

## Welfare Officer's Report- 2023

I have been the Caterham u3a Welfare Officer for the last 8 years- the first 5 years of which I was also on the u3a Committee.

As Welfare Officer I have continued to try to offer practical and emotional support and advice to those of our members that are living alone, vulnerable, are unwell or bereaved. I have done this by sending cards and making phone calls

It has also been my remit to send cards to members who reach significant birthdays. Due to the Data Protection Regulations, we are no longer able to hold member's date of birth on our records.

Therefore, in order for me to function fully as your Welfare Officer, I need members to inform me about any other members who fall into any of these categories.

To ensure that Caterham u3a members are appropriately cared for when engaged in u3a activities, I continue to emphasise the importance of considering the welfare of all of our members in everything that the Caterham u3a does. To this end I am invited to comment on welfare topics and issues if they present, or if they are to be discussed at the u3a Committee meetings.

The Committee has recently reviewed the Caterham u3a Safeguarding Policy and Procedure, which is on the Caterham u3a website.

We are encouraging Group Leaders and their group members to take part in First Aid training - an initial First Aid course, or a refresher course if they have already had training. We have had two more general talks on First Aid for a our members earlier this year and hope to run a further one.

The Caterham u3a is committed to ensure that its members are appropriately cared for when engaged in u3a activities. This care includes endeavouring to ensure physical and emotional well-being and safety at all times.

Sheila Frost

Welfare Officer