

**Grow Your Community Sprowston: Network Meeting**  
**Diamond Centre, Sprowston**  
**Tuesday 16<sup>th</sup> May 2017, 2.00 – 4.00pm**  
**Meeting Notes**

### Attendees

1. Sally Hoare (Broadland District Council)
2. Ken Lashley (Senior Citizens & Sprowston Town Council)
3. Barbara Lashley (Sprowston Town Council)
4. Hayley Howes (Sprowston Community Dementia Café & Andrew Frederick Adult Support)
5. Alan Morris (local resident and enthusiastic gardener)
6. Michael Graves (Gage Road Chapel)
7. Margaret Young (Sprowston Friendly Community & Dementia Champion)
8. Bill Couzens (Sprowston Town Council)
9. Judy Leggett (Sprowston Town Council and District Cllr)
10. June Hunt (Sprowston Town Clerk)
11. Sarah Smith (Community Development Worker, Norfolk County Council)

### Apologies

1. Cllr John Ward (District & Sprowston Councillor)
2. Teresa Chapman (Independence Matters)
3. Sandra Hughes (Dementia Champion)
4. Mike Ellard (Community Greenhouses project)
5. Samantha England (Sprowston Town Council)

### Notes

#### 1. Welcome and Introductions

Sally thanked everyone for coming. Introductions were made as Sarah and Judy were new to the meeting. Sarah said that the role of a County Development Worker is to undertake short term pieces of work to help set up group activities and initiatives that target social isolation and offer peer support, (e.g. friendship and other social groups formed around common interests or life situations, and dementia friendly community resources); or support small independent groups (e.g. by signposting towards funding, training and opportunities) – this support is time limited.

#### 2. Matters Arising

Broadland DC had advertised the role of GYC Officer and Sally was the successful applicant. She will begin the role in June.

The group discussed the way forward and agreed to move towards organising ongoing meetings themselves – Ken agreed to Chair meetings and to speak to the town council about possible admin support.

Margaret asked for more dementia café posters for the GP surgeries – June had those printed in the office.

Margaret said there was a need for an overarching body of people looking at dementia – a central source of information. Sarah mentioned the Norfolk Directory and Sally the Dementia Friendly Norfolk website – however both these are on-line. Sally will circulate with the minutes the “Information and support for people living with dementia in Broadland” document which GYC had developed last year.

### **3. Updates**

Greenhouses project

Mike had sent an update:

- project helped with the plant sales at Old Catton Horticultural Club plant and cake stall on Sat 13th May 10am - 12.30pm
- delivery of raised beds – Alan said these are now in place
- plant raising continues including tomatoes and cucumbers for cropping
- a scarecrow has been made for the flower festival at Old Catton called Urban Gardener 27th May
- Veggy patch outside - growing some cabbages - the hub might be interested in those, also Rhubarb, lettuce & parsley ready.
- a table and chairs have been donated plus a hose reel for our use
- Been in contact to see if we could do flower arranging classes at the hub
- Entered into the RHS green Britain competition - it took 3 days to compile photos, plans action plans etc. but sadly we have not been accepted. The group thanked Mike for his efforts with this (to be included in meeting notes).
- Mike has recently become Chairman of Old Catton Horticultural and Flower Arrangement Club.

Alan said there was a need for further funding as more compost was required. The group discussed various funds but often these are only available to a constituted group – should the group go down this path? On balance it was agreed that this step may be too much and alter the nature of the group. Could the Greenhouses project obtain a small grant from the Town Council? June will consider if there was a way this could be made possible.

Community Dementia Café

Hayley reported that the café attendance was continuing to grow. Word is spreading and the recent inclusion in Sprowston Matters has helped. The volunteers were doing well and there is one new volunteer. Hayley is on holiday for the café on 18 May – could someone else bring cakes (which she usually provides) – STC provide tea/coffee and the venue (thanks given to STC). The Fire Service will attend the June café – they also offer free home assessments. A previous meeting saw a demonstration of mobility equipment. Hayley asked if more tables and chairs could be put out. The usual format is: all attendees start together then the carers have a separate session – regular attendance is 13 people living with dementia, 22 carers and 9 volunteers. Hayley has done 20 home visits. The café has recently received another grant of £300 from Norfolk Carers.

Sprowston Dementia Friendly Community

Margaret has been busy with dementia friends sessions: Coltishall Chess Club, the dementia café & Coltishall Good Neighbour Scheme and WI. Still trying to provide to schools. A

session at the Senior Citizens Club is coming up, at the Town Council on 7 June and the Parochial Parish Council is also being arranged. Sandra has provided a dementia friends session at her home. Hayley asked for the SDFC to become a member of the Broadland Dementia Action Alliance – Margaret will action. Sally handed round leaflets outlining the Broadland DAA. Margaret, Sandra and Hayley had a stand at the Norfolk & Norwich University Hospital on Monday in aid of Dementia Awareness Week. Margaret had circulated a GP leaflet from the Devon Healthwatch. Sally to see if this can be printed as an A6 booklet. The next SDFC Steering Group meeting is at the Diamond Centre on 25<sup>th</sup> May 9.00am. Sandra has been doing a great job with the SDFC Facebook and twitter news feeds – Thanks Sandra.

#### **4. Cup Cake Day – open coffee morning?**

Sally had emailed the group with details of the Alzheimer Society's Cup Cake Day on 15<sup>th</sup> June "Rise against dementia!". This could be held at the Diamond Centre, in conjunction with the Dementia Café but in a separate room. It would provide an avenue to let more Sprowston residents know about the Café, about the Sprowston Dementia Friendly Community plans and the Sprowston Grow Your Community work.

There was general agreement and Barbara, Michael, Sarah and Judy would be available to help on the day. This would be a drop-in event from 10-12. Sally to ask the BDC Chairman and Older Peoples' Champion, Cllr David Ward, to attend. June confirmed a room could be made available. There were also offers of cupcake baking! Please confirm to Margaret what you can bring along to the day.

We will need to go out the public and ask for cupcake contributions and for people to attend the coffee morning – promote to the cinema club on 5<sup>th</sup> June. Donations for Alzheimer's would be taken at the event. Michael will speak to the supermarket to see what they could do to help. Margaret and Barbara will register on the website to receive the available pack, which includes posters and Gift Aid forms. Hayley could use the provided cake toppers as a cake decorating activity for the Café. Margaret will take the lead on this event (Sally is unable to attend as on holiday).

Promotion on Sprowston Life will be sought and Sally will get the BDC Comms team involved – and ask if they could provide us with a fb/tweet template so that communications are consistent. Sally will also speak to Julie from Alzheimer's to see if she could be involved. Sally will produce a consultation slip to gather thoughts for future GYC activity to be available on the tables at the event and circulate the Sprowston section of the full GYC report so that members/public can see the wealth of activity over the past 2 years.

#### **5. What next? Consultation at (4)**

The original issue areas and proposed actions for the Sprowston GYC were reviewed – most issues had been addressed and the majority of actions delivered. A new action plan is required and as mentioned above, the Open Coffee Morning would provide an opportunity to further consult with the public.

#### **6. Any other business**

Sally will contact the Fringe project again to see if there was any progress relating to a volunteers scheme for Harrison's Wood and Cottage Plantation.

Sally will ask Broadland Older Peoples Partnership if they have a representative to come along to the GYC meetings.

**7. Date of next meeting**

**Tuesday 11<sup>th</sup> July 2017 10.00am – 12.00pm**

To be held at the Diamond Centre.

DRAFT