



‘Open Door’
(Association La Porte Ouverte)
www.opendoor-civray.com

NEWSLETTER – March 2011

Any information or news that you would like included in the next Newsletter please e-mail Lynn at info@opendoor-civray.com

Dinner & Entertainment

It is with great pleasure that we can tell you that Chris and Bill and their team raised **809 euros** from the event on 18th February.....amazing, a huge thank you and photos are available for order at Open Door

Careful what you sign

Following on from some cases that have been dealt with at Open Door by Helen it would appear that many people are prepared to sign documents written in French without having much idea of the conditions that they are signing up for, often resulting in financial loss. An expenditure of a few euros to have the document explained to you by a qualified translator could be a worthwhile investment and stop you looking foolish.

Internet Security

We have given this warning before but have been prompted to remind you again. Many of us use the internet to undertake banking transactions and credit card purchases and you are reminded that any financial institution with which you have an account will always address any email to you on a personal basis and may even quote the last four digits of your account number with them. Fraudsters are very good at reproducing bank and credit card logos that would fool a large number of people. If you are not sure about anything received then do not open the document and/or do not reply to it. If in doubt contact the financial institution concerned and ask them if they have sent the document to you.

Monthly Lunches

The next lunch is Wednesday 9th April courtesy of Lynn and Chris Baker. Following on from the AGM the cost to Friends of Open Door will remain at **5 euros** and they will be given priority booking and all others will be asked for **6 euros**. The following are scheduled:

Weds 9th March – Lynn and Chris Baker – Cottage Pie and pudding of some sort

Weds 13th April – Anna & Simon Davey ex Restauraters from Bristol – menu to follow

First Aid Courses

Probably the last one before the Summer will be Thursday 17th March so if you still need to get your name down you had better hurry. These have been very popular and greatly enjoyed by all who attended. Big thank you to Mark Hall the Trainer.

Aide Memoire

This is an eight page document that encourages you to note the important information concerning your life. None of us are getting any younger and after many years of helping people cope with the death of a loved one we have produced this booklet to prompt you to think about, and make a note of, some of the useful information that might make life a little more bearable for those you leave behind.

Tony Paulden has been busy producing the above document which was presented to the AGM and welcomed. It will be available to be downloaded from the website free of charge to Friends of Open Door and to everybody else will be available for a minimum donation of a couple of euros.

Open Door Web Site

We hope to introduce a member's page on our web site www.opendoor-civray.com in the near future and Nick Wastell is dealing with a few of the technical problems involved. The idea will be to provide an area where Friends of Open Door as our members are called may download newsletters and information articles whenever they need to. Due to the technical and operational manpower problems involved the members's page will **not** contain a forum for debate as requested at the AGM.

Cards

I am still trying to source reasonably priced and interesting cards and the latest additions will arrive during March from TheLittleDogLaughed Company who give a donation to the Battersea Dogs Home for all cards purchased. Many of you may know that this is where I got Tone!!!

Phoenix Cards have had a price increase but I shall be absorbing this and keeping ours to **2 euros** as before. All other outlets will be selling at 2,10 euros.

Assertiveness Training

Stephen Hunt BA (hons) MA, DipCouns with 10 years experience has joined us and offered his services both as a one to one counsellor and to run the above Course if there is sufficient interest.

Course objective: Explore and understand bullying, anger and assertiveness.

Looking at the challenge of being different

Putting some tools in the Toolbox

Methods: Group discussion and assignments and reading for those who want it

Save the cheque!

Cheques have been around for more than 350 years and thousands of us still prefer them to other payment methods. While we use 40% fewer cheques than we did five years ago and many major shops no longer accept them due to high processing costs we think the decision to scrap them needs a serious rethink. The Payment Council, which represents major high street banks and other payment providers, plan to phase them out completely by 2018. It seems we're not the only ones who think this doesn't best serve the consumer. MP's will debate the issue in June after a 'Save the cheque' campaign. What do you think? Is there another alternative? If you want to retain your cheque book, now is the time to contact your M.P. or you can sign the "save the cheque" e-petition to the Prime Minister which is available now at:

<http://petitions.number10.gov.uk/SaveCheque/>

The petition was created by Mark Hunter MP and reads: 'We the undersigned petition the Prime Minister to save the cheque by reminding the banks of their duty to serve the customer - and not vice versa - and by asking members of the Payments Council to vote against abolishing the cheque bearing in mind the great inconvenience such a decision would cause to Britain's most vulnerable people.'

UK Shopping delivered to France

This is now a monthly event at OD and what seems to work best is that several people share the order and that way we all gain from a lower 15% delivery cost and share the UK delivery fee. Mouse2House have given me the following dates: 30th March from Asda, 6th April and 4th May, so if you are interested in sharing an order from Tesco or Asda then speak to Lynn ;

Proposed Cuts to the NHS

The British Medical Association has weighed in on the new Prime Minister David Cameron's health care proposals. The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of a gut feeling about it, but the neurologists thought the Administration had a lot of nerve. The Obstetricians felt they were all labouring under a misconception. Ophthalmologists considered the idea short-sighted. Pathologists yelled; "Over my dead body!" while the Paediatricians said, "Oh, Grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it. The Pharmacologists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no. In the end, the Proctologists won out, leaving the entire decision up to the rectums in London

Just to remind you that if you change your address, telephone number or email address please tell us

We do not want to lose touch with you.

**The office address is Association La Porte Ouverte Le Bourg, 86510, Champagné le Sec
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