

Henderson HERALD

Free

Autumn 2014

‘Mindless’ Park Vandalism Slated as ‘Pathetic’

Local parents have called vandals who destroyed brand new children’s play equipment within days of it being installed as ‘pathetic and mindless’.

Children and parents were disappointed when they arrived to find that they could not use the park. Lynda Wilkinson, Chair of the Henderson Trust which looks after the Community Park in Ivy Road said; ‘To ruin equipment that was bought for small children and toddlers seems just crazy! How would they feel if their little sister or brother was badly injured because of the damage they had caused – would they be able to live with themselves?’

She continued: “The new slides, swings, and climbing frames at the Henderson Community Park, which cost over £80,000 (including a grant from the SITA Trust) have been fully repaired now and are being enjoyed

again by hundreds of children from the area. But the question still remains as to why and who damaged the equipment in the first place? The Henderson Trust is here to help everyone who lives in the area. When we have to mend or replace things like this, it means that there is less money for other activities and projects.”

If you want to get in touch with the Henderson Trust, call 01603 251700 or go to www.henderson-norwich.org If you have information about anyone who might have been involved in the vandalism or other crimes in the Henderson Trust area, call 101 or go to www.norfolk.police.uk.



INSIDE- Local Butcher goes it alone- Training for 16 – 25 year olds - All change at GP’s- History of Larkman- Lots more!

Scouts Help Foodbank

In June, as part of the National Scout Community Week, the Earlham Beaver Scouts held a very successful cake sale where they raised £75 for the Norwich Foodbank. Sainsbury’s supermarket in Longwater Lane agreed to add a further £25 of goods to the

money raised. The Cubs shopped and took just over £100 worth of food to the Norwich Foodbank, based at the Henderson Business Centre.

The young scouts helped to pack food parcels and weigh out some of the food before staff from the Foodbank explained why the support was so desperately needed

by local families who could not even afford to eat. One of the Beavers, Christopher Ward (see photo) said: “It makes me sad that people living right in our road need help like this, but it is great that we have helped them today.”



REACH Drop-In

REACH Drop-In is a local project for young people offering practical and emotional support on a range of issues every Thursday evening at the West Earlham Community Centre.

If you want to talk to someone in confidence, the Benjamin Foundation (a charity that has been helping young people for

many years) will provide confidential support and guidance about housing, benefits, school, health or anything else. You don’t have to talk to us, you can just come to meet friends, have something to eat and have some fun.

Culture Works could help you develop DJ skills and music production with DJ Venom or you can work with artist Molly Molloy, to make your own jewellery, re-cycle old outfits and learn other artistic skills. Animation and film workshops will also be available. Everything is FREE and you could even work towards an Arts Award.

- 11-15 year olds between 5pm to 6.30pm.
- 16+ from 6.30pm to 8pm.

Henderson
Trust
REACH

New Classroom for 2 Year Olds



Staff and children at Earlham Early Years Centre are enjoying a new classroom following extensive work at the Centre. The room which has been named the Owl Room allows more two

year olds to enjoy free early years education. From September, the additional space will mean the Centre will have 64 funded places for two year olds to attend for nine hours a week. Head of Nursery Stephanie Harding said: "Our staff have worked very hard to make sure every detail of the room and outside space is the best it can be. The end result is that we have two

fabulous tailor-made spaces for two year olds. It's lovely to see the children finally enjoying the new room and refurbished outdoor area. All the children at the Centre have enjoyed watching the building progress, especially when cement mixers and diggers have been in use!" For more information about free early learning and childcare, go to www.norfolk.gov.uk/take2

Henderson Trust Bumper Summer for Sorted.



This year, over 3,000 places on trips and activities were enjoyed by local people on the Henderson Trust Sorted programme, which gives children and families a range of activities and days out throughout the Summer holidays.



Recycling News

From October 1st, you can recycle lots more of your waste into your blue bins. From then, all glass, plastic yogurt pots and margarine tubs, plastic trays, foil, foil trays and Tetra Paks will be able to be recycled. To find out about all of the changes, look out for the information on the Norwich City Council website or call 0344 980 3333.



Larkman by Name

Apparently, the Larkman area is named after William Larkman who died way back in in 1869.

He was a gardener for a number of the rich land owners and gentry of Norwich. He died in Islington in London at the age of just 50. The Anglo Saxon surname 'Larkman' is almost certainly a Norfolk name. Records show that there were almost no 'Larkmans' outside Norfolk or Suffolk until at least the early 1800's. With just two

exceptions all Larkman families in the world can trace their ancestry back to the county of Norfolk. The word Larkman means servant of Lark. Most early Norfolk Larkmans lived off the land as farm labourers, some died as paupers but a few managed to buy their own land and become yeoman farmers who employed others as labourers. Gradually Larkmans moved from the countryside to the towns including Norwich and London with many becoming craftsmen. From 1860 onwards, some Larkman families moved further afield to the growing industrial centres such as Birmingham and Manchester. There was even a Larkman who was an Antarctic explorer.



Top Tip For Tip Top Health No. 7

Write a list of all the reasons why you want to be healthier and stick the list to your fridge!



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A Cut Above the Rest!

Although there is a new owner and sign above the butchers at Earlham West Shops, the smile behind the counter and the great friendly service is strangely familiar.

That is because the new owner is Mark Sands who has worked at the busy shop for over 15 years since he was just 21 years old. At 16, Mark started his career as a Saturday boy while he was still at school and then trained on-the-job until he was offered work at King's Family Butchers. Right from those early days he knew he wanted to eventually own his own

butcher shop and in May this year, he had the opportunity to buy the business and be his own boss.

Mark explained; "I love my job and I have a real passion for giving people the best service possible. Now that I am in charge, I can do things a bit differently and do things my way. For example, we have a really popular Facebook page (search Sands Butchers) where a lot of my customers get ideas and special offers and they can share recipes with each other. We have also developed a great new range of low fat sausages and burgers that we make to our own recipes. They are a healthier way for families, and anyone watching their weight, to enjoy a really tasty quick meal. Being your own boss is fantastic. It means that you are making the decisions and, in the end, you are responsible for the ideas that work and those that don't – but at least you can make a difference and give things a try."

If you would like to be your own boss and need advice, go to the Enterprise Centre on Guildhall Hill in Norwich, call NWES on 01603 227852 or go to www.nwes.org.uk

13th – 19th October is National Curry Week

Korma, Madras, Jalfrezi, or Vindaloo ...
...What's your favourite?

DO MORE. SEE MORE. BE MORE...

70% of unemployed participants go on to jobs, training or education!

The Princes Trust Team Programme is for anyone between 16 – 25 who is out of work or education. The free 12 week

courses are based at the North Earlham Fire Station on Ivy Road and can help whatever type of work you are interested in. If you really don't know what you want to do yet, the Team Programme will also help you decide what is the best way to get the future you want.

Stuart Wall from the Norfolk Fire and Rescue Service said: "The Team Programme helps to give people, who haven't got a job or training, a real future. In just 12 weeks, our students will; learn to set goals and plan, spend a week away in the Peak District, have two weeks of work experience and join the rest of the team on a community project. At the end they will have four recognised qualifications, a great CV and lots of experience to help them

move on to the next step in their lives." Tony, a former Team student said: "Before the course I was unemployed and struggling to find work. I learnt new life skills and got more confidence. I had really good fun on the course and enjoyed it all. After leaving the Prince's Trust I found a job which I enjoy doing. I got the job with the help from my certificates and the experience I got from the course." Being on the course will not affect Jobseeker's Allowance or other benefits and you can claim travel costs. The Princes Trust Team Programme runs three times a year. If you or anyone you know are interested, text or call Stuart or Gemma on 07920 792232 or email gemma.pellatt@fire.norfolk.gov.uk



Tell Us

The Henderson Herald is produced by the Henderson Trust and delivered free of charge to over 6,000 homes every three months. We want to know what you would like to see in your community Newspaper. Let us know by contacting info@lyndongreen.co.uk or call Lyndon on 07985 220594.

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Changes Announced at Practice.



Dr Fiske...leaving after
22 years

Dr Suzie Fiske will be leaving the West Earlham Health Centre at the end of November 2014. She said, "It is with great sadness that I will be leaving the practice. It has been a huge privilege to work with such a skilled and dedicated team for the last 22 years and to be part of the lives of so many people in the local community. I know that the practice will continue to thrive and provide excellent health care".

Dr Fiona MacNab has recently joined the practice and is a very experienced GP having worked at other practices in Norfolk. She has a special interest in sexual health and mental health and is looking forward to adding her skills to the team.



Dr Fiona
MacNab...joining the
team



The new West Norwich Credit Union and MABS office gives customers a more comfortable and private place to discuss their saving and borrowing needs at Earlham West Shopping area.

Poultec's New Engineering Training

A new training facility is due to open at the Henderson Business Centre to offer young people from the area the chance to train towards qualifications in vehicle and motorcycle engineering.

Poultec Training Ltd is a nationally recognised training company that has helped thousands of 16 - 25 year olds build worthwhile careers. They

are also planning a training programme tailored specifically to speedway riders, which will include elements of engineering specific to speedway bike maintenance. Poultec Training is adding Mechanical Engineering to their range of work-based training which already includes Business Administration, Customer Service, Hospitality and Catering, Food Manufacturing, Agriculture, Retail, Butchery, Hair & Beauty and Information Technology.

Edward Bales, Poultec's Managing Director said "We

have spoken to businesses and careers advisors and have found out that local employers need more trained people to work in Mechanical Engineering. We have a proven track record of working with industry to develop tailored courses to meet the needs of individuals and businesses alike. We are really pleased to be able to do this in partnership with the Henderson Trust.

'For more information or to apply, visit www.poultec.co.uk or e-mail enquiries@poultec.co.uk'.



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Entries must be received before Friday 21st November 2014

Our last competition winner was : Samantha Freeman

**Competition
Time**

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