

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

Report of the meeting held on Tuesday 19 March 2019 in Brampton Community Centre. The meeting took place after soup and sandwiches in the community café. 23 people attended the meeting with two apologies.

Chair, Ann Oswin, welcomed members and the guest speaker, Rosie Cumella, Community Fund Raiser for the Lake District Calvert Trust.

<http://www.calvertlakes.org.uk/>

Rosie began her presentation by telling us a little about herself and how she started her association with the Calvert Trust as a volunteer at its Lake District centre. She was so impressed with the set-up that when a post became available at the centre she gave up her job in retail management to take it.

She then told us about the Trust itself. Established in 1976 it has over 40 years of experience in providing challenging outdoor activity experiences for individuals with disabilities. Using specially modified equipment and supervised by suitably qualified instructors, activities include catamaran sailing, a high rope course (this was opened in 2017 by TV presenter Matt Baker), wheelchair abseiling, horse riding and ghyll scrambling, with an emphasis on getting visitors out and about in the Lake District. The Trust can provide for a wide range of disabilities, including visual disabilities, and for a wide range of ages, from toddlers to 90 year-olds .

Rosie explained that the key to the Trust's philosophy of helping people reach their full potential is in achievement, building confidence, having a 'can do' rather than a 'can't do' attitude, and this applies not just to the individual but also to their carers, parents and teachers.

People may come to the centre as individuals, as families or school groups. Some may never have been away before. Other charities, e.g. Headway, Help for Heroes, Mencap, also use the centre. A programme of activities is tailored to each individual with an instructor ensuring each activity is appropriate; even food catering is on an individual basis. Rosie gave accounts of individuals who had been helped and we watched a video which included some moving interviews.

The Lake District centre, which overlooks Bassenthwaite, can accommodate 60 people, usually resident for either for a weekend or a week-long visit; much of the equipment and facilities is on-site. There is also a hydrotherapy pool which is available for dayvisitors to use.

To stay at the centre currently costs £90 per night. Because price may still be a barrier to visiting the centre, the Trust can offer bursary support when appropriate; this is made possible because of charitable donations. The centre has annual costs of £1.5million, of which £500,000 comes from charitable donations; the centre receives no government funding. Volunteers are vital to its work.

Members then took the opportunity to ask questions. At the end of the presentation Ann thanked Rosie and members showed their appreciation in the usual way.

After the meeting refreshments were available in the café.

**The next 50+ Forum meeting is the AGM, on Tuesday 21 May 2019.**