

Brampton and District 50+ Forum

Meeting held on Tuesday 25 July in Brampton Community Centre.

A group of nearly 40 assembled after a buffet lunch.

A radio microphone was again used to improve audibility.

Updates, given by the Chair:

1. Members were reminded to complete the questionnaire about provision of public toilets.
2. Help the Aged poetry competition. This is open to any 50+ poet on any theme and with using any style; the deadline is 7 August.
3. Cumbria County Council Health and Well-being Scrutiny Committee meeting on 26 July.
The Chair informed the meeting that she and Jean Taylor would be attending this conference and anyone with questions they would like presented should speak to her after the Forum meeting.
4. Members were encouraged to attend a strawberry tea at Hayton on Sunday 30 July in aid of MacMillan Cancer Support.
5. Members were also invited to Ann's garden on the same Sunday afternoon, part of the Hethersgill Garden Trail.
6. Brampton Swimming Pool
Mike Godridge of the Swimming Pool Working Group reported to the meeting.
As reported in the local press, Carlisle City Council had received a report from consultants that said that the council should not support a pool development in Brampton - there would not be sufficient local support - and that the residents of the Brampton area would be better served by moving the Carlisle pools from James Street to the Sands. Mr Godridge indicated that this was not the conclusion reached by a local feasibility study.
Members were asked to indicate if they would use a local pool, were invited to sign a petition asking the City Council not to accept the consultants' conclusions, and were also asked to lobby their local councillors.

Talks

1. Diane Maiden, care manager for Carlisle and Eden Crossroads, described the role of the 6 million registered carers in England and Wales and how the limited allowance they receive helps save government expenditure about £58 billion per annum. She explained how 'Crossroads' had been formed as an organization to give support to these carers and, after describing both its history and how it received its name, gave details of the nature of the support it provides and how this is financed.
In response to a question, Mrs Maiden informed the meeting that only the trustees of Crossroads are volunteers but that members of the public could help by fundraising to help pay for the extra support that Crossroads often provides but does not charge for.
The Chair also asked members to pass on an awareness of Crossroads.
2. Clive Rhodes, currently Development Officer for the 'Healthy Lives' project in Brampton, gave an amusing account of his varied career since leaving school thirty years earlier - he recalled a maths lesson in that very room - before explaining that his current role was to facilitate activities which promoted healthy living such as healthy eating and exercise programmes. He distributed a set of sheets which outlined current programmes, some of which are run in conjunction with Age Concern, and asked for ideas from the 50+ Forum members. The Adult Education programme at William Howard now concentrates on courses with a qualification and Mr Rhodes hoped that some of the more informal courses could be continued on the Community Centre site. He described his vision for an Arts Centre in the Brampton Community Centre and how this may develop alongside an information centre in the proposed Community Cafe.
Activities / exhibitions / concerts proposed and being considered are: local history group; art class; homeopathic medicine group; pilates; poetry; concerts by the Brampton Silver Band and by the William Howard School Band.

Further updates, given by Jean Taylor

1. 'Warm Front' offers a free home inspection with regard to saving energy; grants are available to certain groups.
2. A brochure on 'Hypnotherapy' is available.

The next 50+ Forum meeting is on Tuesday 26 September 2006; the programme has still to be arranged. The meeting closed with tea, coffee and cold drinks.