

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 23 November 2010 in Brampton Community Centre.

16 members were present for lunch and 20 members attended the meeting.

The chair, Ann Oswin, welcomed everyone to the meeting then gave an update on events and activities relevant to the Forum members.

- Lana Walker, who was due to speak briefly at the meeting about a befriending service, has lost her voice but will come to speak at a later date.
- Ann had attended a recent 'Sunbeams' concert at Roadhead and wondered if we should invite Annie Mawson to give a concert at the centre. Members thought we should and most said that they would be prepared to attend an evening event.
- The 50+ Forum committee is working on a grant application from Age UK towards a project about isolation. Ann asked members to let her know of people they knew who they felt were isolated.
- 28 November in the Hut: a craft fair and a 'Knit and natter' group exhibition.
- The walking group have produced a calendar with photographs taken by members. New orders to Ann.
- Laurel House has donated £500 to help subsidise our activities.

Ann then introduced Mr Michael Baker, an optometrist with Specsavers in Carlisle and invited him to speak on the topic 'The eyes have it'.

Mr Baker explained how looking at eyes gives a non-intrusive way at looking at the body. Using projected images to illustrate his talk he described four conditions which are quite common especially in the older generation: macular degeneration, diabetes, glaucoma, and cataracts. Often prompted by questions from members, he described the characteristics of these conditions, what we can do to prevent them (though some are influenced by our genes), and how they can be treated. The informal nature of the talk allowed members to relate their personal experiences. Questions covered a range of related topics including laser surgery and obtaining spectacles for use at the computer.

After Ann had thanked Mr Baker, the meeting ended with tea and biscuits in the community café.

The next 50+ Forum meeting is on Tuesday 18 January 2011.