the A1307, 2.5 miles south of the Addenbrooke's roundabout.
www.whi.org.uk



EQUAL ACCESS TO OPEN LEARNING available NOW

If you have a disability (includes mental ill health) or care for a close friend or family member AND are on an income-based benefit e.g. income support, carer's allowance AND are resident in England AND are 16 or over

...you may be eligible to apply to join a Learning and Skills Council funded programme.

The programme will provide learners with:

Course materials

A personal mentor to support and encourage you throughout your learning programme.

A specialist subject tutor who will work with you to help you achieve your learning goals.

All you will have to pay is £50 plus examination fees.

For more information about this programme, the courses available and an application pack, please get in touch with Priscilla Barlow on 01223 400386 or email: priscilla.barlow@nec.ac.uk.

The application pack is also available on our website: www.nec.ac.uk

Registered charity 311454 01940501

Or alternatively contact Imogen at the Cam-mind Office for further information.

Cam- mind Lucky winners in Mackays 'toolkit' Draw

After nominating ourselves as a worthy charity, we were lucky enough to be one of the five charities to win a toolkit in the draw, which took place live on Radio Cambridgeshire.

Imogen attended a presentation to collect the toolkit at Mackays on Monday 7th March.

Any volunteers helping us with small maintenance jobs will be able to benefit from these excellent tools, especially Neil, who has been our 'handyman' on several occasions. We've got more jobs lined up for you Neil...

.....



HOOKES

Cam-mind are running a craft stall at Addenbrooke's Outpatients' concourse on 27th April 2005 to raise funds. If anyone has any craft items or can make anything we can sell please contact the Cam-mind office on 01223 311320 AND come along and support us on the day.

Mental Health and Social Exclusion

" For some of us, an episode of mental distress will disrupt our lives so that we are pushed out of the society in which we were fully participating. For others, the early onset of distress will mean social exclusion throughout our adult lives, with no prospect of training for a job of hope or a future in meaningful employment. Loneliness and loss of self-worth lead us to believe we are useless, and so we live with this sense of hopelessness, or far too often choose to end our lives. Repeatedly when we become ill we lose our homes, we lose our jobs and we lose our sense of identity. Not only do we cost the government money directly in health, housing and welfare payments, we lose the ability to contribute our skills and economically through taxes.

" So we are perceived as a social burden. We lose sight of our potential, and when we try to move on, discrimination and stigma prevent us getting jobs that use our skills and experience, and push us out of housing and education. The jobs we do get are poorly paid, and don't utilise our skills and experience. And there are practical considerations - we stand to lose our financial security, whether state benefits or private insurance, when we attempt to rebuild our lives. We also stand to lose the health and social services that we find helpful, so that at the time when we most need support, our coping mechanisms are undermined. Moving into society becomes a risky business. "

The Problem :

1. Adults with long-term mental health problems are one of the most excluded groups in society. Although many want to work, fewer than a quarter actually do - the lowest employment rate for any of the main groups of disabled people. Too often people do not have other activities to fill their days and spend their time alone.
2. Mental health problems are estimated to cost the country over £77 billion a year through the costs of care, economic losses and premature death. Early intervention to keep people in work and maintain social contacts can significantly reduce these costs. Once a person has reached crisis point, it is much more difficult and costly to restore their employment and social status.
3. Social isolation is an important risk factor for deteriorating mental health and suicide. Two thirds of men under the age of 35 with mental health problems who die by suicide are unemployed.
4. Severe mental health problems, such as schizophrenia, are relatively rare, affecting around one in 200 adults each year, although they can also have a wider impact on the lives of friends and family.
5. Depression, anxiety and phobias can affect up to one in six of the population at any one time, the highest rates in deprived neighbourhoods. GPs spend at third of their time on mental health issues. Prescription costs for anti-depressant drugs have risen significantly in recent years, and there are significant variations in access to talking therapies.
6. Over 900,000 adults in England claim sickness and disability benefits for mental health conditions, with particularly high claimant rates in the North. This group is now larger than the total number of unemployed people claiming Jobseekers' Allowance in England. Individual Placement and Support programmes in the US have achieved employment rates of over 50% among people with severe mental health problems, but these have not been widely implemented in this country.
7. Mental health problems can have a particularly strong impact on families - both financially and emotionally. Carers themselves are twice as likely to have mental health problems if they provide substantial care. An estimated 16,000 to 17,000 children and young people care for an adult with mental health problems.
8. Creating sustainable, inclusive communities is about everyone having a stake. Being in work and having social contacts is strongly associated with improved health and well-being. People with mental health problems have so much to offer. If they are able to fulfil their potential, the impact of mental health problems on individuals, their families and society can be significantly reduced.

ACTIVITIES FOR USERS OF THE MENTAL HEALTH TRUST

Working together: Mental Health Action Week Event

The aim of this event is to raise awareness of the effectiveness of exercise in preventing and treating mild to moderate mental health problems including depression. A healthy walk followed by lunch and a quiz and presentations on the benefits of exercise.

**Tuesday 29th March, Milton Country Park
11am – 2pm
FREE!**

Orienteering Session

Test your navigation skills by taking part in the fun orienteering course at Wandlebury.

**Thursday 31st March,
Wandlebury
2pm – 4pm
£2.00**



Golf Day

A golf lesson on the driving range followed by lunch then an opportunity to practice the skill, which you have learnt on the pitch and putt course.

**Monday 4th April,
Kingsway Golf Centre,
Melbourn
11am – 2.30pm
£3.00 (lunch included)**

For further information or to book your place please contact The Mental Health Trust on 01223 830270

NEW CLUB SUCCESSFUL

Our new Monday afternoon drop-in for Cam-mind members is becoming a popular place for playing board games, cards and chess. If you would like to come to this group or any of our other groups/clubs please contact the Cam-mind office.

TENNIS AND BADMINTON

For mental health service users

At Next Generation, Coldham's Lane, Cambridge

Day: Tuesdays Time: 12 noon- 1pm Cost: FREE

All abilities are welcome. And all equipment is provided!

Come along and have a go!

For further information, please contact

Lorna Irving, Research Psychology Assistant, Elizabeth House,
Fulbourn Hospital, 01223 218782

On a windy day you can see my hair flying away.
Some say that it's a mop with all the hair that I
have got.
When it gets down to my knee then I will no longer
see.
I love my hair wild that it is. People that are bald I
think that they wish that they had hair where they
had had hair before

Kevin Brown

CAM-MIND

ORGANISATION CHART SHOWING MAIN AREAS OF RESPONSIBILITY

CAMBRIDGESHIRE MENTAL WELFARE ASSOCIATION LIMITED
MEMBERS IN GENERAL MEETING

BOARD OF TRUSTEES
(also Directors)

- Receives reports from committees
- Makes decisions on recommendations
- Receives reports from representatives to outside bodies

Quorum: 7 voting members
To meet at least four times each financial year
Officers may act between meetings having consulted the appropriate committee chairman where necessary

Officers: Chairman
Vice-Chairman
Hon. Secretary
Hon. Treasurer

We thought people would be interested in how Cam-mind operates as an organisation and what the different committees are responsible for.

We are always looking for new members for our committees and welcome enquiries from anyone wanting further information about sitting on a Cam-mind Committee.

MANAGEMENT COMMITTEE

- Supervision of:
 - Annual Report and Accounts
 - Audit and Company Returns
 - Personnel
 - Remuneration
 - Welfare Grants
 - Support Grants
 - Grant Applications
 - Housing and other projects
- Discuss and formulate recommendations on:
 - Forward planning
 - Policy
- Max 6 Members:
 - Board: Chairman of Committee & one other
 - Chairman Fundraising & Publicity
 - Chairman Befriending & Support

Co-options: Up to two
Ex-officio: Chairman of Board
Vice-Chairman of Board
Secretary
Treasurer
Administrator (non-voting)
Quorum: Three voting members

FUNDRAISING & PUBLICITY COMMITTEE

- Discuss and formulate recommendations on :
 - Publicity/Public Relations
 - Fundraising/Appeals
 - Recruitment of Volunteers
 - Membership Appeals
- Max 10 Members:
 - Board: Chairman of Committee and two others.

Co-options: Up to seven
Ex-officio: Chairman of Board
Vice-Chairman of Board
Secretary
Treasurer
Administrator (non-voting)
Co-ordinator (non-voting)

BEFRIENDING & SUPPORT COMMITTEE

- Quorum: Five voting members
- Discuss and formulate recommendations on:
 - One to one Befriending Scheme
 - Day Services
 - Residents Welfare
 - Social Activities for clients
- Max 7 Members:
 - Board: Chairman of Committee and three others.

Co-options: Up to two
Representative of Social Services (non-voting)
Ex-officio: Chairman of Board
Vice-Chairman of Board
Secretary
Treasurer
Administrator (non-voting)
Co-ordinator (non-voting)

Administration

1. To be standing Committees with own minutes, approved at meetings and signed by their Chairman. Copies to be sent to all Board Members.
2. All Members of Committees are subject to Board approval.
3. Anticipated expenditure in excess of the agreed budget to be referred to the Management Committee, who will make recommendation to the Board.
4. All Committees will deal with any other matters delegated by the Board from time to time, and liaise with each other as necessary.
5. Members of staff are appointed by the Board and therefore do not vote at meetings and cannot hold office.
6. In the absence of the Chairman, those present to elect a Chairman for that meeting.
7. Working groups and other adhoc discussion groups must be authorised by the Board and report to them either directly or through the appropriate Committee.
8. The Board and all Committees as authorised by the Board to meet at least four times each financial year.

******* OUR MISSION *******

The Cam-mind mission statement has remained the same for around 30 years and does now read as fairly outdated. We would like to develop a new mission statement which really sums up what the organisation is about and what we are achieving. We would really welcome input from everyone. Would you please look at the existing mission statement and think about how it could be re-written or developed. Think about what Cam-mind means to you, who we are, what we are doing, and what we want to do. If you have any comments please pass them on to the Cam-mind office at Barrere House.

EXISTING MISSION STATEMENT

“ The principle activity of Cam-mind is that of promoting the preservation and safeguarding of mental health and the fostering of community care for people with enduring mental health problems”.

Libra Theatre Company
Presents

THIS ISLAND'S MINE

Written and directed by Tim Welton and
Lynn Whitehead

The Junction

Clifton Road Sunday May 8th
CAMBRIDGE 7pm

Tickets £7.50 / £5.00

Box Office 0122

[www. Libratheatre.org.uk](http://www.Libratheatre.org.uk)

**A BIG THANK YOU TO ALL OF
YOU WHO BROUGHT GOODS
IN TO SELL AT THE
THRIFLOW DAFFODIL
WEEKEND ON 19/20TH MARCH.**

Keith Evans, our Treasurer and his family managed to raise £826 for Cam-mind during a very tiring two days selling hundreds of cups of tea and coffee as well as all the donated items. They were pleased to see our Vice President, Brian Payne and his wife on the 19th.

Thank you Keith and family!

CAM-MIND OPEN DAY

JULY 8TH 2005

This was a very enjoyable occasion last year when all our existing volunteers, staff and service users could come along throughout the day and meet people who are new to Cam-mind and want to find out what it is that we can offer.

WE HOPE YOU CAN JOIN US THIS YEAR
TEA, COFFEE, LUNCH PROVIDED
PLEASE PUT THIS DATE IN YOUR DIARY
11AM-3PM

Thank you

***Thank you to Carlos
for all your good
ideas for fun things to do
at Thursday club***

***Thank you David
for all your help
in the office***

***Thank you to Maria
for offering to
'have a go' at editing
our next edition of
the newsletter***

***Thank you Ralph for
printing so many invitation
cards***

***Thank you Luca
for taking pictures
of the pottery for me***

If you have anyone you would like to thank or pass on good wishes to please send in your copy marked "Newsletter" to the Cam-mind office or come and see us and we will try to put your message in the next edition.

Cam-mind subscribing members

Mrs	D M	Abbott (E)
Mr & Mrs	J R	Allison
Mrs	J	Bevan
Mrs	J E	Binge (E)
Mr & Mrs	F	Bird
Mrs	P J	Borgonon
Mr	G V	Borgonon (E)
Mrs	M F	Boyd
Mrs	E	Bray
Mr	G J	Brewster
Mrs	D	Brink
Mrs	E B	Bruning
Mrs	A L	Bugg
Ms	S	Bull
Mr	A	Bullwinkle
Lady	R	Chadwick
Dr	D H	Clark
Mrs	F M	Cullen
Lady	N	David
Prof & Mrs	J	Diggle
Mr & Mrs	I K	Drake
Mrs	A L	Duncan
Miss	E	Earl OBE
Mrs	S R	Ekins
Mrs	J G	Ellam (E)
Mr	R A	Ellam MBE (E)
Mr	A	Entecott
Mr	A N	Eva
Mrs	R S	Evans
Mr	K	Evans (E)
Mr	C J	Everitt
Councillor	M	Farrar (E)
Mrs	M B	Farrell
Mrs	R	Faux
Mrs	M S	Foster MBE
Mr & Mrs	L	Fox
Mrs	M	Fraser
Mrs	D R	Frost
Mrs	P	Gatrill-Smith
Mrs	H B	Goddard
Dr	P H J	Goldblatt
Councillor	C J	Gravatt
Mrs	P	Haddock
Prof	F	Hahn
Miss	A M	Hales
Mr	P J	Halnan
Cllr Mrs	L M	Heazell
Mrs	P	Hill
Lady	M	Hodgkin
Mr & Mrs	J	Holman
Mrs	J R	Houghton
Councillor	M	Howell
Mrs	A M	Humphreys
Mr	R M	Hutton
Mrs	J	Jarvis
Prof & Mrs	G H	Jones
Mrs	U	Jones
Cllr Mrs	H F	Kember
Mrs	A C	Kent
Miss	C J A	Knight
Dr	J	Lockwood
Mrs	M	Mashiter
Mr	A J	Moore
Dr	R E	Muers
Mrs	H D	Munford
Mrs	L M	Murray
Mr	J D C	Noble
Mrs	M J	O'Sullivan
Mr	B	Payne
Mr	J W E	Pennington (E)
Dr	G M	Petrie
Mrs	A	Pillay
Mrs	R	Polack
Rev Dr	J C	Polkinghorne
Mrs	M	Randall
Mrs	S J	Rogan
Lady	C	Roth
Mr & Mrs	P J	Rowe
Mrs	C	Rowland-Jones
Mrs	C E	Ruse (E)
Dr & Mrs	R W	Ryall
Councillor	C E	Shaw
Dr	E M	Shutter
Mrs	D	Silberston MBE
Mr	G W	Smith
Mr	G	Smith
Mrs	C J	Sprague (E)
Councillor	G	Stuart
Mrs	B	Taylor
Mrs	M S	Turvill Smith
Mrs	M J	Walker
Mr	M C	Wallis
Mrs	S K	Whitcher
Mrs	C	Whiteley
Lady	B M	Wilkes
Mrs	B D	Willis (E)
Ms	G M	Wright
Mrs	C S M	Wright (E)
Mrs	I M	Young
Ms	G	Younger

Membership

CAM-MIND NEEDS YOU. *If you believe in what we are doing and can afford a minimum subscription of £10 per person per annum, please join us.* Part of our strength is dependent on the number and support of Members. If you can, complete and return this page to the Membership Secretary at Barrere House - full address below.

I/we wish to become a Member/Members of CAM-MIND. My/our details are as follows.

Title (Mr/Mrs/Miss/Ms etc) Initials Surname
Title (Mr/Mrs/Miss/Ms etc) Initials Surname
Address
..... Post Code
Telephone No. Date

It is helpful if you are able to complete the Banker's Order and the Gift Aid Declaration (if applicable). If you are joining as a couple, the Gift Aid Declaration needs only to be completed by one of you. The *date on the Gift Aid Declaration should be the first intended date of the payment of your Banker's Order. Should you wish to make your subscription by any other means, you are welcome to do so, completing the Gift Aid Declaration appropriately and if applicable.

GIFT AID DECLARATION

I confirm that this first subscription I am making on * and any subsequent subscription or donations I may make to CAM-MIND may be treated as Gift Aid donations and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Date as above. Signature

Full Name Address/Post Code as above.

BANKER'S ORDER

To The Manager Bank plc

Address Post Code

Please pay to Barclays Bank plc, Bene't Street, Cambridge CB2 3PZ (20-17-19) for the credit of
Cambridgeshire Mental Welfare Association Ltd, Account No. 80211192 the sum of £ (amount in figures).....(amount in words) commencing(date)
and (frequency of payment i.e., annually, quarterly or monthly) until further notice.

This cancels any existing order to Cambridgeshire Mental Welfare Association Ltd.

Signed Address.....
.....
.....

A/c Name A/c Number Date

Please return the whole of this page including the Banker's Order to the Membership Secretary, Cam-Mind,
Barrere House, 100 Chesterton Road, CAMBRIDGE CB4 1ER. Thank you.