

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 24 January 2012 in Brampton Community Centre.

16 members were present for lunch and 21 members attended the meeting. Apologies were received from the secretary; Jean Taylor kindly took notes for this report.

The chair, Ann Oswin, welcomed everyone to the meeting.

She then introduced Sean Atkinson and Rosemary Wilson from the Fire Service Team to talk about their work in the community. This includes home visits to advise and in some cases install fire alarms upstairs and downstairs in the house. Other advice included:

- using a vibrating pad, put under a pillow at night, to alert if smoke is detected;
- closing all doors before retiring;
- switching off and pulling out all unnecessary plugs.

If you are downstairs when a fire starts, get out quickly; keep a door key near the outside door. If you are upstairs and smoke is on the stairs, go back into the bedroom, phone 999 - you should keep a phone in the bedroom, open a window and breathe in fresh air. Stay in the room until help arrives.

Suggestions of where fires can start were: chip pans, cigarettes, electrical faults, leaving electrical items such as curling tongs, playstations, hair dryers, electric blankets switched on. Sean gave examples of how fires had started in some homes and stated that smoke can be as hot and as fatal as fire itself. One golden rule is to put a fireguard round an open fire before retiring at night. Shut pets in the kitchen, do not let them wander round at night. Leave used ashtrays in the sink. Fire / smoke alarms should be tested regularly. Use a chimney sweep twice a year for coal and log fires. Do not overload multi-plugs - use a maximum of 13 amps.

Questions asked were:

Is the fire /smoke alarm connected to the mains or a battery? Answer: battery. Regular testing of the alarm will indicate when the battery needs to be replaced.

Do I need a carbon monoxide alarm? Answer: 2 alarms should be sufficient - gas companies may try to promote more to make money.

The service team offer special help to people with bad eyesight or hearing. If you are aware of anyone needing help inform the Fire Service team. Sean concluded by saying, "Do not go home and have nightmares, but take care." A DVD, fridge magnet, pen and booklet were available to take away from the meeting.

After thanking the speakers for a very entertaining and informative afternoon Ann proceeded with updates and information

- Consultation about recycling is taking place.
- Carers support - a new package is available in Eden. Details on <http://tinyurl.com/dxmchjt>
- Sensational Sixties event - 24th February - Fit as a Fiddle
- Landlords and tenants surgery, first Wednesday each month, 12-2:00, Civic Centre Customer Contact centre.
- RCN online survey about hospital admissions - deadline today (24th Jan).
- My friends online week, 19th-25th March.
- Website for woodland walks - www.visitwoods.org.uk
- A review of the operation of the Freedom of Information Act to determine how far it has achieved its original aims and objectives.
- 'Swags and Tails' - Highlights drama production, Sat 17th March, 7:30pm. Tickets at reception.
- Walkers are welcome. Next walk on Sunday 12th Feb - Castle Carrock area. Meet at the Moot Hall, 10:30am for car share.
- Fairtrade fortnight: February 28th Tuesday lunch in Brampton Community Café.
- Brampton Community Café have a baking / craft stall each Wednesday morning in the Moot Hall 8:30 - 11:30. This is a new venture. Please support it if you can.

The meeting ended with tea and biscuits.

The next 50+ Forum meeting is on Tuesday 20th March 2012.