Sprowston Grow Your Community Report

January 2015 - December 2016
Sprowston

0-3 months (January – March 2015)
• Contacts made with community groups, key community members and Town Council.
• Set up steering group for GYC to complete asset list and prepare a Health Fayre.
• Asset list completed.
• Applied for and awarded £2,620 from Norwich Clinical Commissioning Group’s (CCG) Healthy Norwich steering group for Health Fayre, Slipper Swap and Warm and Well packs.
• Preparations for Health Fayre on 23rd April including booking stall holders, venues, publicity.
• Development of questionnaire.
• Working with Sprowston Day Care with regards publicising services and volunteer recruitment.

3-6 months (April – June 2015)
Sprowston Health Fayre was held on the 23rd April. Around 150 residents attended. 16 organisations had stalls at the event meaning that residents could get information and advice on a wide range of issues. Stand holders were:

1. CRUSE Bereavement
2. Energy – Broadland District Council
3. Smoke Free Norfolk
4. Alzheimer’s UK
5. Public Health
6. My Time Active
7. History Society
8. Norfolk Libraries
9. Broadland Older People’s Partnership
10. Leisure - Broadland District Council
11. The Big C
12. Gage Road, Methodist Chapel and St Cuthbert’s.
13. Norfolk Carers Support
14. N-Able
15. Joy of food
16. Age UK

60 pairs of slippers were swapped meaning that 60 residents received direct information from an Occupational Therapist regarding falls prevention.

50 questionnaires were completed with residents – around 1/3 of those that attended the event. The main issues which arose were:
• Access to health care
• Access to information.
• Opportunities for physical activity
• Opportunities for socialising and having fun.

The services to whom the survey results were most relevant and residents were invited to a community workshop.

The four main areas of improvement were discussed at the GYC community meeting on the 3rd June 2015. 30 People attended.

The group agreed to set up a Grow Your Community Network to shape and deliver the actions and priorities identified at the workshop. A draft charter for the operation of this network was discussed.

The evaluation report for Healthy Norwich will be prepared following the Warm and Well campaign this autumn.

No further work has begun with Day Care services because it will be considered by the GYC network, as many organisations within Sprowston articulated similar issues at the GYC Community meeting e.g. publicising their events and lack of volunteers. It is planned to use the September meeting of the Sprowston GYC network to provide a bite size training session in Communications and Marketing. This will increase knowledge and skills in communications and marketing amongst local groups within Sprowston.

6-9 months (July – September 2015)
In August the group held its first network meeting. A charter setting out the purpose of the group and the way it works was discussed and agreed.

The group reviewed the actions from the community workshop and agreed to progress the following:

1. A community lunch – to support networking between community organisations operating in Sprowston with the aim of fostering new connections and closer relationships between the community organisations and the people involved within them (held 14th March 2016).
2. Explore actions relating to the isolation for older men in Sprowston (greenhouse project started August 2016).
3. Explore the possibility of a silver surfer project (courses run at local library).
5. Run a series of dementia friend’s sessions at the Library and the Diamond Centre (1 session held November 2015).
6. Explore the possibility of accessible walking paths and more interesting green spaces (to be taken up via Section 106 and CIL via major developments?).

7. Run the warm and well campaign in autumn 2015 (Winter Wellbeing Champions trained, Champions disseminated information around community, warm and well packs given out, article in Sprowston Matters).

A communications and marketing training session took place at St Cuthbert’s Church in September. It was run in a workshop style around the warm and well campaign that the Sprowston GYC group are organising. The workshop and post training discussions has led to the formulation of Winter Wellbeing Champions. This is the idea that each organisation’s helpers will attend a talk about why it is important to stay warm and how to stay warm. They will then deliver this to groups that they are involved with e.g. men’s breakfast, coffee mornings etc. and invite attendees to select up to 5 items from the warm and well baskets to take home. Through this approach we are building the knowledge of volunteers, ensuring keys messages are delivered in the community and the efficient distribution of items which people can use to stay warm.

9-12 Months (October – December 2015)

Plans are in full swing for the warm and well campaign in Sprowston. The training for the Winter Wellbeing Champions took place at the Hub in Sprowston on the 10th December – 19 members of various organisations took part. Training was delivered by Community Action Norfolk. The autumn edition of Sprowston Matters, the Town Council’s magazine which goes to every household, contained a 2 page spread about why it is important to stay warm and tips on keeping warm and reducing energy bills. The volunteers gave talks to the groups they are personally involved with e.g. The Let’s Face It Together group, which is a group for widows and widowers operated by one of the churches in Sprowston, and the monthly day time cinema operated by the Town Council. The GYC network talked to older members of its network to determine which warm and well items would be found most useful.

A Dementia Friend’s Session was held on the 10th November at Sprowston Library. This was well attended (15 residents). The feedback was very positive and was discussed at the Sprowston GYC meeting on the 12th November. The group are keen to explore what dementia cafés can offer to residents and what would be involved in establishing such a facility in Sprowston which currently has no support of this type. A speaker from the Alzheimer’s Society will be invited to speak on this topic at the next Sprowston GYC meeting.

In this quarter the network will also be visiting the Hub on Aslake Close which is currently run by Independence Matters. The centre has a garden, greenhouses, woodwork rooms, art studio, cookery suite and main hall. The group are keen to explore how this resource can be used more widely within the community. For example, a place where carers can get some respite or exercise whilst the person they care for are engaged in some kind of meaningful activity. It also has the potential to be used in terms of reducing isolation amongst older men e.g. the woodwork room, greenhouse and garden offers opportunities to pursue hobbies in a more social way.

The next meeting of this network is on the 14th January.
12-15 months (Jan 2016 – March 2016)
The group held two network meetings this quarter, on 14th January and 30th March.

A Community Coffee Morning was held on 14th March at the Diamond Centre. Its aim was to get different community groups together so they could get to know each other. This was well attended with 35-40 people attending and 18 different organisations being represented. Lots of connections were made during the morning; a record of these has been kept.

The group agreed to move forward with founding a new Dementia café in Sprowston. Initially it was thought that the Alzheimer’s Society would be able to support this, however due to funding cuts this is no longer possible. Despite this, organisation of a new café is going well and a start date has been set for Thursday 19th May. The café will run once a month on the third Thursday of the month, and will be held at the Diamond Centre in Sprowston.

The next network meeting will be held on 25th May at The Hub and it will involve a tour of their garden and greenhouses. A local gardening expert will be in attendance to advice on how the greenhouses could be used. Leaflets have been given out at various local groups to encourage ideas and attendance to the meeting.

15-18 months (April 2016 – June 2016)
A Network Meeting was held on 25th May at The Hub.

Dementia café: The first part of this quarter was spent planning for the new Community Dementia Café. A poster for the Dementia Café has been produced and was distributed around the area. A team of volunteers was recruited to help run the Café.

Figure 5: Sprowston Dementia Café poster

An ‘Information Sheet about Dementia in Broadland’ listing all the services available in the area was created and printed. The group gathered together various information resources that people can look at and take away with them and they also borrowed a reminiscence kit from the local library for the first session.

The Dementia Café launched on Thursday 19th May. The launch went really well, with lots of really positive comments from those that attended. A journalist from the Eastern Daily Press came along and took some photographs, and an article was published in the newspaper shortly after. Lots of people came along to the event to show their support, including Cllr David Ward.
The second café was held on 16th June, again with a good number of attendees, and lots of positive comments.

The GYC group put in an application for a grant of £500 from Carers Agency Partnership to help fund the Dementia Café. The funded was granted during June and will be spent on a pull-up banner, some games and activities, refreshments, and some music.

More publicity for the Café is planned over the next few months to try and increase the number of attendees.

**Greenhouses:** The Hub has kindly offered the GYC group use of their greenhouses for a community project. During the network meeting in May, the group were given a tour of the greenhouses and cold frames on offer. The group decided that they needed to form a group of people interested in making use of the greenhouses. A press release was sent out and an article appeared in the Evening News. The group have also been promoting the project online and via the network. They are also planning to distribute a leaflet to key locations in the local area.

**Open spaces:** The group would like to investigate the possibility of putting together some information on the green spaces in Sprowston.

The next meeting is planned for 13th July.

**18 – 21 months (July – September 2016)**

The group held their meeting in July at Harrisons Wood (due to be transferred to the Town Council via a Section 106 agreement). They enjoyed a leisurely walk around the woods in the sunshine, followed by a meeting at the garden centre nearby. The walk gave everyone
the opportunity to see the woods and take in the surroundings and further discuss a green spaces project.

A further network meeting was held in September at the Sprowston Hub.

**Dementia Café:** The Dementia Café has been doing really well this quarter, with meets held on 21st July, 18th August and 15th September. The numbers of people attending are increasing each month. There are now enough people attending to make it possible for the carers to go to a separate room, allowing them time and space to themselves.

The group have successfully applied for £500 funding from Norfolk Carers (CAP) to help develop the Café. The money will be used for a pull-up banner as well as some games and activities and some entertainment. Earle Jacotine, from Broadly Active came along to a couple of the Cafés to play New Age Curling and Boccia with everyone; this was really well received with lots of people joining in. BDC Handyperson+ has also attended to let people know about the service.

**Figure 7: Activities at the Dementia Café:**

**Greenhouses:** The first meeting at the greenhouses was held on 9th August in the evening. Around ten people came along to the meeting. Mike Ellard led some activities for everyone to have a go at, which everyone enjoyed. There was also much discussion about how the greenhouses could be used. Initially it was decided to keep the meetings informal and on an ad hoc basis.
Since the first meeting, there has been ongoing activity, as well as people dropping in on an ad hoc basis to do watering. Lots of plants are starting to grow, including herbs, flowers, beans and lettuces.

A leaflet for the Greenhouse Project was produced this quarter which the group distributed around the area. An article to promote the project appeared in the Eastern Daily Press and on the front page of the Just Sprowston magazine.

Figure 8: Greenhouse Project leaflet

Figure 9: Article in Just Sprowston about greenhouse project
A funding bid has been submitted to the Love Norfolk fund jointly with the Sprowston Youth Engagement Project to run an intergenerational project at the greenhouses.

**Figure 10: Activities at the greenhouses**

**Taster sessions:** The group are interested in running some taster sessions in the area, to allow local people to try some new activities. If these are successful, new groups/courses could then be set up. The group, however are uncertain on what taster sessions to arrange. It was suggested that an article could be placed in local publications asking local people what they would like to see available.

**Open spaces:** The group are also keen to do a project based on the open spaces in Sprowston, although are uncertain what to do at this point. This will need more investigation and discussion at future meetings.
21 – 24 months (October – December 2016)
The group met on the 3rd November this quarter, the meeting was well attended with 12 people coming along. A meeting was also planned for December but this was cancelled, in favour of waiting until January, as it’s such a busy time of year.

Dementia café: The Community Dementia Café continues to grow and develop this quarter. More games and activities have been purchased to everyone to have a go at. Earle Jacotine from Broadly Active has attended again with New Age Curling and Boccia.

The group have been busy promoting the Café this quarter. A stall was held in the local Tesco on a number of days. The pull-up banner was used and numerous leaflets were given out. The banner was also displayed at various places around the area, including the Methodist Church and the Library.

A Christmas party was held on the last Café of the year. A local choir came along and entertained everyone. Food, provided by the local Tesco, was served to everyone. It was a lovely occasion that everyone enjoyed. Many thanks to Sprowston Town Council for donating the venue for the ongoing Café.

Greenhouses: A small group continue to meet on a weekly basis, usually a Wednesday afternoon. Despite the cold weather, their produce continues to thrive. One of the greenhouses is now full with herbs, flowers, and vegetables. The group have started to sell some of the produce and are keen to set up a small stall at the front of The Hub, by the Community Café. The group held a stall at a coffee morning at The Hub, to promote the project and to sell some produce.

Figure 11: Intergenerational greenhouse project leaflets
The group found out this quarter, that they have been successful in applying for funding for the intergenerational project, to be delivered in partnership with Sprowston Youth Engagement Project. £4,941 has been awarded to run the project for a year. The group plan to run weekly meetings on a Monday evening throughout the year. Young people will take part in an accredited award scheme and some sessions will involve a Royal Horticultural Society trainer.

A leaflet was produced to promote the intergenerational project and distributed around the area.

Before the project could start the electricity supply needed to be fixed so that the greenhouses have light/power. After having a number of electricians look around the site, we finally had the electrics reconnected and the lighting replaced during December. The intergenerational project can now begin in February 2017.

**Figure 12: Article in the Evening News to promote Greenhouse Intergenerational Project**

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**Taster sessions:** An article has been put together to go in local publications asking local people what taster sessions they would like to see arranged. This has been passed to the BDC Communications team for their help with publication.

**Open spaces:** Annie Sommazzi from the Norwich Fringe Project came along to the network meeting in November to talk about their role in managing the open spaces in Sprowston. Annie would like to set up a group of volunteers to meet on a regularly to help with the upkeep on Harrisons Wood. The group were keen to hear about the project and were keen to support it.