

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

Report of the meeting held on Tuesday 30 July 2013 in Brampton Community Centre.

12 members were present for lunch and 14 members attended the meeting.

The Vice-Chair, Ann Oswin, welcomed everyone to the meeting and introduced Margaret Moore, acupuncturist at Brampton Natural Health Clinic, Main Street.

Ann Oswin then gave some information about local events and updates:

- Clinical commissioning group, Health Watch (website: <http://healthwatchcumbria.co.uk/> ; telephone: 03003 038 567). This group took over from Link; its role is to provide lines of communication between the NHS and members of the public. At a recent meeting the need to engage more with the public was recognised.
- Age UK. The newsletter, also called the Link, is now only available online. Issue 2: [http://www.agenet.org.uk/web/files/signpost\\_suite/FriendsandForums\\_bulletin\\_July-Aug\\_v2.pdf?itc=0&ito=&itv=1105700795019](http://www.agenet.org.uk/web/files/signpost_suite/FriendsandForums_bulletin_July-Aug_v2.pdf?itc=0&ito=&itv=1105700795019)

Concern was expressed that a significant proportion of members do not have access to the internet at home. Members can use the computer in the community centre, an email with a link to the newsletter can be sent to those members who are connected to the internet, but the Forum does not have the funds to produce photocopies for distribution. We shall try to ensure that there is a copy in the community centre.

Other leaflets: 'Gifted Housing Service'. This describes a scheme to donate your house to Age UK in return for living there, various services being provided without charge. Members were sceptical about how useful it would be for those with dependents.

'Staying cool in a heat-wave'.

'Campaigns' newsletter; this included a feature on difficulties associated with rural life.

- The Carlisle Plan. The city council is asking for feedback, before September.

The speaker, Margaret Moore, began her talk with a brief history of acupuncture. Its origins may be over 4000 years ago; beginning, legend suggests, when someone, perhaps Indian, perhaps Chinese, observed that symptoms of frozen shoulder were alleviated by a spear wound in the person's leg. Much of the subsequent development occurred in China. The explanation of how it works, in terms of yin and yang and energy channels, does not readily fit with current western medical thinking. Mrs Moore told us that she had trained for three years and that she helped her clients mainly with pain relief, anxiety, fertility and facial revitalisation, sometimes concurrent with more conventional medical treatment such as from a GP. She stressed a holistic approach to health. In the question and answer period two members acted as volunteers to show that needle insertion itself was not painful.

Ann thanked our guest speaker and the members showed their appreciation in the usual way.

The meeting ended with tea and biscuits.

**The next meeting is on Tuesday 17 September 2013.**