

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 23 March 2011 in Brampton Community Centre.

17 members were present for lunch and 23 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.

At the community centre:

- Wednesday 30 March, 13:00-15:30: organisations in the Brampton area meeting to coordinate activities so that there is efficient use of resources and they are well publicised.
- Thursday 7 April at 2:00pm: Beetle Drive with tea and scones, £2.50
- Sunday 17 April at 2:00pm: a Craft Fair
- Computer classes.

Elsewhere:

- Fab and Fifty: at the Sands Centre, Carlisle
- Wednesdays until July: 'Go 4 it', a programme of walks in Carlisle and district.

Members then watched a brief video produced by Age UK and the BBC First Click project which was encouraging the use of computers especially for communicating using email or Skype. About half the members present at the meeting use a computer or have family members that use a computer for them.

The theme for the meeting was 'Changes' and Ann went through some of the changes that are affecting us locally:

- From 1st April the role of the Primary Care Trusts in the NHS is being taken over by the Partnership Trust. Services to end-users should stay the same.
- A Brampton 'community health champion' is being trained will start work during April. Her role will be mainly as a listener who can advise people on health and well-being issues such as smoking, healthy eating, exercise, and alcohol.
- Bus concessionary fares will be limited to off-peak periods (that is, after 09:30) from 1st April. On some routes, e.g. Castle Carrock, Walton, the few buses of the week arrive before this time. Ann will write to the City Council outlining the problems the change will cause for some older people in rural areas such as the members living on these routes.
- The dissolution of the Brampton Community Association. There will be a meeting on 31 March to ask members of the association if this can go ahead and the assets be transferred to the Brampton and Beyond Trust. The association and trust have a bid with Community Builders for £600,000 for refurbishment of the centre; the deadline is the end of March. Negotiations with the County Council, who own the site, for transfer of ownership of part of the site are still on-going. There is an additional grant available from an energy efficiency organisation.
- There is a 'dignity steering group' (with website www.dignityincumbria.org.uk) looking, paying special attention to personal dignity, at all the places where people are receiving care.

Members then watched a thought-provoking video from Prof John Ashton (our speaker at the February meeting), 'Breaking the silence', about dying and why we should try to overcome our reluctance to talking about it.

Ann then introduced Christine Shaw, a Macmillan volunteer at the cancer information centre at the Cumberland Infirmary. She described, assisted by another volunteer, Mary Thornton, the resources available in the centre and the range of support offered. This includes a scheme in which major producers of cosmetics donate their products and beauticians give their time one afternoon each month to help women having treatment for or recovering from cancer to 'Look good, feel better'.

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

The next 50+ Forum meeting, the AGM, is on Tuesday 17 May 2011.