

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 19 November 2019 in Brampton Community Centre. The meeting took place after soup and sandwiches in the community café. 22 people attended the meeting.

Chair, Ann Oswin, welcomed members and the guest speakers, Mike Godridge and Bill Parkin, who were to speak about Integrated Care Communities. Mike is a Trustee of Brampton and Beyond Community Trust that runs the community centre; Bill works for the [Heathlands Project](#) in Carlisle, which is part of the Laurie Brewis Trust.

Integrated Care Communities (ICC) is a central government initiative to bring together local teams from primary health care services, social care services, the third sector (voluntary bodies) and communities, to improve health. Planning is now based on local areas rather than coming down from central government. Our local ICC includes the medical practices of Brampton and Longtown. Both are similar in that they cover a wide, mainly rural area and are separate from Carlisle.

The reasons for adopting this local and integrated approach are the well-publicised pressures on the health service and social care under the current system, and the hope that the changes will lead to improved outcomes for people.

Mike went on to explain how it was hoped this would be brought about: whole life planning; social prescribing - where doctors, for example, recommend that patients do certain activities and the money for those activities is provided; live healthier; a healthier place.

The quality of life where you live is the major determinant of health. Some factors, such as diet and exercise are largely personal, some are dependent on finances, whilst others are a function of community - family, friends, neighbours.

Both Mike and Bill are involved in 'Better together'. Under this title sets of varied events are organised on a local basis to which anyone is welcome. A scheme is currently being trialled in Brampton Community Centre on Mondays. The range of activities offered, which currently includes a type of indoor bowls, ukulele playing, arts and crafts, is adapted to the individuals who attend. It must be fun! The speakers told Forum members that this was still the listening phase of 'Better together'. When asked what they thought would be good activities to include, Forum members suggested gentle exercising and singing. Members were also asked about how to get people involved. Word of mouth seemed to be the most effective method. There was then more discussion where members put forward their ideas.

At the end of the presentation Ann thanked the speakers and members showed their appreciation in the usual way.

After the meeting refreshments were available in the café.

The next 50+ Forum meeting will be in the new year on a date still to be decided.

There will be a tea party on Thursday 23 January 2020.