

## Grow Your Community Sprowston: Network Meeting

Senior Citizens Club, Recreation Ground Road. 30<sup>th</sup> March 2016 10:00.

### Notes

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#### Attendees

1. Sally Hoare – Broadland District Council – Policy Officer
2. Ken Lashley – Sprowston Town Council & Senior Citizens Club
3. Barbara Lashley – Sprowston Town Council
4. Nicky Hardy – Sprowston Library
5. Teresa Chapman – Sprowston Hub
6. Jane Abel – Sprowston Hub
7. Hayley Howes - Andrew Frederick Adult Support
8. John Ward – District Councillor

#### Visitors

1. Aby - Library

#### Apologies

1. Val Kibble
2. Lin Matthews
3. Malcolm Johnston
4. Simon Stokes
5. June Hunt

#### Notes

Sally informed the group that the new Grow Your Community Project Officer (Rose Waterman) starts work on 12th April.

The Actions from the previous notes were reviewed. Most would be further discussed at this meeting but those outstanding were:

- Nicky is still to talk to the Knit and Natter group about Warm and Well. Sally circulated the latest Warm and Well newsletter.
- The Hub – wider community usage.
  - Teresa said that the greenhouses and cold frames were available for use. She had contacted a Master Composter via StreetLife – he also has an allotment. The group said that the Methodist Church also has a men's breakfast club. The original GYC idea for this action was to put in place some activity to reduce loneliness especially for men.
  - Teresa offered the Hub as a venue for the next GYC network meeting followed by a tour of the greenhouses/facility.

#### **ACTION**

- **Sally/Rose to contact the Master Composter and Nigel Fox (Methodist Church's men's breakfast club + members) to see if they could attend the next GYC meeting with a view to starting an activity at the Hub greenhouses.**

### **Dementia Café**

Sally had contacted Julie Neesam from the Alzheimer's Society to see if she would attend this meeting to update the group on the progress of the Dementia Café at the Diamond Centre. Unfortunately Julie was unable to attend but emailed with the following news: "there have been some unexpected funding shortfalls to our services budget for the next financial year. My role as café's manager is ceasing, along with some of the café co-ordinator roles, and there is going to be a review of all of the group services we provide. I am awaiting further decisions before I can give you any more information on the future plans. It is highly likely that some of the groups we already provide may be affected, and I expect that any plans for new launches could be put on hold". This was not the news that Sprowston GYC were expecting. The group discussed how we could move forward without help from the Alzheimer's Society.

Hayley said she already runs 2 carers groups and had previously worked for the Alzheimer's Society for 8 years and felt she could organise the set up and coordinate the monthly meetings – refreshments for the cafés could also be available.

The Library would be keen to be involved e.g. to let people know about the Home Library service and their reminiscence kits. At the last meeting the Carers Agency Partnership also expressed an interest in attending the cafés to provide information to carers. Hayley said she knows the person who delivers the Singing for the Brain project.

### **ACTIONS**

- **Hayley to speak to her employer with regard to helping set up and organise the dementia café and to provide a decision to Sally by the end of the week**
- **Sally to speak to Julie again to access the names of the potential volunteers.**

### **Feedback from Coffee Morning**

The Sprowston GYC network held a coffee morning at the Diamond Centre on 14<sup>th</sup> March. This was well attended with approximately 35-40 people attending and 18 different organisations being represented. Sally had asked attendees to contact her with details of the connections they made, to whom and for what purpose? – for example, the housing with care manager spoke with public health to provide a dementia friends session at the facility. 5 organisations had done so but it would be useful to have a more complete record to monitor the outcomes that came out of those contacts/actions with a view to repeating the event. It was pleasing to see new people/groups attending and emails of possible new attendees at meetings were provided.

The group discussed other avenues of coordination/connection between local organisations and the various newsletters were mentioned.

### **ACTIONS**

- **Sally to send out another email encouraging attendees to feedback and to provide a final report to the network.**
- **The Sprowston GYC to monitor the outcomes that came out of the connections/actions with a view to repeating the event in the future.**

- **Sally/Rose to ensure that Sprowston Matters, the Parish magazines and Just Sprowston are informed of GYC events and activities.**

### **Revisit Action Plan**

The group went through the Action Plan:

- Coordination/connection – discussed as above
- Isolation – discussed as above, hoped to further activity at the next meeting
- No knowledge of internet – Nicky reported that the link between SYEP and the Library had been useful. The Library provides Get Digital courses – further information can be obtained at [www.norfolk.gov.uk/getdigital](http://www.norfolk.gov.uk/getdigital) or contact local library. Nicky distributed leaflets – the group commented that some of language used could be a barrier to older people.  
On Wednesday afternoons between 2.15 - 4.45 people can drop in to the Library with computer/IT issues.  
The GYC network could help to promote these sessions to the Town Council’s Cinema Club which is held on the 1<sup>st</sup> Monday of every month 1.00pm onwards; the Senior Citizens Club and elsewhere.  
Nicky reported that the response to the consultations circulated at the last meeting had been good and will further report when the list of courses available is known. Sally reported that she has been in touch with Norfolk Community Learning Service (formerly Adult Education) who are providing taster session events in the district. She is liaising with the manager to progress the possibility of Sprowston GYC partnering them to provide another information fair.
- Dementia support – discussed as above
- Accessible open space and walks – Sally reported that there has been good progress towards the Town Council acquiring Harrison’s Wood, Blue Boar Lane. This Wood covers approximately 27ha and the Town Council will acquire it through a Section 106 Agreement with developers. A 5 year management plan has been developed with partners and will: conserve wildlife and biodiversity; risk assess trees and woodland areas; define uses including nature conservation, recreation, nature trails and other group activities including local volunteers; accessibility planning for all and long term provision and maintenance of the Wood. Initial works already undertaken include: paths/entrance; Pedalway project's pink route terminating at the Wood on Salhouse Road; signage and interpretation of landscape history/conservation; new gates and waymarkers; some trees within the conservation area have been selectively felled following a health/safety tree inspection; dog bins; and a pedestrian route, including safety measures, on Blue Boar Lane has been introduced to allow pedestrians to cross safely to the car park across the road. This new community asset will go some way to providing more accessible open space and the walking areas that people expressed a desire for during the GYC consultation. A future action could be to produce a leaflet connecting green spaces/walks within the Sprowston area.
- Awareness of and opportunities for social and physical activities including arts and crafts – the group had lost the person who could take forward arts and craft activities. It was suggested that links could be made to the WI and the Life in Sprowston facebook page to further explore possibilities. Contact Active Norfolk with regard to physical activities (the Pavilion has now been refurbished with new changing rooms).

### **Update of other services/events**

- Hayley distributed leaflets of their Mabel Rose Day Centre – supporting people living with dementia and the Buddies Day Service leaflet – day service for adults who have a learning disability or mental health support needs – further information at [www.norfolkdaycare.co.uk](http://www.norfolkdaycare.co.uk)
- Sally told of the Wellbeing Service – services for people who are low in mood or experiencing anxiety – further information at [www.readytochange.org.uk](http://www.readytochange.org.uk)
- Sally showed the group the Safeguarding Adults leaflet “Speak up” – the leaflet can be found at [www.norfolk.gov.uk/speakup](http://www.norfolk.gov.uk/speakup) and informed them that Safeguarding Adults Week 2016 is from 12-16 September. The Norfolk Safeguarding Adults Board is holding an event on Friday 16 September 2016 at the Mercure Hotel, Norwich – booking will be required – check details on <http://www.norfolksafeguardingadultsboard.info/board/events/> (details not yet available). If you are worried about the safety of an adult, please call 0344 800 8020.
- There is a new Public Health initiative called ‘One You’ to help adults avoid future diseases caused by modern lifestyles – for more information and to take the ‘How Are You’ online quiz, search ‘One You’ online.

### **AOB**

Nicki distributed leaflets regarding Norfolk’s Big Read ‘Shakespeare Re-Written’. There are also Shared Reading sessions from 2.30 - 4pm on Thursday 14 April.

There was no other business. The meeting closed at 12.00.

### **Meeting dates, times and venue.**

A provisional date for the next meeting is **25 May 2.00 - 4.00 pm**, at Sprowston Hub, Aslake Close.