

Brampton and District 50+ Forum

The last forum meeting held on July 25th was disappointing as the speaker had to cancel at the last minute because of illness. Nevertheless 21 members remained after lunch and discussed activities and events they would like to see being organized by the forum or community centre.

Day trips to places of interest were popular and a trip to Grasmere to visit the Lake Artists summer exhibition using the minibus was to be arranged.

An attempt to screen an Andrea Boccelli concert was unsuccessful because the sound quality was poor.

Carol Brack of Age UK introduced the service "**Compass in Cumbria**" -**Support line 01228 633331** - a one stop shop for questions and problems. It is open Monday to Friday 9am-4.30 pm with a message service anytime, aiming to improve an individual's quality of life .

Email ce.support@compassehub.com

This is an independent advice service eg. housing, benefit advice claiming benefits, low level adaptations, help getting back to normal after a hospital stay.