

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 29 October 2013 in Brampton Community Centre.

12 members were present for lunch and 20 members attended the meeting. Apologies were received from Mary Harris and Mr and Mrs James.

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

Ann Oswin then gave some updates:

- At this time of year the longer nights are a contributory factor to an increase in the number of burglaries. Local police advise: if you are not sure, check that doors and windows are locked. There will be additional police patrols.
- A form for giving feedback about hospital treatment is available from the Cumberland Infirmary.
- The Forum has received an invitation to apply for a 'Christmas Cheer' grant from Age UK. Two types of grant are available: to stage an event, or to purchase equipment. The grant is especially aimed at those in the community who are socially isolated. Members were asked for suggestions. This was discussed further over tea at the end of the meeting.

Jean Taylor then introduced Mike Godridge, Elaine Smith, and two volunteers, Chris and Stephen, who are all involved in the Neighbourhood Care independence programme (email: info@ncip.org.uk). This new initiative provides practical support to help older people and disabled adults so they have a real choice between staying independent at home or going into residential care. Community centres in Brampton and Carlisle act as neighbourhood 'hubs'; the programme is managed in Brampton. Elaine is based in the Brampton community centre; one of her jobs is helping to roll out the programme. There is funding for 3 years to look into how supports services are provided and what additional services are required. Different groups are being consulted, for example the Red Cross are providing the 'Home from Hospital' service in conjunction with others such as the Handyperson service. Referrals can come from anyone. Passing on information about the programme by word of mouth is important. Elaine (016977 45029) is able to give advice about services and the programme.

Some guides are being produced on topics such as exercise, diet, singing. The Forum was invited to act a focus group to give feedback about these guides. There will also be a workshop looking at needs in the community and local assets available to the community. The Forum and other local groups will be invited to attend.

Chris, who works for Cumbria Gateway (01228 524450), described his background - he is a bricklayer and has worked in the building trade for many years. He is helping provide the Handyperson service. The handymen, all CRB-checked, do general jobs, such as gardening, painting and decorating, putting up shelves. No job is too small. The charge is £10 per hour. A copy of their flyer is on our website. They are not working in isolation. If they perceive that other services are needed, the information can be passed on.

There was then some general discussion; several members were particularly interested in the Handyperson service. A concern that some older people have is not being able to look after their pets properly. Some help with this may be available from the Cinnamon Trust <http://www.cinnamon.org.uk/>.

A flyer about the Neighbour Care independence programme is on the internet:

http://www.bramptonandbeyond.org/Docs/Website/Community/50PlusForum/Documents/ncip_flyer.pdf

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

The meeting ended with tea and biscuits.

The next meeting is on Tuesday 26 November 2013.