

SPROWSTON GROW YOUR COMMUNITY NETWORK

Notes of meeting held at 10 am, Thursday, 24th May 2018 at The Hub, Aslake Close

Present : Ken Lashley – Sprowston Senior Citizens Club
Michael Graves – Sprowston Churches
Judy Leggett – Broadland District and Sprowston Town Councillor
Kirsty Deary – Sprowston Methodist Church
Mike Ellard, Alan Morris – Sprowston Community Greenhouse Project
Teresa Chapman - The Hub
Barbara Lashley - Sprowston Town Councillor

Apologies : Margaret Young – Sprowston Dementia Friendly Community
Karen Vincent – Old Catton and Sprowston West County Councillor
June Hunt – Town Clerk, Sprowston
Simon Stokes – St Mary & St Margaret and St. Cuthbert's churches
Martin Callam – Sprowston Methodist Church

1. Welcome and introductions.

Ken Lashley chaired the meeting and welcomed everyone.

2. Notes of meeting held on 21st March 2018 – matters arising.

The notes were agreed. Kirsty advised that the Methodist church would hold their morning service earlier on Sunday 11th November so that members of their congregation could join the commemoration at St. Mary and St. Margaret's if they wished.

3. Updates.

(a) Greenhouse project - Mike Ellard and Alan Morris.

Four new members of SYEP are settling in and enjoying the project. The girls are cultivating a 'half hour veg bed' for three months and are keeping a diary of their activities. The group entered two wheelbarrows in the Old Catton Wheelbarrow Trail - one of the barrows is now in the café area at the Hub. They are also creating some hanging baskets and tubs for the Hub. Plant sales, both flowers and veg., have been doing well. Not surprisingly, veg. plants do best at the allotment, with flowers being favoured on the stall in Aslake Close. The wild flower bed planted by the car park has received good feedback.

SYEP is to receive a £1000 grant in June. This will enable them to continue to buy compost etc. and it is hoped subsequent plant sales will cover the cost of insurance for the greenhouses.

The group is a member of the RHS and are currently doing a trial for Garden Organic on edible lupins. Apparently lupins could be a good crop for animal feed and it blooms later in the year than rape. They will hopefully do a taste test. (Authors H & S note – some lupins are poisonous so don't try this at home!). The young people would like to have a pizza-oven – Teresa said she may be able to provide one she is aware of.

Barbara suggested that a gardening activity may be an idea for the Dementia Café. Mike and Alan would be willing to come along and help with this. It was agreed to take the idea to the next meeting of the Sprowston Dementia Friendly Group.

Further to previous discussions on the provision of community veg beds, Mike advised that the raised beds at the recreation ground were not suitable as they were too far from their normal activity base. Teresa had raised the subject with Norse who were happy for the beds to be provided near the Hub. Mike and Teresa will liaise regarding the exact location and confirm agreement with Norse. Mike would suggest the area over the old tree stump as it would help it to rot down. The beds will be constructed from wood - tyres are carcinogenic and cannot be used for vegetables. The canteen at the Hub, which is run by a private company, have been offered some veg. and the cooking groups at the centre could help themselves.

(b) Dementia Friendly Community/Café – Ken Lashley.

Minutes of the Sprowston Dementia Friendly Group had been circulated for members' information. The café had received £500 from the Coop token scheme. The application had been for funds to enable an appropriate summer outing to be arranged for café users and volunteers and a trip with buffet lunch on the Mississippi river boat from Horning was now being planned in June. The café had also received a bequest of £600 and one user, who had asked for contributions to the café in lieu of gifts on their 90th birthday, donated £200.

Numbers attending the café continue to rise. The café nearest the royal wedding took the form of a street party with themed activities, entertainment and food. Many dressed in red, white and blue and everyone had a good time – as evidenced by the photos which appeared on our local social media.

Gage Road Chapel had kindly offered to host our cup-cake event in aid of the Alzheimers Society – this would be on the afternoon of 20th June.

It was noted that it was currently Dementia Action Week. The Sprowston Dementia Friendly Group continue to offer dementia friends sessions to groups and businesses. Michael reported that Bunnings were keen for us to work with staff etc. They also sell sausages etc. on their carpark in support of charities – maybe we could be involved in that at a future date.

(c) Armistice Centenary Weekend – Ken Lashley

The working group continues to meet and the British Legion are now attending. Ken and Michael advised that there is much discussion but progress has been slow. Michael reported that the main commemoration service would most likely be at St. Mary and St. Margaret's and that there will be displays at the Diamond Centre. Schools are doing posters etc. – this is in hand. Kirsty advised that the Boys Brigade wished to be involved in some way. A reprint of the book about Sprowston residents who were killed in the first world war is being investigated. Kirsty has contacted Norwich Library about reminiscence material – there has been no reply as yet.

4. Future projects.

No new projects were planned at present.

5. Any other business.

Judy advised that she was now Chairman of Broadland District Council and would be happy to support and promote the activities of any of our groups.

Alan enjoys writing poems from information supplied – he would be happy to do one for the commemoration weekend.

The following activities, events and opportunities were noted :

Sprowston Day Centre is now advertising a 'meal only' option.

June 9th, 11.30 am to 4 pm, Sprowston Methodist Church. Free family fun day and art display.

23rd June – 3 spaces still available on Horticultural Club coach to Ely Flower festival, leaving Hall School, Old Catton car park at 9.15 am. Cost £22

July 22nd (afternoon) – Sprowston Churches 'Praise in the Park' on the recreation ground. Informal free family event.

Some discussion took place on the demise of the annual Sprowston Fete on the recreation ground and it was agreed to have further discussion on this under future projects on the next agenda.

6. Date, time and place of next meeting.

The next meeting will be held on Thursday, 26th July at 10am. Kirsty offered to find out whether this could be held at Sprowston Methodist Church – there is a coffee morning there every week on Thursday from 9 am to 12 noon.