

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

Report of the meeting held on Tuesday 26 November 2013 in Brampton Community Centre.

11 members were present for lunch and 16 members attended the meeting. Apologies were received from Mary Hallaway.

The Chair, Jean Taylor, welcomed everyone to the meeting.

Ann Oswin then gave some updates:

- There is a Christmas lunch at the community centre on Tuesday 17th December, costing £15.
- Friday 29th November, a Carer's Information Day at Sainsbury's, Carlisle starting at 10am.
- An Age UK leaflet is available about the boiler scrappage scheme, a part of the campaign for warmer homes. A 'Warmer winter' leaflet contains recipes.
- Wed 4th December, 10:00-12:00 in the Moot Hall, Brampton; Cumbria County Council is holding a consultation session about the new budget. Representatives from trading standards and the highways department will be there to answer questions.
- We have some Neighbourhood Watch cards to put in the door or window telling traders not to call.

Jean Taylor then introduced Alison Davies (tel: 01228 536673) who is employed by Age UK to coordinate the Home Day Care scheme. The scheme provides an alternative to going to a day centre and similarly aims to support people who have limited access to social interaction. It is particularly appropriate in areas where there is no local day centre. In this scheme a volunteer acts as a host, opening their home for the day to a small group of people for a chat, other activities and a meal prepared by the host. This happens on a regular basis, for example once a month or once a week. Age UK pays £12 to the host and each guest pays £6, which the host receives. Age UK provides indemnity against accidents. Guests have to make their own way to the host's home though Age UK can sometimes coordinate group transport. The overall cost is generally cheaper than a visit to a day centre.

Alison's job is to find suitable volunteers and check that the home to be visited has suitable facilities, such as a downstairs toilet. She then matches the host up with people in the area who would like to take advantage of the scheme. The scheme has been running for 18 years and there are 9 hosts in Cumbria. There are no groups in Brampton, perhaps because there are other facilities available in the town.

An information leaflet about the scheme is available online at:

[http://www.bramptonandbeyond.org/Docs/Website/Community/50PlusForum/Documents/CommunityHomeDayCare\\_leaflet.pdf](http://www.bramptonandbeyond.org/Docs/Website/Community/50PlusForum/Documents/CommunityHomeDayCare_leaflet.pdf)

Alison also told the meeting about her other activities. She acts as cook for a dementia group called 'Memories in Motion' which meets on Fridays at a day-centre in Shaddongate, Carlisle. She is also an accomplished accordionist and performs at accordion and fiddle nights once a month in Carlisle.

Some members had missed the last forum meeting so were informed about the Handyman service. We also learnt that Darryl Francis, one of our speakers in September, had been co-opted onto Brampton Parish Council and was also acting as a minibus driver for the walkers group. Members were asked for their opinion about possible future speakers, but no firm conclusions were reached. Ann told members about the Age UK 'Festive Cheer' grant that we had applied for. If our bid is successful we plan to hold a tea-party in January.

Jean Taylor thanked our speaker and the members showed their appreciation in the usual way.

The meeting ended with tea and biscuits.