

WHAT'S ON @ Sprowston Diamond Centre

Metafit with Sally Hart Mondays 9.15am

The 30 minute class that lasts 24 hours. Tone the muscles, boost the metabolism and burn the fat. For more details contact Sally on 07775 830817 or go to www.metafit-training.com

Junior Karate (6 - 15 years) Monday 6pm - 7:15pm **FIRST TWO LESSONS FREE**

Adult Karate (16 years +) Monday 7:30pm - 8:45pm

We are the Traditional Karate & Fitness (TKF) and we are committed to teaching shotokan karate to the highest standard. All our professional instructors are fully qualified, first aid trained, DBS checked and have many years of experience teaching the most practised martial art in the world. The club is headed by Danny Jordan 3rd Dan, Jake Pointer 3rd Dan, James Daniels 3rd Dan, Matthew Yardy 3rd Dan, who have studied karate for many years and between them hold six world titles and over forty national titles. TKF is affiliated to the Japanese Karate Shotorenmei (JKS) which is a world renowned Shotokan Karate governing body. The JKS is one of, if not the biggest, karate organisations in the world and provides International Courses with Japanese Instructors, regular national competitions and World/European Championships.

Junior Karate (6-15 years)

Here you can progress through the ranks from white belt all the way to black belt. Our Junior Karate classes are aimed to develop important aspects such as confidence, discipline, balance, speed, strength and overall fitness. This is an excellent way to train and meet new people who have a wide range of experience in karate. We aim to provide students with goals to progress through regular gradings, local competitions and the opportunity to represent the club at national level. With the correct desire and passion, students can have the chance to one day represent Great Britain internationally at World and European Championships.

Adult Karate (16 years +)

Our Karate classes are an excellent way to improve overall fitness whether it's general fitness, returning from injury, or a stress release after a long, hard day. You don't have to have any past experience in karate or any form of sport to take part and set yourself new challenges at a regular basis. You will be able to experience top level tuition from one of our professional instructors in order for you to achieve your goals in a short space of time. **Tel: 07908 406487 Email: office@karatefitness.co.uk www.karatefitness.co.uk**

Dynamic Dance Tuesdays From 4.45pm, Fridays from 4pm

A fun and friendly dance school with classes held in Street Dance for various age groups from 4 to adult. For those who are unsure of what Street Dance is... just think Diversity, Flawless, Michael Jackson, Justin Timberlake, Beyonce and more! It is a fun, funky style of dancing with lots of attitude! There are so many variations of Street Dance including Locking, Popping, Breaking and many more! All of which you can learn here at one of our Dynamic Dance Classes! There is also an opportunity to be in one of our big song and dance productions. Come and watch our next show 'Stars and Stripes' to be held on Sunday 17 May 2015 at 2pm and 6pm at the Open Venue in Norwich.

If you would like more information or are interested in joining Dynamic Dance, please contact Carly who will be more than happy to help you! Tel: 07828 456106 or <http://www.dynamicdancenorwich.co.uk>

Insanity with Team Sweat Fitness! Thursdays 7pm

Come and join in with one of the most effective workout programmes around!! Insanity is a cardio-based total body conditioning workout based on 'max interval training'. This combines lengthier periods of high intensity exercise with shorter cool downs increasing fat burn and overall fitness.

Insanity classes target the entire body, beginning with an accelerated warmup and moving into three intense blocks of exercise, each one targeting a different element of fitness.

First is plyometrics and endurance - essentially 'jump training' where muscles exert maximum force in as short a time as possible. Then the class moves on to strength and balance before the final section on agility and co-ordination. You finish with eight minutes of abs and core work and a stretch.

Participants work out at the very limits of their capability for three to four minute bursts of intense, dynamic exercises, which are spaced with rests or 'cools down' for about 30 seconds, before the whole process is repeated. I provide low-impact options for each move so the class is accessible to all fitness levels. This is a 50 minute exercise class. Class costs £5. This is for men & women, age 14+ and suitable for anyone wanting to get fit! I will help you achieve your goals!

For any enquiries please contact Jo on 07796 710855 or email: joanne.spaul@googlegmail.com

Movie Afternoon - The Imitation Game 13 April 2015 starts 1.30pm. Drama (12A) 114 minutes. (This is a change to the film previously advertised).

Based on a real life story of legendary cryptanalyst Alan Turing, the film portrays the nail-biting race against time by Turing and his brilliant team of code-breakers at Britain's top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II. Excellent script and a superb ensemble of actors make this irresistible viewing for Moviola audiences.



SCHEDULE OF TOWN COUNCIL MEETINGS

All meetings are held at Sprowston Diamond Centre, School Lane, Sprowston, commencing 7.30pm unless otherwise stated.

10 June 2015
1 July 2015
22 July 2015
12 August 2015
2 September 2015
23 September 2015
14 October 2015
4 November 2015
18 November 2015 (Precept/Planning)
25 November 2015
16 December 2015
13 January 2016
3 February 2016
24 February 2016
16 March 2016
6 April 2016
27 April 2016
(Annual Town Meeting - 7pm)
(Council Meeting to be held on the rising of the Annual Town Meeting)
18 May 2016 (Annual Council Meeting)

All meetings of the Council are open to the public, who are welcome to attend, and there is an opportunity for residents to ask questions on any matters concerning the Town of Sprowston. Copies of the agenda and minutes for each meeting are available free of charge either on request from the Council Office when they are published or at the meeting. Other background papers and reports can also be viewed or copies supplied on payment of a small charge.

Office opening times and telephone enquiries

Mon - Fri 9.30am - 1pm & 2pm - 4.30pm (after hours answerphone)

Town Clerk: June Hunt

t: (01603) 408063

e: townclerk@sprowston-tc.gov.uk

'Sprowston Matters' Editor: Evelyn Elliot t: (01603) 408063 e: evelyn.elliott@sprowston-tc.gov.uk

Town Council Offices: Sprowston Diamond Centre, School Lane, Sprowston, NR7 8TR.

Sprowston Matters



Redevelopment approved for Sprowston Diamond Centre

The planning application for development of Sprowston Diamond Centre has been granted by Broadland District Council and can be viewed at the District and Town Council offices or on-line at <http://www.broadland.gov.uk>

The proposals include:

- Main community sports hall.
- Associated changing and ancillary facilities.
- Entrance area and ICT suite.
- Nursery extension.



The central entrance area and foyer space is designed as a minimal glass box that will be simple in appearance and not attempt to emulate or compete visually with the traditional decorative style of the adjacent buildings. The transparent facade clearly identifies the location of the entrance and central circulation space exposing the activities within to people outside.

The foyer is located in front of the main hall to provide an active frontage and act as a central hub for circulation, linking the two ends of the building together and providing break out space and reception facilities.

The floating plane of the roof which projects beyond the glazed facade further enhances the feeling of openness and welcome, blurring the boundaries between inside and out, and encouraging interaction with passers-by and the community at large. The openness and activity within the entrance space will hopefully encourage members of the public into the building where they can discover more about the community facilities.

The Nursery extension is required following the success of the phase 1 nursery development and need to increase capacity due to increased demand for places.

The mezzanine level and ICT suite are served by an ambulant stair and a platform lift to meet ADM requirements.

There is ample parking to the rear of the building with disabled and family spaces located close to the level access entrance.

Disabled WC and changing facilities are provided on each level that WCs are provided on, and located adjacent to the other WCs and changing areas.

The next step is to apply for grants to make this vision a reality through partnership funding.

Redevelopment work gets commendation

The Town Council was pleased to be awarded a commendation in Broadland District Council's annual Enhancement Award in recognition of the high standard of work to convert Sprowston Diamond Centre into a centre for the community.



Mr Lashley, Chairman of Sprowston Town Council receives the certificate from Mr Adams, Chairman of Broadland District Council

To participate in the scheme the work undertaken had to make a positive contribution to enhance the locality and respect the character, scale, design and materials of the 'original' building.

In order to preserve the character of the property during redevelopment the extension and infill repairs to the original

building were carried out sympathetically and locally sourced bricks of a colour batch, which blended in, were used and all exterior walls repointed with lime mortar. The extension roof was fitted with black diaper tiles to continue the pattern of the infant school and bespoke arched oak frames and doors were purchased to match those shown on old photographs of the Victorian school.

The entrance link was deliberately given a modern element which contrasted with the original building and the use of glass served to differentiate new from old, but the character was maintained by retaining the original concrete sills.

In the west wing the original casement windows were uncovered and refurbished, the roof retiled with new slate to replicate the old and the architectural embellishments (known by some locals as lions) restored. The Victorian school door was refurbished and turned around to open inwards to comply with building regulations.

Whilst the scheme retained important historic and architectural features Sprowston Diamond Centre has been rejuvenated with all the expectations of the modern user and is becoming a vibrant centre of the community utilised by several local groups for exercise and dance classes, children's parties, educational purposes, training, band practice, private functions, exhibitions and monthly cinema.

Cemetery update

Following redevelopment the Council was pleased to open the visitor centre at Sprowston cemetery in autumn 2014. The building, previously used for storage has undergone a transformation and now has a dedicated seating area with views across the cemetery and DDA compliant WC facility.

Outside the first plaques have been placed on the recently erected memorial wall, made from black granite with a choice of silver or gold lettering. This new facility has been designed to give families an opportunity to have some form of remembrance to relatives laid to rest elsewhere.

The cost of a memorial plaque for a period of 25 years including up to 60 characters is £198. Additional characters are £1.20 each.

To give greater choice in the types of interment available at the cemetery additional flowerbeds have been created around the memorial wall specifically for the strewing of ashes.

As to the cemetery extension planning permission has been granted and work is now set to commence on the 5.93 acre site as soon as contractors have been appointed.

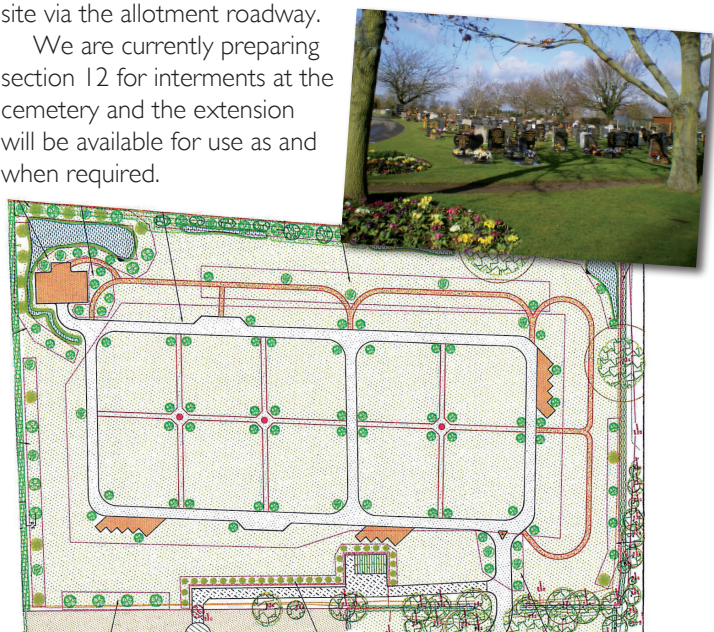
The extension will be developed in phases, although initially the whole site will be levelled and re-profiled with perimeter hedging and specimen tree planting.

Phase one has been designed to incorporate nine separate zones with dedicated burial, cremation and children's areas, all easily accessible with hard landscaping and parking facilities. It is anticipated that this will provide sufficient burial space for 30 years.

Phase two and three will become managed amenity grassland until there is a requirement for additional burial space.

To minimise the impact on mourner's, plant traffic will access the site via the allotment roadway.

We are currently preparing section 12 for interments at the cemetery and the extension will be available for use as and when required.



Improved facilities at Sprowston Pavillion

Plans have been approved to refurbish the changing room facilities at Sprowston Pavilion which involve a small extension to the north of the building.

Improvements will include a dedicated changing facility for match officials, a requirement of the Football Association, extension and refurbishment of existing shower rooms to cater for opposing teams to change separately and disabled facility.

Materials have been carefully chosen to ensure the exterior is in keeping with the existing building and not detract from its charm.

Kerbside waste collection

A new recycling service was launched in Broadland and across Norfolk in October. The aim is to recycle more, send less to landfill and make recycling at home as easy possible for householders. These changes are possible because of improved machinery being installed at the Material Recycling Facility (MRF).

What can be collected from your grey bin?

- All bottles and jars.
- Clean food pots, tubs and trays, (all plastic food containers including yogurt pots, margarine tubs, ice cream tubs, fruit punnets).
- Food and drink cartons (eg. Tetra Pak milk /juice cartons).
- Clean aluminium foil and trays.
- Newspapers, magazines, paper - white and coloured, greetings cards, envelopes (including window type), clean paper bags, telephone directories, yellow pages, store directories, catalogues.
- Junk mail, shredded paper and clean wrapping paper.
- Cardboard egg boxes, cardboard tubes (eg. kitchen and toilet roll tubes), food packaging card, card food packaging with plastic windows, cardboard packaging and carrier trays (eg. trays for fruit and vegetables).
- Clean steel and aluminium food and drink cans and pet food cans.
- Empty aerosols including personal and beauty product aerosols, cleaning products and domestic insecticides (eg. empty fly-spray aerosols).
- Food and drink bottles, personal care products, household cleaning products, household cooking and food oil bottles, trigger spray bottles, pump spray bottles, roller-ball bottles, empty medication/pill bottles.

Extra recyclables can still be left in a closed cardboard box on collection day but glass bottles and jars must be placed inside the bin to avoid injury to the crew. After the first two months, if residents are still having large amounts of extra recycling regularly, they can request a larger recycling bin.

It is very important that you wash all tins, cans and plastics before you put them in your recycling bin. It's not necessary for you to remove labels, however if you do remove the labels, they will be recycled with the paper. Unwashed items can contaminate other recycling and will also significantly reduce the quality and value of the plastic, tins or cans during the recycling process.

You can flatten cardboard boxes but please continue to put everything else loosely in your bin as the machines sorting materials do so by 3D shape and are not effective when items are squashed.

A full list of all items accepted can be found on the Recycle for Norfolk website: www.recyclefornorfolk.org.uk

The expanded kerbside collection service has been so successful that the tonnage of glass collected at the Council's bottle banks has reduced to such a level they are no longer financially viable. This together with the increasing cost of cleansing the sites of fly tipping has lead the Council to discontinue the provision of its recycling facilities within the parish, effective 1 April 2015.



A step closer for the... NEIGHBOURHOOD PLAN

Harrison's Plantation is an area of privately owned woodland bordered by Salhouse Road and Blue Boar Lane, to the east of Sprowston. The Town Council is working alongside Broadland District Council and Norfolk County Council to secure the woodlands and make them accessible, in the future to the public, as set out in the Sprowston Neighbourhood Plan.

The Sprowston Neighbourhood Plan, which was adopted by Broadland District Council in 2014, includes a policy to make this area into a woodland activity park, suitable for all ages, which would include walking and cycling facilities and provide a useful recreation resource for residents of Sprowston, combining with the existing, adjacent area of Cottage Plantation.

The woodland areas of Harrison's Plantation, The Breck (which adjoins it) and Boar Plantation (located further west along Blue Boar Lane) lie within the White House Farm development area which will see the building of up to 1,233 dwellings, a new link road, recreation space, a primary school and other associated works between the Tesco store and the woodland bordering Salhouse Road within the next few years. Making the woodlands publically accessible will provide a huge recreational benefit to existing residents of Sprowston as well as those who come to live in the new houses nearby.

The first key task will be to undertake a Woodland Management Plan, to be carried out by Norfolk County Council's Natural Environment Team, which will identify immediate priorities for work to the woodland areas to make them safe. It will also set out requirements for the future management and maintenance of the sites.

The Town Council is starting to consider some of the detail regarding the possible future use and layout of the woodlands. This includes issues such as the type and route of paths through the woods, accessibility (including cycling and vehicle access), potential activities that could be on offer to the public, securing the perimeter of the sites etc.

Whilst the Town Council has its own ideas, it would like to hear from any members of the community that have their own suggestions for how the woods should be used and what activities could be made available. If you do have any suggestions, please contact the Town Council at the following address: Sprowston Town Council, Sprowston Diamond Centre, School Lane, Sprowston, NR7 8TR. Email: townclerk@sprowston-tc.gov.uk

There will be further opportunities for the public to get involved and details will be announced in future issues of Sprowston Matters.

Street lighting

Since the dark evenings have been upon us residents have become more aware of faulty streetlights and this has resulted in an increase in reports of lamps out to the Council. All reports are sent to our lighting contractors who endeavour to carry out repairs within 5 working days. However, some lamps have repeat faults and in some instances cable faults. In the event of a cable fault a repair can take several months, depending on the severity of the problem, and we would ask residents to be patient in these instances.

As to streetlights being obscured by trees and hedges growing in the curtilage of residents properties, it is the responsibility of the property owner to ensure that anything planted in their garden does not shroud the lamps. When reading this please check to see if this affects you.

Town & Parish Elections



Notification has been given that elections are due to take place on **7 May 2015** for District, Town and Parish Councillors.

Polling Stations will be located at:

- The Cricket Club, Barkers Lane.
- Sprowston Senior Citizens Club, Recreation Ground Road.
- The Sports and Social Club, Blue Boar Lane.
- Gage Road Chapel, Gage Road.

BECOMING A PARISH COUNCILLOR

Want to do something positive? Help make a difference by influencing decisions that affect your community? Then stand for election to become a Councillor on your parish council.

WHO IS ELIGIBLE?

Any person over the age of 18 who is a citizen of the UK, the European Community or the Commonwealth can be a Councillor if they are an elector who, work in or live in the parish or live within three miles of the parish boundary.

KEY POINTS

- A Councillor's normal term of office is four years.
- There are 15 parish Councillor positions to be filled in Sprowston.
- A Councillor is a holder of public office and not a volunteer, but the position is unpaid.
- There is no cost incurred in standing - no deposit, no fees or charges - other than any costs you choose to incur in publicising yourself (and there are statutory limits to what you can spend - the vast majority of candidates spend nothing).

TIMETABLE

- Publication of notice of election: **Monday 30 March 2015** (at the latest).
- Deadline for receipt of nomination paper confirming you are standing: **Thursday 9 April** at 4pm (must be hand delivered to Broadland District Council election officials - by appointment).
- Publication of those who stood for the election: **Friday 10 April** at 4pm (at the latest) - if there are 15 or less candidates then all will be elected in an uncontested election, but the candidates don't take office as a Councillor until Monday 11 May 2015 (4 days after Polling Day).
- Polling day: **Thursday 7 May 2015** 7am to 10pm (General Election day) - if there are more than 15 candidates then voting will take place.
- New Councillors take office and old Councillors leave office: **Monday 11 May 2015**.

FINDING OUT MORE

Please let June Hunt, our Town Clerk, know if you are thinking about standing in the election. She can answer your questions and make sure you are aware of the deadlines for submitting the relevant forms.