**Sprowston Grow Your Community**

**Workshop held 3rd June 2015**

**Aims of the session**

1. To bring together community members and professionals with an interest Sprowston local issues.
2. To investigate the current successes, assets and areas for improvement in the Sprowston area with regards to residents health, wellbeing and community activity.
3. To look for opportunities to work together as a community to improve the lives of local residents, with particular focus on provision and care for older or vulnerable people.

**Format:**

The workshop discussion was split into four groups, each focussing on a different theme which had been identified through engaging with residents at the Sprowston Health Fayre in April 2015. These were:

* **Theme 1: Access to information.**
* **Theme 2: Access to services.**
* **Theme3: Opportunities for physical activity.**
* **Theme 4: Fun and social things to do.**

Within these groups, participants were guided through a series of discussion questions, designed to draw out the combined knowledge, experience and insight into Sprowston community issues within the room. Below is a summary of some of the key points that came up across the three themes, broken down into the following categories:

* The Issues – What community issues do we know about and what do we need to learn more about? What assets and qualities are there for us to build on?
* The Options – What could we do?
* The Actions – How might we do this? What options seem to have the most potential for success?
* The Priorities – What do we want to focus on first? What are the next steps?

**Headlines**

* 29 attended - a combination of residents, local organisations and public agencies.
* This was the first time Sprowston organisations had sat in one room and discussed the community.
* Consensus to work together
* It was agreed that a Grow Your Community forum group was needed to co-ordinate the ideas that flowed from the workshop.

**Areas of work**

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| **Issues** | **Options** |
| Co-ordination / connection between local organisations in Sprowston | Set up a Grow Your Community forum group.  Community lunch for Sprowston organisations to network. |
| Isolation - especially for men. | Men’s Shed link with The woodwork room at the hub.  Promotion of men’s breakfast / change of location of men’s breakfast to increase visibility to wider community |
| No Knowledge of the internet | Library computer session and ICT volunteers who can trouble shoot with iPads, mobile phones etc. |
| Access to information | Local groups carry each other’s literature |
| Opportunities to network through the Grow Your Community forum group |
| A champion for co-ordinating information in Sprowston |
| Fun event to showcase activities/groups/venues |
| Dementia support | A café at the community hub where carers can access some respite e.g. coffee and a chat, hair dressing service, nail bar etc. (could link with local businesses), mutual support, information and physical activity.  Provision of meaningful activity for people living with dementia, physical activity e.g. possibly use the garden and green house, art room, woodwork room at The Hub.  Utilise Library Service reminiscence kits. |
| Accessible open space & walks e.g. suitable paths ways and plenty of seating and enjoyable environments e.g. sensory gardens, interesting planting, sculpture, art etc. | Liaise with Town Council and Active Norfolk and residents to address this e.g. a walk about. |
| Awareness of and opportunities for social and physical activities including arts and crafts | Promote the facilities and activities already locally available e.g. open space. Use of traditional language and use a range of communication |
| Promote hard hitting health messages also e.g. damage cost of obesity. Utilise national and local campaigns. |
| Taster sessions e.g. tennis  Cost of activities |

**Next meeting**

* 2nd July, 10:00-12:00, Diamond Centre, School Lane, Sprowston.
* Purpose: prioritise and co-ordinate project ideas.

**Appendix A: notes from workshop tables**

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| **The Issues – What community issues do we know about and what do we need to learn more about? What assets and qualities are there for us to build on?** | | | | |
| **Issues** | **Opportunities for physical activity** | **Access to Services** | **Access to information** | **Fun and social things to do** |
| Not knowing who to go to for advice. How do we target the correct audience? | Men are isolated when they are older. | Transport is an issue – getting to the hospital and social events. | No daytime arts and craft group. |
| Too many flyers through the doors. Word of mouth works better. | There is a fear factor of engaging with social services. | Disadvantaged groups and housebound are hard to identify. | Variety of sessions needed to be held for people of different life stages e.g. stay at home moms, younger residents and older residents. |
| Tennis courts on recreation ground are now free. | Mobility - access to health care can be challenging. | GP appointments are not available to everyone the same. | Dementia café needed. |
| Person responsibility of others e.g. dog walkers. | Proximity – people need to feel safe and comfortable plus time of day needs to be suitable | Poor communication | Respite for carers needs to include physical activity. |
| Low cost opportunities are needed  Lack of organisers | More partnership working is needed especially when resources are tight – and across all ages | Use of flyers – needs to be repeated and keep a consistent message – one flyer drop is not sufficient. | Nowhere suitable to walk in Sprowston – need flat footpaths, more seats and interesting amenity planting – walking round a square grassed area is not very uplifting. |
| Formality of changing and taking extra kit puts people off. | Obtaining the resource *to do* is difficult | Lack of neighbourhood support |
| Feeling safe is important e.g. lighting in alley ways. | More education about issues is needed | Sprowston is growing and the amenities and facilities need to keep up. |
| Motivation is an issue. | Awareness of services and issues – need to experiment with differing ways of engagement |  |
| People are often busy but not physically active. | Support community – how? Signposting – where? |
| Need more appropriate level of fitness classes. |
| People have a personal responsibility to go and look for information. |
| **The Options – What could we do?** | | | | |
| **Options** | **Opportunities for physical activity** | **Access to Services** | **Access to information** | **Fun and social things to do** |
| Advertising in different places e.g. pizza folk.  Local facilities, buildings / open spaces.  People to co-ordinate / initiate opportunities.  Gradual progressions.  Good opportunities including fun and fit, health trainer, broadly active, why weight, senior citizens club.  Options to organise a taster.  Co-ordination of bodies e.g. town council and history club collaborate to put together walks maps / bid to BDC / walks scheme for funding / assistance. | Men’s breakfast offered by Methodist chapel.  Clear and consistent message to ensure information gets through.  Pool resources i.e. venues, time funding.  Willingness of organisations to open up to public and others e.g. Independence Matters hub.  Get media involved – Just Sprowston?  Talk more together  Include young people and families  Churches – but don’t get much interest in activities e.g. coffee mornings. | Advertise transport.  Work with surgeries’ patient participation groups.  Drs surgeries, library, link into organisations.  Explore all areas and generations in Sprowston.  Increase community facilities | Senior citizens club offer keep fit for 50+  Community hub has a woodwork room and art room.  Library currently offer knitting and crochet classes.  The library service has reminiscence kits for hire.  The community hub has trained reminiscence therapists.  Could explore digital inclusion via day care and churches for example set up Wi-Fi and smart screens so that people who are financially excluded e.g. on pension credits can access online services  Fun and fit operating in Sprowston currently.  6th August open day at the Hub.  Library available for hire.  Library have volunteers on Wednesdays who show people how to skype, use iPad, phones |
| **The Actions – How might we do this? What options seem to have the most potential for success?** | | | | |
| **Action** | **Opportunities for physical activity** | **Access to Services** | **Access to information** | **Fun and social things to do** |
| Sprowston Keep fitters (less fit class) class is full – need extra classes at a similar level and cost. | More of these network meetings. | Flyers to all houses monthly | Coffee and cake tour of the hub. |
| Collective planning / shared responsibility to organise to relive the burden. | Diamond Centre and other venues, make more space available for the groups to hire. | Free facilities. | Dementia café where carers can access exercise and respite whilst their partners access different activities. |
| Encourage social rather than active. | Build on the various newsletters. Better distribution though the hub / GP screen service. | Explore use of ‘just do it’ for volunteers | Arrange a walk bout in Sprowston with Active Norfolk and the Town Council to identify where seating is needed, issues with foot paths where planting could go? Possibly arrange a local walking group. Could meet at library for refreshment. |
| Think about language – does ‘engage’,’ inspire’ work with an older age group. | Sprowston community event to pitch ideas of who does what. | Jobs fairs |
| Rally around a cause – a big event or campaign – whether national or local. | Talk and meet together more / co-ordinate activities / educate and inform. | Explore use of good neighbour schemes |
| Use of local celebrity to endorse / support – this girl can or change for life – tie to local drive to reduce obesity in town. Combine with hard hitting facts - damage / cost of obesity e.g. Age UK Campaigns | Share ideas and resources – funding and knowledge – win support for existing projects.  Make more use of Tesco’s community champion Debbie Kirby. |
| Combine social with the active – senior citizens club have a range of popular groups that could cross over / combine. | Embedded trainers e.g. Joy of Food.  Highlight to the public what they could get out of this – more fun , more opportunities. |
| **The Priorities – What do we want to focus on first? What are the next steps?** | | | | |
| **Priorities** | **Opportunities for physical activity** | **Access to Services** | **Access to information** | **Fun and social things to do** |
| Promoting the facilities and activities already available. | Set up a series of community meetings with themes with timelines for action and planning. | Advertise for volunteers | Establish a committee to take forward the actions. |
| Co-ordination from all to run a taster day / week / month. | Grow Your Community could co-ordinate and pay for venues and provide admin support meetings to put together an action plan. | Patient participation information / triage from doctors. |
| Organisations to do family activities in holidays. | Community building |
| Someone needs to lead the co-ordination. Individuals – promote, engage, word of mouth.  Organisations - cross support and not compete, co-ordinate, bid for financial help.  LA to do the same plus spread knowledge of national campaigns and opportunities. | A champion to drive these changes through. |
| Database of activities |