

The Annual General Meeting of Brampton 50+ Forum was held in Brampton Community Centre on Tuesday 21st May 2019.

The meeting was opened by Ann Oswin (Chair) who welcomed the members.

Ann went through the Annual Report for the previous year, and then asked for more members to consider joining the committee. The present committee members are willing to serve another term.

Ivan (treasurer) presented the Annual statement which was approved by the membership. He thanked the Laurel House committee for their continued financial support. He informed the members that a donation had been sent to the Calvert Trust after their recent talk, and a letter of thanks had been received.

As no guest speaker was available Ann gave a talk on the Culture Conversation Programme run by Carlisle and Cumbria Councils. She informed us that Healing Arts had been awarded £26,000 from the Arts Council for development of projects for hospital patients. This project is being developed by a partnership of Healing Arts, Tullie House and the Prism Arts group.

Mr Ian Lund gave an impromptu talk on a project he runs called Drumming for depression. He informed us of the positive changes noticed in patients when they are given opportunity to express themselves in music.

The meeting closed with tea and biscuits in the Cafe.