

Annual Report of Brampton & District 50 + Forum for 2015/2016

During this last year our meetings have been attended by between 18 and 28 members with new members joining.

As a committee we have tried to keep a range of topics which are topical and of interest.

Ivan Whetton our secretary has worked hard on our website which it is hoped will be used more to keep the members and others informed about the opportunities and changes which face all of us.

Our AGM in May 2015 was ably informed about the work and new developments at Eden Valley Hospice by Doug McGarr (Facilities manager).

July found us learning about the Brampton Community garden from Heather Tipler and members Margaret & Harry Simpson shared their experience of the Bus Buddy scheme.

In September we heard from Patricia McLelland & Amanda Green involved in the review of Health & Social Care provision about the thorny issue of NHS & social care resources.

At the September meeting we took part in Heart Start training with volunteer trainer Christina. We can all play a part in help in an emergency situation.

In February Carolyn Cousins, retired Brampton practice nurse, encouraged us to eat healthily and described the problems of Type 2 diabetes and how to modify our behaviour to reduce the risk.

Our last meeting in April took the form of group workshops with members of the library service informing us of the changing services of the library.

We held a winter celebration tea-party in January and another in June much enjoyed by our members.

Thanks are due to Laurel House Committee who have continued to provide generous grants to the Forum which have enabled us to keep running.

The committee have been supportive and suggested suitable topics and speakers; thanks for their help.

Ivan Whetton our secretary has produced excellent minutes and thanks to him for the fun photoquizzes at the parties and our accounts .

Carol Saunders

May 17th 2016