

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 25 September 2012 in Brampton Community Centre.

17 members were present for lunch and 17 members attended the meeting.

The Chair, Jean Taylor, welcomed everyone to the meeting and explained that Elizabeth Love, our intended speaker, was in hospital but that Miss Love had arranged for an acquaintance, Mrs Eileen Cook, to speak on her behalf.

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

- Thursday 27 September, 7:30 for 8:00pm: Brampton and Beyond Community Trust AGM.
- Friday 28 September: Macmillan Group coffee morning in Brampton Moot Hall.
- Friday 28 September, 7:30pm in Brampton Methodist Church Hall: a presentation on Global Poverty.
- Sunday 14 October: a 3 mile circular "stroll" from Lanercost Priory, as part of Hospice Care Week. Dogs on leads welcome. £10 including tea, biscuits, scones.
- Changes to Council Tax benefits. The current scheme ends and a new locally determined scheme - known as the Council Tax Support Scheme - with a 10-15% reduction in funding comes into force in April 2013. Carlisle City Council is seeking your views; the consultation process ends on Sunday 7th October. An online survey form (www.carlisle.gov.uk/lsc) can be downloaded.
- A range of services are now operating across Carlisle and District to provide support for adults who have, or may be at risk of mental ill-health. These include:
Croftlands Trust: an information centre and hub at 9 London Road, Carlisle. (01228 810888);
Singing for wellbeing: Prism Arts, Warwick Bridge. (01228 564571)
Full details of all services can be downloaded:
http://www.bramptonandbeyond.org/Docs/Website/Community/50PlusForum/Documents/16864_Life_Matters_Carlisle_Summary1.pdf
- Key messages in feedback from workshops involving members of the public on provision of health and social care included that it should: be person-centred; be easily accessible and simple to understand; reach out to communities in ways that take account of geographical distances and rural isolation.

Our guest speaker, Eileen Cook, then told us a little about herself and her family - she and her husband, both Majors in the Salvation Army, have lived in Carlisle for six years. She got to know local writer, octogenarian Elizabeth Love, at women's meetings at the Salvation Army and had found her a caring and loving, if somewhat eccentric, person. Elizabeth, who lived near Shap and worked for seedsmen Little and Ballantyne, writes about aspects of her life, we were told; she illustrates her own books. *Timelapse*, a book of short stories, covers a range of activities giving a personal view of Cumbrian life in the past; *Kaleidoscope*, poems, prose and pencil sketches; *Ella*, a novel. Her next book, *Northern Star*, will be available at the end of October. In subsequent discussion, one forum member described how she had been given a little black book by her daughter with instructions to write down 'stuff'. We were all encouraged to follow this example - though the member said she would like help 'editing her ramblings'.

The Chair then thanked Mrs Cook and asked her to convey members' best wishes for a speedy recovery to Elizabeth Love. Members showed their appreciation in the usual way.

The meeting ended with tea and biscuits.

To avoid potentially bad winter weather the 50+ Forum will hold meetings in October and November but not in January nor in February 2013.

The next 50+ Forum meeting, on Tuesday 23rd October 2012, when the speaker will be Georgina Lamb of the Royal Agricultural Benevolent Institution, will be of interest to those with farming connections. Please invite any friends recently retired from or still involved in farming.