

## Cemetery extension will meet future demands

Work to create much-needed extra burial space is well underway with the completion of engineering and landscaping works at Sprowston cemetery extension. Work continues this autumn with the planting of hundreds of trees and conservation hedging, which it is hoped will be well established before the extension is required for interments.

Initially only part of the 5.9 hectare site will be developed and provide approximately 1,760 plots with dedicated cremation and children's areas, all accessible to persons with restricted mobility. The remaining area will be left as managed grassland until there is a need for further burial space.

With approximately 8 years of burial space left in the existing cemetery the extension is expected to provide sufficient additional plots to meet needs for at least 30 years.

Town Clerk June Hunt said: "the extension to Sprowston Cemetery is essential and the additional spaces it will provide mean that we can confidently continue to provide local burial space for our expanding community."



## Long-awaited skatepark could become a reality

The Council's long held ambition to establish a skatepark in Sprowston has taken a step forward with a £100,000 funding from developer Norfolk Homes towards equipment and safety surfacing.

The allocation of open space identified for recreational use at Blue Boar Lane, opposite the petrol station, is the favoured location of the Council but will be subject to the District Council's agreement. The next stage is a design and we want to hear from you. Give us your ideas on the types of terrain and obstacles you would like included and what you feel are the most important features. To send your ideas go to our website [www.sprowston-tc.gov.uk](http://www.sprowston-tc.gov.uk) and click on 'contact us'.

Chairman Ian Moncur said: "young Sprowston residents have been asking for a skatepark in the town for many years and we are pleased that at long last this could become a reality."

## Indiscriminate parking outside schools

It's a new term but illegal and unsafe parking continues to occur outside schools across Sprowston. This parking can pose a safety risk to pupils and parents that do walk and cycle to school, as well as to other road users. In addition the concerns over unsafe parking can be a major barrier to increasing levels of walking and cycling to school.

### The problem:

- Vehicles causing congestion in the vicinity of our schools by obstructing the road, or parking in an inconsiderate manner.
- Vehicles parked on keep clear markings and zigzag markings outside schools.
- Parents and guardians dropping their child off to school and parking in the middle of the road.
- Parents parking on footways.
- Parents parking across dropped kerbs and blocking residents drives.

### The solution:

- Do not park on 'Keep Clear' markings.
- Do not park on 'Zigzag' markings.
- Be considerate and do not stop in the middle of the road.
- Do not park on the footway.
- Do not park across dropped kerbs.
- Slow down.

Therefore, where parents or carers do need to drive pupils to school we urge them to think of the safety of others, observe parking restrictions and be considerate of residents living in the area. We would also encourage parents and pupils to use sustainable modes of travel to get to school where this is possible.



## SCHEDULE OF TOWN COUNCIL MEETINGS

All meetings are held at Sprowston Diamond Centre, School Lane, Sprowston, commencing 7.30pm unless otherwise stated.

14 October 2015  
 4 November 2015  
 18 November 2015 (Precept/ Planning)  
 25 November 2015  
 16 December 2015  
 13 January 2016  
 3 February 2016  
 24 February 2016  
 16 March 2016  
 6 April 2016  
 27 April 2016  
 (Annual Town Meeting - 7pm)  
 (Council Meeting to be held on the rising of the Annual Town Meeting)  
 18 May 2016 (Annual Council Meeting)

All meetings of the Council are open to the public, who are welcome to attend, and there is an opportunity for residents to ask questions on any matters concerning the Town of Sprowston.

Copies of the agenda and minutes for each meeting are available free of charge either on request from the Council Office when they are published or at the meeting.

Other background papers and reports can also be viewed or copies supplied on payment of a small charge.

**Office opening times and telephone enquiries**  
 Mon - Fri 9.30am - 1pm & 2pm - 4.30pm (after hours answerphone)

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Town Council Offices: Sprowston Diamond Centre, School Lane, Sprowston, NR7 8TR.

# Sprowston Matters

LOCAL COUNCIL AWARD SCHEME FOUNDATION



[www.sprowston-tc.gov.uk](http://www.sprowston-tc.gov.uk)

## Sprowston sports pavilion revamp gets going

Sport in Sprowston is soon going to have a great future thanks to the start of work to transform the pavilion on the Recreation Ground.

The project will refurbish and extend the existing Sprowston pavilion to establish a sustainable community-facility that will be the focal point for sport in Sprowston.



“increasing the number of teams that can use the pitches...”

The £140,000 project will renovate the pavilion's two existing changing rooms and create additional wash and changing rooms for players and match officials. The new changing rooms will cater for both sexes and will mean that multiple matches will be able to take place on the recreation ground at any one time. It is expected that work will be completed December 2015.

Several football teams currently use the recreation ground and the pavilion, including The Dyers Arms, One Love, Vale Longo, Sprowston Youth teams and Sprowston Wanderers. The ground and pavilion are used for other sports, including cricket, tennis and bowls.

Funds for the revamp are coming from The Premier League and The FA Facilities Fund, which is delivered by the Football Foundation, which donated £70,000. The Veolia Environmental Trust awarded £35,000 through the Landfill Communities Fund, and Sprowston Town Council has also awarded £35,000.

Town Clerk June Hunt says, "People of all ages and backgrounds are going to benefit from the revamped pavilion. The improved and new changing rooms will allow for an increase in the number of teams that can use the current pitches. We look forward to seeing the work complete."

The Executive of The Veolia Environmental Trust, Paul Taylor, adds, "This important project will benefit players of a wide range of sports. It is great to hear that it has started."

A grand opening event will take place on completion of works.

## Park life

Affectionately known as the little park where younger children can play without fear of being hit by a hard ball, run over by a bike or chased by a dog Sparhawk Park has always been a delightful safe playground for generations of children in Sprowston.

As always there are the few that spoil it for the many and incidences of hard footballs being kicked, also a nuisance for our neighbours, cycling through the park and dogs being exercised and fouling play areas have increased.

There is clear signage at the entrance gate advising visitors of these restrictions, which have been in place for many years, and we would request all users of the park to respect them and the enjoyment of others.



## Park downsizes as school expands

Land at Sparhawk Park is to be returned to Norfolk County Council later this year following the termination of a long held lease with the Town Council.

An area of land to the east of the park is to be incorporated into Sparhawk Infant and Primary School to accommodate redevelopment of their premises due to increasing pupil numbers. This will not affect the two play areas or WC facility.

Councillors were concerned that access from Peregrine Road should remain available to residents, as this is a popular route to other areas of Sprowston and has negotiated a 20 year lease from Norfolk County Council for a strip of land from the entrance gate adjacent to the rear of properties on Tiercel Avenue. Work to enclose this area of the park is expected to be completed by 1 December 2015.

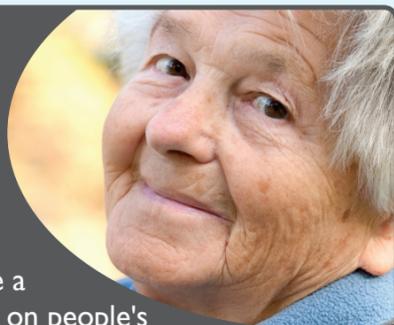
## Warm & well information for our residents



### Coming soon – Winter wellbeing talks

Sprowston Grow Your Community Network is a group of residents and organisations who work together to improve the health and social care of residents aged 60 plus. They have secured some funding to distribute items to Sprowston residents to help them keep warm and well this winter. They will be available at the talks which will occur in a variety of locations in Sprowston in the coming months – look out for further information regarding those dates. To find out more about the Sprowston Grow Your Community Network please go to <http://www.sprowston-tc.gov.uk/grow-your-community/about-us/> or contact Kate Sullivan on (01603) 430138.

### I intend to keep warm & well this winter... will you?



Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm.

Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. The chances of these problems are higher if you're vulnerable to cold-related illnesses because of one or more of the following:

- You are over 65.
- You are on a low income (so can't afford heating).
- You have a long-term health condition, such as heart, lung or kidney disease.
- You are disabled.

### Tips for keeping warm

- Draw your curtains at dusk and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter and is a vital source of energy, which helps keep your body warm.
- Wear several light layers of warm clothes (rather than one chunky layer).
- Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days. If possible, stay inside during a cold period if you have heart or respiratory problems.
- If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18°C and 21°C in your living room and make sure you wear enough clothes to stay warm.



## What's on this Winter in Sprowston

Keeping warm is just part of the story for keeping well. Remember to keep active and stay social during those cold winter months. Here is your guide to what's on this winter in Sprowston.

### SENIOR CITIZENS CLUB

Contact Ken (01603) 419896

- Snooker Tues and Thurs afternoons 2-5pm £1 including tea and biscuits.
- Whist Tues afternoon 2-4 pm £1 no refreshments
- Short mat bowls (starts Weds 14 Oct) Weds & Fri afternoons 1.30-4pm and Fri morning 9.30-12 noon. £1 including tea and biscuits.
- Club afternoon Thurs 2-4pm entertainment, tea and biscuits (30p) pay raffle (optional) pay prize bingo (cost depending on number of tickets bought).

### SPROWSTON TOWN COUNCIL

Contact June (01603) 408063

- Cinema - first Monday of the month.

### ST CUTHBERTS

- Coffee morning first Sat of every month 10am-12 noon.
- Knitting circle first Sat of every month 10am-12 noon.
- Mothers Union contact Sheila Tuffield (01603) 419896 – last Wed of each month.
- Cross section ladies group. Tues evening once a month 7:30pm. Call Valerie Lloyd (01603) 419014.
- Sprowston Players panto rehearsal every Thurs 7:30pm and Christmas concert rehearsals every Fri 7:30pm. Contact Toni (01603) 484554.
- Hellesdon and Sprowston Brass Band contact Tracy 07961 420895.
- Meals on Wheels contact Felix Snell (01603) 490366.
- Sprowston Heritage contact Peter (01603) 404958.
- Local History Group contact John (01603) 460302.
- Sprowston Day Centre call (01603) 419682.

### METHODIST CHAPEL

- Badminton Mon 7:30pm - leisurely light exercise.
- Art Fellowship Tues 7-9pm all levels. Equipment can be loaned for first timers. £2 per session goes to occasional meals together.
- Cameo – Come and Meet Each Other alternate Wed 2:30-3pm includes refreshments. Donations.
- Alternate Thurs ladies evening group 7-9pm.
- Men's breakfast – last Sat of each month 9-10:45am. Cooked breakfast with speaker or film and a natter. Donations required.
- Ladies breakfast Sat mornings every 3 months 9-10:45am. Light breakfast with speaker or film and natter. Donations required.

## How to reduce your energy bill



- Make sure your loft and cavity walls are insulated – if they are not, contact Broadland Council's Energy Team who can advise you and help you to access available funding – tel: (01603) 430627.
- Check that you are on the cheapest tariff, before 12 October register on the Big Switch and save. [www.bigswitchandsave.co.uk](http://www.bigswitchandsave.co.uk) or (01603) 430627, or check on comparison websites.
- Have your boiler serviced annually to check that it is running efficiently and safely and ensure chimneys are swept annually too.
- Utilise heating controls and thermostatic radiator valves to make best use of your heating.
- For more information and advice call the Broadland Council's Energy Team on (01603) 430627.

## Sprowston bus passengers face changes following reorganisation at First Bus

As of Sunday 20 September 2015 service 11 to Sprowston via Linacre Avenue and service 12 to Wroxham will operate up to every 20 minutes each to the Norfolk & Norwich University Hospital but Cozens-Hardy Road will no longer be served. Service 12 will no longer operate between Wroxham and Stalham. Cozens Hardy Road, Sprowston has been added to the Sanders 32 route to partly replace the First 11A service. Greenborough Road, Sprowston will no longer be served on the Sanders 32 service due to low passenger usage.

For further details go to: [www.firstgroup.com/norfolk-suffolk](http://www.firstgroup.com/norfolk-suffolk) or [www.sanderscoaches.com](http://www.sanderscoaches.com)

Looking to hold a party, leisure activity, training event, exhibition or workshop? We have a range of high-quality rooms available for hire.

- We offer... affordable prices, use of a kitchen or catering service, projector, screen, Wi-Fi, hearing loop, flip chart, PA, sound system, DVD player, air conditioning and free parking.
- Tel: (01603) 408063 Email: [townclerk@sprowston-tc.gov.uk](mailto:townclerk@sprowston-tc.gov.uk)
- [www.sprowston-tc.gov.uk](http://www.sprowston-tc.gov.uk)



A new district-wide campaign to tackle the problem of people not clearing up after their dogs was launched by Broadland District Council at the Friends of Catton Park in September.



## Let's tackle it together...

Residents will be asked to sign a pledge, stating they will be a responsible dog owner and pick up after their pet, but also that they will report those who do not clean up after their dog's mess.

Once someone has signed the pledge, they will receive a special ribbon they can attach to their dog's collar or lead to raise awareness of the campaign, which carries the words "Broadland Top Dog". They will also be given free poop bags and the chance to enter a competition to win an iPad mini, by Tweeting a photograph of their dog wearing its ribbon to @BroadlandDC using #BroadlandTopDog.

Pledge forms and packs are available from Sprowston Diamond Centre, School Lane, Sprowston during office opening hours.

