

# Henderson HERALD

Free

Autumn 2013

## Stop Press

### Job opportunities

There are full-time and part-time positions about to become available at the Earlham Early Years Centre. Opportunities coming up include: part-time cleaning and resources staff, family support and outreach nursery nurses, along with a learning skills and employment advisor and a part-time childminding development position.

Keep an eye on the local press and Norfolk County Council website ([norfolk.gov.uk](http://norfolk.gov.uk)) for more details or call the Centre on 01603 454271 and they will send you details of vacancies as they become available.

## £70,000 For Henderson Trust Area Projects!

For more information, to donate or to get involved with the Henderson Trust, contact [info@henderson-norwich.org](mailto:info@henderson-norwich.org)



supports

### Under 5's

Earlham Early Years Centre  
Little Gremlins  
Little Sparks

### 5 to 16's

All local primary and junior schools  
Eternity lunch club for kids  
Not about the Bike  
Henderson Community Skate Park  
'Summer Sorted' programme  
Play Rangers`

### 16 to 24

The Garage - performance arts and music for local young people  
Future Projects  
Local Football Teams

### Families

West Norwich Partnership  
Norwich Food Bank and Christmas Hampers

### Older people

Cadge Road Lunch Club

### Everyone

Henderson Community Park  
Not About The Bike  
Henderson Herald  
Tin House - arts and carnival  
West Norwich Credit Union

companies, charities, health companies and even manufacturing and car repair businesses. As well as employing local people, all of these businesses pay rent to the Henderson Trust. Then the Henderson Trust, which is a charity, uses the profits from the Business Centre to help pay for a whole range of local projects and activities for everyone who lives in Marlpit, Larkman, West Earlham and North Earlham. Over the past year, over £70,000 has been given by the Henderson Trust to the local community. The Henderson Trust really is for everyone.



# Keep Your Kids Safe On The Internet.

By Mark Ellaway

There has been a lot of negative publicity and terrible stories about young people and social media websites lately. But for most teenagers who are being bullied on social media sites, it is not just a case of turning the site off because sites such as Twitter, Facebook and Ask.FM are an integral part of modern life and a way of keeping in touch with friends. Many 13 – 18 year olds feel that their self-worth is gauged on how many people 'like' them or how many positive comments they have on the sites. Unfortunately the unkind comments can also be seen by all their friends and by anyone using the site. Some young people find it difficult to ignore the nasty comments and can become depressed and occasionally even suicidal as a result.

At the end of the day, the internet is not to blame for the problem. It is the nasty, unkind people or 'cyber bullies' who hide behind the sites. There have always been bullies

and sadly always will be. However, here are 6 tips to help you make sure your kids are safer online.

1. Talk to your children about the dangers. These include being contacted by strangers, seeing disturbing images, bullying, being texted sexually explicit images (sexting) and sharing personal information online. Explain why these are dangerous and what might happen. For example if they share personal images on Facebook these can be seen by anyone. Explain to them that the law still applies to the internet and they will get in trouble if they abuse people on websites or by texting.
2. Encourage them to talk to you, relatives or friends if they are worried about something that has happened to them on the internet. A good website they can use is [www.childline.org.uk](http://www.childline.org.uk) which you can tell them about if they find it difficult to talk to someone.

3. Keep an eye what they do on the internet, for example what social media sites (eg Facebook, Twitter) they use. Many parents keep the computer in the main living room where everything can be seen. If they use tablets and mobiles try and encourage them to sit with the family rather than shut away in their bedrooms.

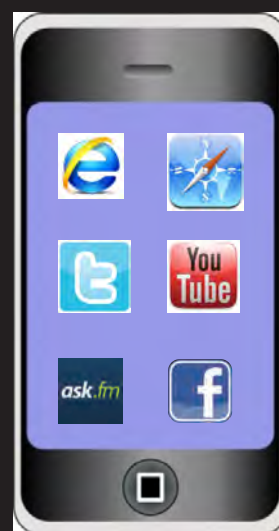
4. Don't let your kids spend too much time on the internet, especially in the evenings, it can be very addictive. Some parents keep the wi-fi router in their bedroom and turn it off at bedtime!
5. Make sure you have filters to block websites that are not suitable for children eg porn, gambling etc. Most internet providers such as BT and Talk Talk have these filters as part of their service or you can install filter software such as McAfee. Keep the passwords to these to yourself and don't make them obvious. Kids are very tech savvy and can easily turn filters off if

they know your password.

6. If you don't know much about computers and you feel your kids know more than you, then do what you can to learn. Ask someone you know to show you or find out what classes are going on locally or at your library.

If you think you do have a problem and need to talk to someone then call the NSPCC on 0808 800 5000 for help.

Mark Ellaway is a Director at Bigfork, one of East Anglia's leading digital marketing agencies which is based at The Henderson Business Centre.



## Watch Out for Cowboys In Henderson Area

Norfolk County Council Trading Standards' doorstep rogue trader team and Norfolk Police are warning Henderson area residents to be on their guard against cold callers and trades people who you don't know. The Norfolk Trusted Trader scheme offers a list of checked and accredited traders covering everything from plumbing to gardening. For more information, go to [www.norfolk.gov.uk/trusted-trader](http://www.norfolk.gov.uk/trusted-trader)



## Top Tip For Tip Top Health - N°. 3

Ban smoking in your car and home – it will help to cut out the 'habit fags'



## Net Dictionary For Grown-Up's

**Blog** - a website where people can discuss and share opinions

**Blogger** – someone who regularly uses a blog site

**Text** – a written message sent by mobile phone

**Personal Profile** - a page on a social networking site that tells people about who you are

**Sexting** - is the act of sending sexually explicit messages or photographs by mobile phone

**Social Network** – a site where a group of people with similar interests can keep in contact

**Troll or Cyber-bully** – a person who deliberately upsets people via the internet – usually anonymously

**Twitter** – a social network site

**Myspace** - a social network site

**Facebook** – a social network site

**Tweet** – a message sent or received by 'Twitter'

**Status** – a comment or information up-dated on Facebook

**Like** – agreeing or liking something on Facebook

**Favourite** – agreeing or supporting a comment on Twitter

**Retweet** - someone else's tweet that you share with your followers

**Poke** - giving someone a 'nudge' on facebook

## What's Going On Here Then?

The Henderson Trust is preparing a **free directory** of everything that is happening in the area.

**Do you work for, run or go to a:**

local club, group or help/support group  
charity that works in the area  
school, church or playgroup  
youth club or organisation  
health service  
regular activity for local people or families?

To tell us about what you do, and be included in our next directory, contact [shannon.clarke@henderson-norwich.org](mailto:shannon.clarke@henderson-norwich.org) or call Shannon on 01603 251700

Visit [www.henderson-norwich.org](http://www.henderson-norwich.org) for all the latest!



# Hello And Welcome to Earlham Early Years Centre!

The Earlham Early Years Centre is for all families with young children living in the Larkman, North Earlham, Marlpit and Northfields estates. We provide activities and opportunities which help babies and children to get a good start in life so they are ready to do well when they start school, including;

- fun activities to support young children’s early learning and development;
- child and family health services in partnership with Health Visitors and Speech and Language Therapy
- activities for children with additional needs and their families.

The Centre is a community hub for a wide range of services and activities to meet the needs of local families. We can provide

advice and support on issues from dealing with your child's behaviour, housing and benefits, to safety in the home, childcare options and careers advice. There are also opportunities to meet with other mums, dads and carers on one of our parenting courses, which provide practical advice on dealing with behaviour and building relationships, in a supportive environment. Visit our website [www.eeyc.childrenscentre.org](http://www.eeyc.childrenscentre.org) or call our friendly team on 01603 454271.

You could also email us at [childrenscentre@earlham-nur.norfolk.sch.uk](mailto:childrenscentre@earlham-nur.norfolk.sch.uk) or better still, call into the Centre to see us! I love working in a friendly, happy environment and look forward to meeting everyone who drops in at the Centre. Have a look at just some of the activities we have going on below.

*Sian*  
 Sian Welby  
 Head of Children’s Centre

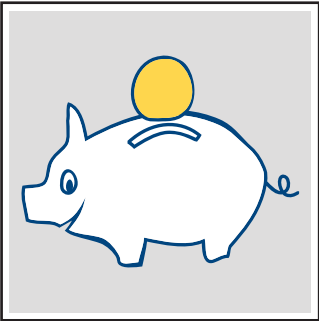


Day	Activity	Time
Monday	Stay & Play Bookstart Group	9.30am – 11.00am 2.00pm – 3.00pm
Tuesday	Tasty Tuesday Story Sacks Breastfeeding Group IT	8.45am – 11.15am 9.15am – 11.15am 12.30pm – 2.00pm 12.45pm – 2.45pm
Wednesday	Cuppa & Craft Group International Friendship Group Move It! Child Health Clinic	8.45am – 11.00am 9.30am – 12.45pm 10.45am – 11.30am 2.00pm – 3.30pm
Thursday	Baby Time MABS (money advice)	1.30pm – 3.00pm 1.30pm – 3.00pm
Friday	Child Health Clinic	10am – 11am

# New Accounts From Credit Union

Over the next few months a range of new accounts is going to be made available from the West Norwich Credit Union. The Credit Union – who offer savings and affordable loans services for people in the Henderson Trust area - have responded to customers who said that different types of account could help them to manage their money better. New services will include accounts for: Christmas savers, small businesses, under 12’s, 12 - 18 year olds, people who are saving for something special and those who want to save and may need to borrow in the future.

For more information about the latest accounts from the West Norwich Credit Union, go to [www.wncu.net](http://www.wncu.net) or call 01603 501301



# Sweet ‘NEET’ Music

Future Projects, right at the heart of the Henderson Trust area, is offering a new Foundation Diploma in Digital Music course for 16 – 18 year olds who are not in education, employment or training (NEET). There are still places available on the course for young people who have a real interest or even a passion for creating or producing music. Based at the Future Projects offices, the level 1 course lasts for 30 weeks for 3 days (15.5 hours per week total) per week during standard term time. Future Projects have access to the very latest equipment, facilities and teachers. Students will make use of an Apple Mac suite of computers, up-to-date software,

professional recording studios and Future Radio facilities to learn all they need to know about making music. Neil Wilkinson, Digital Music Tutor is looking forward to helping young people realise their dreams of building a career in the music industry. He explained; “We know that there are a lot of gifted young people in our area. But the music business is known to be difficult to get started in. The competition is huge and it isn’t always just about talent. This course will give local young people the edge and help them towards getting all the skills they need for them make it.” A level one Diploma in Digital Music course can lead to Level 2 Access to Music courses, GCSEs or straight into apprenticeships and employment. For more information or to find out how to apply contact: Future Projects 01603 250505 or email [ATM@futurestudios.org.uk](mailto:ATM@futurestudios.org.uk)





# Cholesterol “let’s do something about it”



- Did you know that having a healthy cholesterol level could help prevent serious heart and artery problems?
- In her second regular feature, our Henderson Herald GP, Dr Mary Dun, of the Wensum Valley Medical Practice tells us how a bit of extra exercise and a few simple changes to your diet could literally ‘save your life’.
- “Cholesterol is an important fat that the body needs but it can be very dangerous if there is too much in your body. A lot of my patients come to me with serious problems that could have been prevented. High cholesterol really is a silent killer but here are some quick tips for keeping control of your cholesterol levels and that could help you lose weight too.”
1. **Easy Does It**  
Try to eat sensible sized portions at meal times
  2. **Cut The Fat**  
At least once or twice a week, substitute a higher-fat meat like beef for oily fish such as salmon or tuna or leaner meat. Whatever meat you chose, it is always best NOT to fry it!
  3. **Get Fruity**  
Eat plenty of fresh fruit and vegetables - these are low in calories and fat and are high in essential nutrients which will also help ward off infections like colds and flu
  4. **Spuds – ‘If You Like’**  
Potatoes are healthy especially with their skins on. But they are best baked, boiled or mashed – fried or oven chips should be saved for ‘special occasions’
  5. **Eat More Fibre**  
Eating enough fibre is really important. Here are some easy ways to get more fibre in your diet
    - a. Start the day with a healthy bowl of cereal (porridge, Wheatabix , branflakes etc. all have fibre)
    - b. Swap white rice for brown
    - c. Add sweetcorn (tinned is fine) when you have a salad
    - d. Snack on fruit – for example a banana or a pear are great sources of fibre
  6. **Be Active**  
Aim to do at least some physical activity every day.  
For more help or to discuss your diet or exercise, please contact your GP Practice Nurse or Health Trainer



**Phil in his ‘Top Shop’ in West Earlham sells healthy food that will help to lower your cholesterol.**

## You Can Eat Healthily On A Budget

If the article by Doctor Mary Dun or recent reports on the TV have inspired you to try and lower your cholesterol and eat a more healthy diet, then a new free course might just be what you need. The course starts on Thursday 10th October and lasts for 5 weeks. You can swap tips and recipes, learn how to prepare delicious healthy food, try some new ideas for the kitchen, have fun and save money at the same time!

The sessions, which are sponsored by Fosters Property Maintenance, will run between 10am – 12.30pm every Thursday at the West Earlham Community Centre. Why not come along and join in? You can even bring a friend.

For more information and to book your place, call 07899 953974

To advertise here mail [info@lyndongreen.co.uk](mailto:info@lyndongreen.co.uk)

**Henderson**  
*HERALD*



## Break the cycle of abuse

Adults, young people and children can often find themselves in abusive relationships and don't know where to turn for help. Norfolk Says No is an annual campaign to raise awareness about domestic abuse and sexual violence. There is support and help available for people of any age who find themselves being hurt or abused by a

partner or family member. Look out for the information and publicity during November. In the meantime, if you need help, contact one of the organisations below:  
Childline (24 hour) - 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)  
24 hour National Domestic Abuse Helpline – Freephone 0800 2000 247  
Norfolk Police - emergency 999, non emergency 101,



**Tell us where this photo was taken and you could win a £10 shopping voucher.**

## For your chance to win!

**Send your name, address, phone number , email address and where this picture was taken to:**

**[info@henderson-norwich.org](mailto:info@henderson-norwich.org)**  
**Henderson Trust**  
**Henderson Business Centre**  
**Ivy road Norwich**  
**NR5 8BF**

Entries must be received before Friday 16th November 2013

Our last competition winner was : Alison Webster

**Competition Time**

The Henderson Herald is produced by the Henderson Trust for the people of North and West Earlham, Marlpit and Larkman