

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 12 July 2011 in Brampton Community Centre.

11 members were present for lunch and 15 members attended the meeting; apologies had been received from Jean Taylor and Doris Watson.

The chair, Ann Oswin, welcomed everyone to the meeting and gave updates on local and national issues:

- Computer classes in the community centre continue to be well attended. The Forum committee have discussed having a website for the Forum.
- Debbie Beale of Age UK has asked if we have information about cuts to services affecting older people. One member replied that, contrary to what might be expected, she had been pleased with the modifications to her home that had been carried out without her having to make demands. Other members did report problems however:
 - Hospital transport has been badly affected. The example was given of a 90 year-old neighbour who had a hip replacement being dependent on relatives and neighbours.
 - A longer wait for an eye test at the Brampton clinic.
 - Criteria for lunches at local venues (Ella Thompson and the Methodist Hall) are different. Some are being turned down. Similarly, meals on wheels.

Ann will pass on this information.

- Day care sessions organised by Age UK previously at the Methodist Hall will now be held at the community centre and use the community café because of easier access. A volunteer, Phil, is going to help in the café. Funding for more suitable chairs with arms has been received.
- 27th July, 7:30pm. The Neighbourhood Forum have a meeting to discuss new regulations concerning the discharge of septic tanks.
- Adult Social Care are no longer organising 'Working together' meetings - there are not enough local 50+ Forums. They will continue to keep in contact with the Brampton 50+ Forum.
- Sunday 17th July at Hayton. A strawberry tea in aid of Macmillan nurses. £5 including food.
- 21st July at CADAS headquarters, Carlisle, 11:00- 3:00pm. Adult Social Care are having a day about carer strategy. If a carer needs cover in order to attend, funding is usually available.
- 5 pointers to well-being: connect; be active; take notice; keep learning; give.
- Adult Social Care. From 1st August a new free 6-week service will be available - the Cumbria Reablement Project. This aims to help people regain their independence following an illness, injury, disability or loss of personal support network. More information on:
<http://www.cumbria.gov.uk/adultsocialcare/reablement/project.asp>

Ann then led a discussion about extra-care housing. This is designed to allow independence in your own home by having adaptations for disabilities, including dementia. Ann had visited Heysham Gardens in Carlisle. This has 60 units, some flats, some bungalows, all with two bedrooms; some are rented, some shared ownership, some to buy outright. The land adjacent to the community centre has been earmarked by the county council for extra-care housing.

Members were invited to discuss features they thought important. Some points which emerged:

- Staying in the community; having a range of ages in community; staying independent, not dependent on family.
 - Having your own front door, your own space and furniture rather than a communal lounge.
 - Laundry facilities within each apartment in addition to central laundry.
 - Efficient central heating and hot water.
 - Energy efficient, well insulated; low maintenance; very good soundproofing.
 - A house manager to sort out problems and provide first response.
 - Being able to stay there if your condition worsens and more help is needed.
 - Wheelchair access throughout.
- Additional facilities: bus service with 'kneeling' buses; car parking; communal facilities nearby; room for hairdresser / chiropodist / treatment.

The meeting ended with tea and biscuits in the community café.

The next 50+ Forum meeting is on Tuesday 20th September 2011.