

## **Brampton and District 50+ Forum**

Report of the meeting held on Tuesday 23 November 2012 in Brampton Community Centre.

23 members were present for lunch and 24 members attended the meeting.

The Chair, Jean Taylor, welcomed everyone to the meeting and introduced Lori Hope, a COPD physiotherapist, who has been running a 7-week pulmonary rehabilitation programme in the community centre. Lori began by explaining what was meant by COPD (chronic obstructive pulmonary disease), namely, long-term blocked airways and lungs, and that it includes conditions such as chronic asthma and emphysema. The symptoms, breathlessness, tiredness, productive cough, don't go away but get worse with time. Muscles get weaker through lack of use; it can put a strain on the heart. The main cause is smoking, other causes being chronic severe asthma and occupations which create dust. It is different from asthma in that it can't be controlled by medication.

Lori reminded us of why we breathe and described the causes of breathlessness. We were shown how to breathe properly using the diaphragm and its other benefits such as reducing the chances of chest infection and helping relaxation and sleep. She described ways of controlling breathlessness such as leaning forward, breathing through pursed lips, using walking aids and fans, and by wearing suitable clothing round the head and neck in winter so that we breathe warm, humid air. Many COPD sufferers are unaware they have the condition because we can lose two-thirds of lung capability before symptoms show. If you think you have COPD you should consult your GP who could refer you for a place on one of the physiotherapy programmes.

The Chair then thanked our guest speaker and the members showed their appreciation in the usual way.

The Vice-Chair, Ann Oswin, then gave some information about local events and updates:

- Friday 23 November: MP Rory Stewart will open the Craft Fair (6.30) and then speak at the local Fairtrade AGM (7.30pm).
- Tuesday 18th December: Christmas lunch in the community café, £15.
- Saturday 22nd December, Brampton Community Centre Christmas Fayre, craft items for sale + lunch.
- The Happy Wanderers calendar is on sale, £6.
- A questionnaire regarding welfare assistance is available to complete.
- An application for an Age UK grant has been received. This is for a Christmas party. If our application is successful the party will be in January 2013. The date and entertainment have still to be finalised.
- The meeting gave a formal vote of thanks to the Laurel House committee for their grant of £250.
- The date and details of the next meeting in February 2013 have yet to be decided but it is hoped that the speaker will be City Councillor Mrs Jessica Riddle.

The meeting ended with tea and biscuits.