

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 16 March 2010 in Brampton Community Centre.

15 members were present for lunch and 22 at the meeting.

The chair, Ann Oswin, welcomed everyone to the meeting and introduced the main speaker, Luke Marwood, outreach advisor of Energy Saving Trust (EST).

Ann Oswin then gave an update on events and activities relevant to the Forum members.

- In a letter Dr Weaving explained that proposed developments for a health campus in Brampton had been shelved, the developments in Carlisle being given priority. Reasons included the perceived better health of residents in the Brampton area and the change in residential care requirements in Brampton.
There is no plan to close the Brampton community hospital. A one-stop screening service for diabetes is now in place at the hospital.
- Brampton Development Trust. The steering group has looked at the implications of changing the Brampton Community Association. At 6.00pm on 25th March there will be a public meeting when proposals will be put forward and trustees of the Development Trust will be elected.
- The minor injuries surgery at the community hospital has closed; the service has been transferred to the Brampton surgery.
- The latest editions of 'Forum to Forum' are available as is a leaflet from the County Council about personal budgets for social care.
- The 'Working together' group are carrying out a consultation about public transport. Ann will forward to them the results of our own survey.
- 24th April: Katie Douglas is holding a free taster session in the hut. The morning session is a map-reading course and a walk; the afternoon session is on digital photography.
- Ann Oswin and Jean Taylor attended a rural health meeting. A key comment was that there were problems accessing health care because of transport difficulties.

Ann then invited Luke Marwood to speak to the Forum.

The Energy Saving Trust, though funded by the government, provides free impartial advice promoting sustainable and efficient use of energy. It is based in Carlisle but covers an area which extends into Lancashire. Using a screen presentation and in response to questions and answers from members, Luke described ways of saving energy in the home and showed how money can be saved. He described different methods of insulating the home and their relative cost effectiveness and some of the problems encountered - homes with solid walls, houses with bats - and whether funding was available. Funding is generally directed at the most easily achieved targets such as cavity wall and loft insulation. Luke also gave advice about types of lighting (a booklet is available), tips for energy saving, and described a 'power-down unit', which causes peripheral equipment to shut down automatically when a computer is switched off..

Some tea-towels with reminders printed on them were free for members to take away.

An energy monitor can be loaned from EST (telephone: 0800 512 012) .

A questionnaire and online program can be found at: www.energysavingtrust.org.uk

Ann thanked our guest and the meeting ended with tea and biscuits.

The next 50+ Forum meeting, the annual general meeting is on Tuesday 18th May.