

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

Report of the Annual General Meeting held on Tuesday 19 May 2015 in Brampton Community Centre. Lunch was available for members in the community café; 21 members attended the meeting which followed.

The Chair, Jean Taylor, welcomed members and the guest speaker. The business of the AGM was then conducted. Ann Oswin introduced those committee members present and gave a brief annual report. The treasurer presented a summary of the accounts, explaining that the Forum was dependent on grants it received. In the previous 12 months these had been from Laurel House: the first covered the general running costs, mainly room hire and postage; the second had enabled the Forum to hold a tea party for 50 of Brampton's older residents. The Forum has just received another grant for £200 from Laurel House which will help cover the cost of this year's normal meetings. After 3 years in the post Jean Taylor stands down as Chair; Carole Saunders has offered to take over. The other committee members were all willing to continue. Members present at the meeting informally accepted these arrangements. An invitation to join the committee was made to members.

The Chair then introduced the speaker, Doug McGarr, Facilities Manager at Eden Valley Hospice. He gave a brief history of the hospice movement and described how the hospice in Carlisle had developed after the initial appeal in 1987. Doug was head chef for 10 years; now he is responsible for reception, health and safety, maintenance and the grounds. The hospice has a holistic approach to care, not just looking after patients but also their carers and family. Patients have life-limiting illnesses. The hospice is involved in symptom control, end-of life care, complementary therapies, bereavement care, sibling days and family support days. There is also the Sunflower support group for carers. Last year there were 226 patients; the average stay was 12 days; there were 1077 day-care episodes. Of the £3million+ per annum expenditure, only 30% is funded by the NHS, much of the income coming from legacies, fundraising events, appeals, the charity shops and the lottery. We can help by contributing to these and also by making regular donations or by volunteering. Doug then showed some photographs to show the stages in the development of the walled garden, the most recent project. There was then opportunity for members to ask questions. The Chair thanked Mr McGarr for his interesting talk and members showed their appreciation in the usual way.

Ann Oswin then gave some news of forthcoming events:

- 23-24 May: Roadhead / Bewcastle 'CountryFest'. Craft demos, a walk, lunch, photography exhibition.
- 12-14 June: Maddy Prior's Stepping Stones festival.
- 18 June: Afternoon tea in the Café; £3.50. Transport is available, ring reception.
- 4 July: coffee morning at the centre: RNLI fund-raising event.
- Health system engaging with local communities. Nick at the centre is organising about 10 events.
- Fundraising for Nepal. Ann is organising something soon in conjunction with the 'Brampton Improv Choir', the singing group that meets in the Hut.

The meeting ended with tea and biscuits.

The next Forum meeting will be in July on a date to be decided at the next committee meeting.