

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

Report of the meeting held on Tuesday 20 January 2009 in Brampton Community Centre. Approximately 22 members were present for lunch and 28 at the meeting.

The chair, Maureen Granville, welcomed everyone to the meeting. She introduced Katie Douglas who is running a programme, 'Enquire within', in the community centre to introduce forum members and others to using a computer. These sessions are free of charge. Katie gave out a questionnaire designed to find out what people know already and what they would like to find out. Anyone wanting help should contact her at the community centre.

Ann Oswin then provided information on all the latest news, updates and campaigns.

- Cajun Cookery evening with John Crouch, Friday 30 Jan in the Community Café.
- Ali Whitworth working with the Alzheimer Society is organising a lunch on Friday 20 Feb, 12:00 - 14:00. There is an invitation for two members to represent the forum.
- Help the Aged: 0808 800 6565 is the Senior Line for free information on getting help at home and benefits.
  - A 'winter warmer pack' is available.
  - The campaign for better provision of public toilets continues.
  - A joint response with Age Concern on 'personal health budgets' asks for a pilot scheme which is assessed before full implementation.
- Warning of a telephone scam where the caller claims to be from Visa and then requests security details. These details should never be given to anyone over the phone. Anyone wishing for more information about these events or campaigns should contact Ann Oswin.

Maureen then introduced our guest speaker, Lindsey Kerr, from Careline.

He gave a brief history of Careline which was originally run by Carlisle City Council but is now part of Carlisle Housing Association. It provides a 24 hour emergency response service.

Though originally for supporting the elderly it now also provides a service for other vulnerable individuals. The original bell-pull system has been replaced by a pendant or wrist-worn button which when pressed triggers a phone call to the Careline centre. The client's details are brought up on-screen at the centre and an attempt is made to telephone the client. If there is no response two staff are sent out to the client's home. The target response time is one hour but the current average response time is 12 minutes. The staff are trained in moving and handling, in first aid and in heart defibrillation. Several other devices are available: a gas shut-off valve; a door open sensor; a smoke alarm; a carbon monoxide alarm; a fall sensor; a pressure sensor placed under a mattress which is triggered when someone doesn't return to bed during the night. All of these can trigger a call to Careline and can be especially helpful for individuals with dementia.

In response to members' questions we learned that : the main unit has an internal battery which keeps the unit working for 72 hours if there is a power cut and that the pendant has a range of about 40m so works anywhere in the house or garden. A key safe sited outside the house provides a secure way of providing access for Careline staff. An intermediate care service can be provided for 6 weeks, for example when someone leaves hospital. A pack giving details of the service and the costs (about £1 per day) and details of key-safes is available. (Contact Ann Oswin.) Lindsey is willing to visit someone's home to give more information without a charge or obligation to sign up for the service.

Maureen thanked our guest and the meeting ended with tea, during which time members were encouraged to complete their questionnaires about computing requirements.

**The next 50+ Forum meeting is on 31 March 2009.**