

Annual Report of Brampton & District 50+ Forum for 2017/2018

During this last year our meetings have been well attended with a full house in the Kingwater room at times.

As a committee we have tried to keep a range of topics which are topical and informative. Ivan Whetton our secretary has worked hard on our website which is a useful and easy to access tool for members. The forum computer is now sited in the café and is available for members of the Forum to use.

Our AGM in June 2017 was informed about the work of Blood Bikes by local contact Ian Beattie.

July: disappointingly our speaker cancelled at short notice due to illness but we made do with discussion from the floor about community centre events which people may wish to see organised.

In October the nurse practitioners from Brampton medical practice explained their role and how in their triage role were able to help people gain access to the appointments needed. Thanks to Laurel House committee in November we held a tea party. January Vera Nicholson a nurse with Hospice at Home described the range of care given by the service. In March Sarah Bradley of Age UK demonstrated exercises suitable for all in her talk about the Up & About campaign (Falls prevention service). 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.

Now all the building work has been completed we can look forward to easy access to the facilities of the community centre and another interesting year.

Ann Oswin

May 8th 2018

Website

<https://50plusforum.bramptoncumbria.uk>