SPROWSTON GROW YOUR COMMUNITY NETWORK

Notes of meeting held at 9.30 am, Tuesday, 22nd January 2019 in the Council Chamber, Sprowston Town Council

Present : Ken Lashley – Sprowston Senior Citizens Club

Margaret Young – Sprowston Dementia Friendly group

Clare Lincoln – Sprowston Youth Engagement Project (SYEP)

Claire Sharland – Library manager for Sprowston, Wroxham and St. Williams Way

Harriet Money – Manager, Sprowston Day Centre

Judy Leggett – Broadland District and Sprowston Town Councillor

Barbara Lashley - Sprowston Town Councillor

 Bill Couzens – Sprowston Town Councillor

Apologies : Mike Ellard – Sprowston Community Greenhouse Project

 Revd. Canon Simon Stokes - St Mary and St Margaret, and St Cuthbert

 Kirsty Deary – Sprowston Methodist Church

 John Ward – Norfolk County, Broadland District and Sprowston Town Councillor June Hunt – Town Clerk, Sprowston

1. Welcome and introductions.

Ken Lashley chaired the meeting and welcomed everyone.

2. Notes of meeting held on 27th November 2018 and matters arising.

 The notes of the meeting held on 17th September 2018 were agreed.

Bill asked if there was any news of a replacement for Erle, the person previously employed by Broadland District Council who used to bring activities along to the Dementia Café. He was advised that a lady called Julz would be replacing him.

3. Updates.

(a) SYEP update – Clare Lincoln.

The gardening project was going well – some youngsters are participating who are working towards

their Duke of Edinburgh award. 9 or 10 young people attend regularly and the project is looking for new ‘older’ volunteers. Work in the greenhouse lasts for an hour in the winter but sessions will be 2 hours from March onwards, when it will hopefully be a bit warmer.

 The growers would be holding a meeting the following week to plan for 2019. They were looking to have open days to sell plants, including a stall at the horticultural show in Old Catton and one at the open space event day at Clover Court on 23rd April. The latter event will also include food, face painting, making things out of willow – all welcome.

Numbers using the Sprowston club regularly have dipped to 25 to 30 at the moment, but this may be seasonal. The Old Catton group is growing, with 45 on the books and 25 to 30 attending each week. Unfortunately, illness amongst all the volunteers had caused the previous week’s session to be cancelled.

 Recent activities had included making leather keyrings. Both groups would be going tubing on separate days in February. 6 young people from Sprowston will be going on a mountain-climbing trip. Some youngsters are working towards the ‘Inspired’ award, which is a national accreditation. The group is hoping to organise and run a summer event.

 One of the youngsters, Lauren, who has cerebral palsy, had received a new chair form the charity ‘Dreamflight’. She will be doing a sponsored run for them.

 A group including Reverend Simon will take part in the Yorkshire Three Peaks Challenge in September. The money raised will be divided between SYEP and another charity the young people will choose.

 It is hoped to set up Wednesday and Saturday drop-ins for young people to access support –Clare is working with MAP, the DWP and the Matthew Project on this.
 Young people would be going along to the next snap meeting.
 Currently there are 8 referrals who Clare is seeing in school.
 Judy reported that she and Clare had visited Horsford the previous week as they were setting up a similar project to SYEP.

 (b) Sensory garden - Claire Sharland

An initial meeting about the sensory garden had received good community support.
 On the 9th of February there would be a meeting at 10 a.m. to establish a Friends of Sprowston Library fundraising group.
 Mike, Alan and John would be meeting at 4 pm on 25th February to discuss the garden.
 On Saturday 23rd March there would be a ‘Sing in the Spring’ event at the library led by the Broadbeat choir from 2 p.m. to 3:30 p.m. Donations of cake would be welcome. It was suggested leaflets about this be distributed at the Dementia Cafe and the Day Centre.
 Coffee mornings are held at the library each Tuesday morning as part of the Good Company initiative.

 (c) Dementia Friendly Community/Café – Margaret Young

 The café continues to flourish. The Christmas café in December had been enjoyed by everyone and included a raffle which had raised over £100 for the Alzheimer’s Society’s Elf Day appeal. In January, the recently purchased musical instruments were put to good use – a video of this can be found on Life in Sprowston. Future cafes would include another visit from the very popular reminiscence lady and a visit from pupils from Cecil Gowing School.

 There had been a meeting for volunteers the previous day, which had provided an opportunity to ensure everyone had an outline of their role and to share ideas for future activities.

 Claire advised that there was a person who did hand massage at Wroxham library – she would let Margaret have details.

 (d) Sprowston Day Centre – Harriet Money

 There has been a reduction in the service and the Day Centre now takes place Wednesdays and Fridays from 10 a.m.2 or 2:30 p.m. It was noted that there is a drop-in morning on Thursdays at the Methodist Church from 9 a.m. to 12 noon.

4. Future projects.

 The possibility of compiling a list of non-profit-making activities in Sprowston was felt to be a good idea. Ken agreed to contact Just Sprowston about placing an article in the magazine inviting people to enter their group. Margaret said she would start putting a list together. Her email address was circulated to those present and is included here with her permission. mrsmsyoung@gmail.com

5. Any other business.

 There was no other business.

6. Date, time and place of next meeting.

 The next meeting will be held at 9:30 a.m. on Tuesday 2nd April 2019 at the Sprowston Town Council office on the recreation ground.

BJL