



Registered Charity  
No.273281

---

## **Friends of Fulbourn Hospital & the Community**

### **FORUM LUNCH CLUB**

#### **Information**

Forum is a Lunch Club for older people, with cultural and intellectual interests, who now have, or are in danger of developing, a mental health problem which has resulted in social and intellectual isolation. In some cases carers may also attend. Forum has been running for fourteen years.

Meetings take place on the last Wednesday of each month, throughout the year, in the study centre at St James church in Wulfstan Way, Cambridge. Forum is run by experienced, like-minded volunteers who ensure that members are welcomed individually on arrival, and looked after as necessary. A home-cooked lunch is followed by a seminar-style talk, discussion, poetry or music. There is no charge for membership, but a financial contribution towards the cost of lunch (£5) is expected. Unfortunately we are unable to help with transport. Members are asked to make their own arrangements, or use a taxi card or Dial-a-Ride if they have nobody to drive them. It is sometimes possible for members to share with others in their area, and we can advise on this. For those unable to book their transport we can do it for them, and bill the member for the cost every six months.

There is a flexible lower age-limit of around 50 years upwards; people with an illness such as young-onset dementia are welcome. There are around 25 members, usually about equal numbers of men and women, who form small groups for lunch. We also have a small number of accompanying carers. Talks cover a wide variety of subjects, and members are encouraged to make suggestions for these, and perhaps even contribute. Plenty of time is always allowed for questions and follow-up discussion.

Prospective members should normally be referred by their key worker or other professional carer, and forms are available for this. Referrals can be made for those in residential homes. If a referral is particularly urgent this should be indicated on the form. We are happy to visit prospective members. It can sometimes be helpful if a new member is accompanied by their professional health worker, or carer, on the first occasion. The first attendance is a 'taster' visit, to allow both the prospective member and the Friends to see if attendance will be appropriate, and beneficial. Health professionals are welcome to attend a meeting to see how things run, but notice is required.

More detailed information and a referral form can be obtained from Tish Berkley, tel: 01223 425074, e-mail [berkley1@waitrose.com](mailto:berkley1@waitrose.com) the co-ordinator Anne Nagy, tel: 01223 246708, e-mail [nagyanne@hotmail.com](mailto:nagyanne@hotmail.com), or the Community Resource Teams.