

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 22 January 2008 in Brampton Community Centre.

In spite of the bad weather conditions of the previous 24 hours, 30 members were present for lunch and a similar number attended the meeting. Several members sent their apologies.

The Chair, Maureen Granville informed members that the 'Parish Plan 2020' group were seeking opinions and ideas as they put together a plan for Brampton. Anyone who wished to express a view or had ideas about local transport, parking, facilities, or other issues, especially those concerning older people, should pass them on either via the Forum or directly to the chairman of the Parish plan group, Bob Allan.

Forum member, Ena Hutchinson then described how savings on utility bills could be made through the company she represents, Utility Warehouse, a part of Telecomplus.

Ann Oswin then gave news and updates:

- Brampton Community Association is having an open day on Saturday 8th March to celebrate its 10th anniversary. All groups that use centre, including the Forum, are being asked to put on a display. There will be food in the café and a musical conclusion to the day.
 - Housing and sheltered accommodation. Cumbria Care are holding a workshop on 31 January in Carlisle to look at the 'Extra Care' housing development. Ann is attending and is willing to take someone else along if they are interested.
 - Katie Douglas from the Business Centre has offered to help with accessing information, using her laptop, on Thursday after 1pm in the café.
 - Carlisle Therapy Centre is holding sessions on Tuesday mornings at Brampton Community Centre. Details can be obtained at reception.
 - The Community Café is now open only on Tuesdays, Thursdays and Friday teatime. It recently received a 4* hygiene rating.
 - The comments made at the November Forum meeting about the changes to health care proposed in the 'Closer to home' document were collated by Ann and submitted.
- The Chair commented on the low turnout at the open meeting in Brampton and urged members to attend if there were any more meetings on these issues.
- "Better government for old people." The NW advisory group is seeking a 'link' person. This involves attending meetings, the next in Manchester, about every 6 weeks. Travel costs are reimbursed.

The Chair then introduced our speaker, Jane Boylan, the local pharmacist.

She explained the various roles of the people working in the pharmacy and how these had changed over the last 30 years. She described the extra services that, when government funding has been allocated and a consultation room has been constructed, will be provided by the pharmacy. These include a personal medical use review. This would include looking at what medicines you take, when, why, any side-effects they may cause, and any difficulties in taking the medicines. The pharmacy is also involved in public health campaigns and can provide help with taking medicines, e.g. providing large-print labels, non-childproof caps, a personal medicine calendar and blister packs.

Jane then answered questions on a range of issues including: disposal of medicines; the sourcing of medicines; homeopathic and herbal medicines; prices being shown on medicines; medicines being moved from 'prescription only' to 'pharmacy only'; cholesterol testing. She commented that one of the main pleasures of her job was working in a community; there were many familiar faces in the meeting.

After the Chair had thanked our speaker, the meeting ended with tea and biscuits.

The next 50+ Forum meeting is on Tuesday 18 March 2008.

Advance warning: The AGM will be held on Tuesday 20 May 2008.