**Grow Your Community Sprowston: Network Meeting**

**Sprowston Library, Recreation Ground Road. 14th January 2016 14:00.**

**Notes**

**Attendees**

1. Sally Hoare – Broadland District Council – Policy Officer
2. June Hunt – Clerk to Sprowston Town Council.
3. Ken Lashley – Sprowston Town Council & Senior Citizens Club
4. Nicki Hardy – Sprowston Library
5. Maisie Lambert – Norfolk Carers Agency Partnership - Locality Leader Norwich
6. Murdo Alderton-McLeod - Norfolk Carers Agency Partnership - Locality Leader Norfolk
7. Victoria Parsons – Broadland District Council – Policy Officer – Note taker

**Visitors**

1. Julie Neesam – Alzheimer’s Society
2. Susan Fleury – Norfolk Constabulary

**Apologies**

1. Barbara Lashley
2. Elaine Payne
3. Val Kibble
4. John Bracey
5. Lin Matthews
6. Teresa Chapman

**Notes**

**Dementia Café**

Visit by Julie Neesam from the Alzheimer’s Society to discuss Dementia Cafés and how they are set up and run. Currently there are 6 in Norwich, but there is a gap with residents of the east side of Norwich. Costessey is the most recent and was set up in partnership with Costessey Town Council. It had previously been discussed using the Sprowston Hub as a location for a café. June suggested the use of the Diamond Centre in Sprowston but was concerned about the ongoing commitment by the town council to this. Julie explained that the Alzheimer’s Society play a full role in the set up and an ongoing basis,however it would be beneficial to cultivate a good relationship with local retailers for the provision of refreshments. The café would take place once a month for 2 hours.

**ALL – Agreed to the founding of a Dementia Café at the Diamond Centre, Sprowston.**

Susan Fleury – stated that the cafés provide a good opportunity for her to attend and talk to the carer’s regarding steps that carers can put into place and safeguarding to prevent missing person incidents. Steps include;

* Having a recent photograph and ID.
* The prevention of a further incident by putting a protocol into place.
* Use of tracking devices provided they are kept on the person and charged up.

Nicki Hardy distributed some leaflets detailing library services available for people with Dementia such as audio books and reminiscence packs.

**ACTIONS**

* **Sally Hoare to give Julie Neesby email address for June Hunt and Julie to contact June to discuss.**
* **Sally to speak to BDC Communications team about promotion of a possible spring launch of the café.**
* **Suggestion to contact the Community Champion at Tesco re: refreshments – who will pick up this action??**

**Winter Wellbeing Champions and Warm and Well**

Sprowston Town Council received a grant from Health Norwich (Norwich Clinical Commissioning Group)to purchase items to form warm and well packs for residents. The training for the Winter Wellbeing Champions took place at the Hub in Sprowston on the 10th December – 17 people attended. Public Health Norfolk delivered a Warm & Well presentation and Community Action Norfolk gave a Reducing your Energy Bill presentation. The Winter Wellbeing Champions will in turn, give talks to the groups they are personally involved with. Items included; Room thermometers, blankets, hot water bottles, wheat bags, thermos cups, an exercise dvd and socks. Demand was slow at first but picked up after Christmas and packs are available until they run out. Ken and June both discussed Warm and Well at the Senior Citizens and Cinema group where the discussion was tailored to maybe not needing items now but will be useful in the future. Popular items include the DVDs, wheat bags and flasks; less popular are men’s socks.

**ACTIONS**

* **Ken Lashley to pick up some wheat bags from June Hunt.**
* **Nicki Hardy to talk to Knit and Natter at their next group about Warm and Well.**

**Community Luncheon/Coffee Morning**

To take place on Monday 8th February at the Diamond Centre 10am-12pm and would be called a Coffee Morning. The aim is for different groups to get together and get to know each other. Ken Lashley stated that the invitations were ready and could BDC please print the invites? Nicki Hardy is bringing a selection of library leaflets.

**ACTIONS**

* **Ken to send copy of invite and invitation list to Sally for printing and 1 invite to be sent to each group by BDC.**
* **Ken to arrange refreshments.**

**The Hub-Discussion on wider community usage**

Discussion to take place at a later date and would feature plans to arrange a tour of the hub and potential for a male specific carers club. Sally requested that she be involved in any meetings set up.

**AOB**

Nicki Hardy – working with Norfolk Community Learning Services (formerly Adult Education) asked if we could give out and/or complete questionnaires regarding courses that could take place at Sprowston Library. (questionnaire attached). Sally stated that there are still gaps in knowledge for IT which can potentially limit access to services. June stated that the Lip-reading group was thriving.

There was no other business. The meeting closed at 15:30

**Meeting dates, times and venue.**

A provisional date for the next meeting is **22 March 10.00pm**,venue yet to be confirmed.