

## **Brampton and District 50+ Forum**

Report of the meeting held on Tuesday 18<sup>th</sup> November 2008 in Brampton Community Centre. Approximately 23 members were present for lunch and the meeting.

The chair, Maureen Granville, welcomed everyone to the meeting and introduced our guest speaker Ali Whitworth.

Ann Oswin provided information on all the latest news, updates and campaigns. There was quite a bit of information from "Help the Aged".

They have issued an "End Fuel Poverty" leaflet with a tear off portion asking for comments. All members were urged to respond.

Joan Bakewell has been appointed as a voice for older people.

Help the Aged has also produced information on preventing falls and osteoporosis guidelines. This includes older people's experience of falls and bone health and the purpose of Falls Clinics.

Four continents of older people joined in the UN International Day for Older People on 1/10/08.

Maureen confirmed that cash has been made available from Laurel House to purchase the Forum computer. Ali mentioned that the Community Centre has cash available via the "Enquire Within" project and intends buying 4 laptops which Forum members could use.

Ann advised that Jenny is putting on a Christmas lunch in the café on 15/12/08. The cost is £10.00, maximum number is 30 and booking is essential. After lunch, children from the Junior School will entertain the diners with Christmas carols.

Ali Whitworth the Development Officer for Brampton Community Association (with her assistant Angela) then encouraged discussion from the group on the topic of "Wellbeing Brampton". There were 2 syndicates each looking at all aspects of what is good and not so good about living in the area, and what exactly affects our Health and Wellbeing.

Ali is talking to several local groups including our Forum, men, women and children to discover what issues people have, and what Brampton Community Association can do to address these issues. All information gathered will be displayed on 9/12/08 in the Community Centre café.

Maureen thanked Ali and Angela for their informative delivery and the meeting concluded with refreshments in the café.

Next Forum meeting is Tuesday 20<sup>th</sup> January 2009