**Sprowston Grow Your Community (GYC) Network: notes **

**Diamond Centre**

**2nd July 2015**

**Attendees**

* Kate Sullivan – Broadland District Council
* Sally Hoare – Broadland District Council
* Cllr Tony Landamore - Sprowston Town Council and Broadland District Councillor.
* June Hunt – Clerk to Sprowston Town Council
* Tracey Moore – Sprowston Resident
* Barbara Lashley – Sprowston Town Councillor
* Rev’d Simon Stokes – St Cuthbert’s Church
* Nicky Hardy – Sprowston Community Librarian
* Ken Lashley – Sprowston Town Councillor & Senior Citizen’s club representative.
* Beverley Deary – Sprowston Resident
* Linda Mathews – Age UK Norfolk.

**Notes**

1. Everyone introduced themselves and explained what they hoped to bring to the network.
2. Sally re-capped the purpose of the GYC project - see Appendix 1.
3. A draft charter setting out how the Sprowston GYC would work was discussed and amendments made.
4. The network split into two groups and discussed the priorities which came from the GYC workshop in June 2015. We looked at the proposals with the following in mind: is it something that those of us gathered here have the time and ability to take forward ourselves, and if not:

* Do we know who else we need to involve?
* Do we know what we need to ask them to do?
* Can we say clearly what we are going to do ourselves?

And then respond to these three questions:

* Do we need small working group to get this moving?
* What timetable are we going to set for ourselves to make this happen?
* So, who from this group is going to do what next, how, and by when to get things started?

We then shared what we came up with and what needs to happen from this point on to turn proposals into working schemes or practical initiatives.

1. The following was agreed:
   1. A community lunch where organisations operating in Sprowston could network would be beneficial. It was agreed to organise one for November time.
   2. Isolation for older men needed to be explored. It was felt that the Men’s breakfast, organised by the Methodist chapel, was an asset to the Sprowston Community and perhaps this could be strengthened by widening it to the whole community for example by holding it at the Blue Boar Inn and some additional publicity via Just Sprowston, Sprowston Matters, Doctors Surgeries, adult social services, local groups like the senior citizens club and luncheon clubs and through integrated care co-ordinators within Clinical Commissioning Groups.
   3. To explore the possibility of a silver surfer project.
   4. The Town Council would host a page on its website where residents and organisations could find out about Sprowston GYC and signposts to other organisations.
   5. A Dementia café was a longer term aim but that a series of dementia friends sessions would be helpful in the first instance e.g. at the library and the Diamond Centre. The DC session could incorporate a suggestion from Age UK to hold an electric blanket testing event. This could be coupled with a survey of arts/crafts needs.
   6. Accessible walking paths and more interesting green spaces was a longer term aim.

The aim in relation to physical and social activities was not discussed due to time constraints. It will be added to the next agenda.

The meeting ended at 12:00.

**TO DOs**

1. **Kate to type up amendments and circulate to the network.**
2. **Ken & Beverly to organise a community lunch.**
3. **Tony to talk to Rev’d Nigel Fox about the Men’s Breakfast idea.**
4. **Ken to send a short questionnaire round at Senior Citizens to find out what kind of ICT support older residents feel they need.**
5. **Nicky to contact Clare Lincoln (Sprowston Youth Worker) to meet with herself and Ken as the youth group are interested in setting up a silver surfer project.**
6. **June to set up a GYC page and organisations links on the Town Council website.**
7. **Kate to send the Sprowston GYC newsletter, workshop notes and GYC minutes to June for the webpage.**
8. **Sally to liaise with Nicky and June to set up Dementia Friends sessions at the library and DC.**
9. **Tracy to explore the art/crafts survey idea.**
10. **Kate to circulate possible dates for the next meeting.**

Appendix 1

“Bringing it all Together”

Grow Your Community (GYC) is a programme of work which uses a whole community approach to supporting people in the community to provide older people care and support. Norfolk County Council is currently funding this work and Sprowston is one of the areas chosen to work in. GYC uses a different style of community development by making the most of the social networks and social structures which already exist.

Grow Your Community is based on a series of community events. These events have built on each other with the aim of helping to create the local, community centred infrastructure which is needed to ensure that the community can start to make links to professionals and public services and effect change in the way services and activities are designed, funded and delivered.

At its heart Grow Your Community is about ageing well. It is about putting in place early intervention and prevention activities. All too often prevention work, especially when looking at health, is associated with clinical need but prevention needs to be more than just focusing on health or ill health. As important, is putting in place activities for people to be active and happy – their wellbeing. Recent research has shown that loneliness in older people can be worse for health than smoking.

This is the third in a sequence of events focused at finding new ways to improve the health, wellbeing and lifestyles of local people. Grow Your Community has a particular focus on supporting older people by getting people more active in their communities.

The first event, the Health Fair held in April, showcased what is available locally and through the consultation explored how the ‘assets’ already here could be built on in the future. The second event, a workshop held in last month explored the findings and thoughts generated at the Fair, and came up with workable ideas to better meet the ageing well objective.

This third event marks the launch of one of those ideas; which was to meet, to network and to work together, whether that is with statutory service providers, voluntary organisations, volunteers or community members in a new kind of productive working partnership.

The aim for this Network is for it to be dynamic, self-sustaining, flexible, adaptable, energetic, democratic, consensual in its approach and, above all, action taking. Everyone involved should feel they have an equal stake in it and its work. Paperwork, red tape and bureaucracy are to be kept to an absolute minimum to allow spontaneity, creativity and the energy to be put into designing and implementing workable solutions to the identified needs. Leadership should be shared across the membership as needs demand, following the principle of the right person, in the right place, at the right time. This is an ambitious “ask” but hopefully we are up for it so that we can better plan for the future, and make a commitment to achieve something more.