

# Henderson HERALD

Free

Autumn 2015

## Fun at the Park

Henderson Trust's Summer Sorted programme, kick started in style with the annual Family Fun Day on the Community Park. The sun was shining again, and the park was packed with hundreds of people and families from the area enjoying themselves. There certainly was plenty for everyone. Highlights included the colourful graffiti wall provided by Graham who runs the Not About the Bike project. This year's treasure

hunt theme was pirates and The Garage ran circus workshops that adults and children loved! Poultec Training Ltd (who have a training centre based next to the park) cooked up delicious burgers and hot dogs! The bouncy castle, soft play and other activities were popular. There was a DJ and even Peppa Pig and one of the Minions made a surprise visit to enjoy the fun. For the first time, the fun day had an

arena to showcase local community groups. Norwich Choi Kwang Do presented a martial arts display and Unique Dance Troop wowed the crowds with their energetic routines. The highlight for many of the children (and some of the mums!) was the appearance of the fire engine from North Earlham Fire Station. The day was a fantastic success and the Henderson Trust is already thinking about next year's event.



## Do You Want To...

Speak Better English (ESOL) ?  
Learn Functional Maths ?  
Learn Functional English ?

### Adult Education Courses Can Help.

Get a qualification.  
12 week course.

Start dates September, January, April

Go to up to 2 classes per week

Free Functional Skills English and Maths- day or evening classes.

ESOL - day or evening classes

For details of courses in Norwich text or call

Pam: 07799 658682 or 01953 455783

Nicky: 07747 457238

Adult Education: 01603 306560

or email: [ndwnorwich@norfolk.gov.uk](mailto:ndwnorwich@norfolk.gov.uk)

(Free Childcare may also be available!)

## Local Parents Celebrate Successs

10 mums from the Henderson Trust area are celebrating after successfully earning a Food Safety and Hygiene qualification from Earlham Early Years Centre.

The City & Guilds accredited qualification is offered to parents at the end of the "Joy of Food" course, which teaches a range of food preparation and cooking skills. The course is designed to help parents feel more confident preparing meals in the home, and also provides the knowledge necessary for

catering jobs such as those in restaurants, hotels, bars, or schools.

One mum said "I very much enjoyed the course. I feel more confident in cooking new things, and I want to cook more!"

The free, 4-week course is just one of the ways that Earlham Early Years Centre is helping parents of young children improve their skills and qualifications to return to work. In the last 12 months, the Centre has provided employment-related help to over 100 parents from the area: from courses to improve English and maths, writing CVs and job application forms, to finding suitable childcare to fit around working hours. They also provide computers with internet access that can be used for searching and applying for jobs online. If you are a parent or carer of young children and would like to know anything about how the Centre can help you and your family, please get in contact on 01603 454271, or email [office@earlham-nur.norfolk.sch.uk](mailto:office@earlham-nur.norfolk.sch.uk)

**INSIDE** - Who was Fred Henderson? -  
Big Space for Little Sparks - Much More!





# ENYP Wow's Procession

In the Henderson Trust area, local charity ENYP has loads of activities for young people of all ages from Year 3 right through to High School ages.

All the clubs and activities are based at St Elizabeth's Church, St Mary's Church Hall or the Marlpit

Community Centre. The evening sessions include '180 Kids Clubs', football training, 'Defenders' after school groups, 'Download' youth clubs, Holiday Clubs and Dance classes, there is something for everyone. For those who are at High School, there are even chances to get a National 'Arts Award' accreditation - which looks great on your CV! Every club, session or activity aims to help children and young people enjoy reaching their full potential.

Sessions are always fast moving, fun and creative. This year, the ENYP groups added a colourful (and sometimes noisy) splash to the Lord Mayors Procession through the streets of Norwich. If you would like to get involved or would like some more information about your nearest activity go to the website [www.enyp.org.uk](http://www.enyp.org.uk) or contact Ellie at [epayne@enyp.org.uk](mailto:epayne@enyp.org.uk), 07599 544038.

# Top Tip For Tip Top Health No. 11

## 5-A-Day?

What is a portion?  
Frozen and canned fruit and Veg do count and a 'portion' is just about a hand-full.



**Henderson HERALD**  
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# Little Sparks Preschool Has MOVED!

Staff at Little Sparks Preschool recently celebrated their move to their new building at Knowland Grove with a party for parents, children and the local community. The new garden was crowded with guests who saw Felicity Thomas, former Head of Earlham Early Years, officially open the new building. Children enjoyed a Teddy Bears' Picnic, face painting and storytelling by Ben from the Library Service while the grown-ups had the chance to look at the fantastic new rooms and resources funded by Norfolk County Council who invested over £235,000 in order to provide increased spaces for preschool children in the area.

Jackie Walker, Little Sparks Childcare Manager said. "We are really happy to be in our new setting. We are grateful to all the staff at Norfolk County Council who have supported us through this move. We are looking forward to having more children at Little Sparks and employing more staff to care for them. We still have spaces available for 2, 3 & 4 year olds, so please contact us on 01603 740677 if you would like one for your child."



# A 'Right Royal' Credit Union Account Holder!

It seems that credit unions are reaching out far beyond their local communities and

## attracting membership from the rich and famous.

It's not just pop stars such as Imelda May, footballers like Roy Keane, politicians or the clergy endorsing the benefits of credit unions but now members of the royal family are also signing up. The Duchess of Cornwall (Camilla) recently announced that she had opened an account with London Mutual Credit Union. When she spoke at a reception last year to mark International Credit Union Day, she said. "I believe Credit Unions can change the way we talk and think about savings and loans. They can encourage those who have the means to save, and bring in from the cold those vulnerable people

who struggle to qualify for loans. The simple fact being that if more of us support them by opening savings accounts, they will be able to offer more loans to those who really need them." Unfortunately, the West Norwich Credit Union can't allow royalty to join unless they move into the Henderson Trust area or get a job in the Norwich area. But 'you' could check out all the benefits of membership by calling in to West Norwich Credit Union at 23 Earlham West Centre, calling 01603 501302 or visiting [www.wncu.net](http://www.wncu.net)



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



# Get Down to The Garage

**The Garage  
Autumn season  
has launched!  
Beat the autumn  
blues by staying  
active with one  
(or more) of the  
fantastic  
classes  
available.**

New this year is Breakdance for ages 7-11, Theatre Class for ages 15-19, Yoga Bumps for mums-to-be, as well as ballet, Pilates, contemporary, musical theatre and more. For those with experience in dance and drama who are looking to improve their skills, The Garage is holding auditions in September to join their Dance Companies. This is a real opportunity to collaborate with like-minded artists and create great performance pieces and includes the free



performance company 'Pulse' for ages 14-25 years. Families can join in this October half term with The Garage's Family Fun Day on Tuesday 27 October, a fun-filled day packed with FREE activities including dance, drama, games, face-painting and balloon modelling in the café. Don't miss the charming family show Annabelle's Skirting Board Adventure, a multi-media adventure with a tiny elephant! Plus Scooby's Street School returns with two days of dance fun for 7 – 11 year olds. More information can be found at [www.thegarage.org.uk](http://www.thegarage.org.uk) or by calling 01603 283382.



**WALK FOR A  
WORLD WITHOUT  
DEMENTIA**

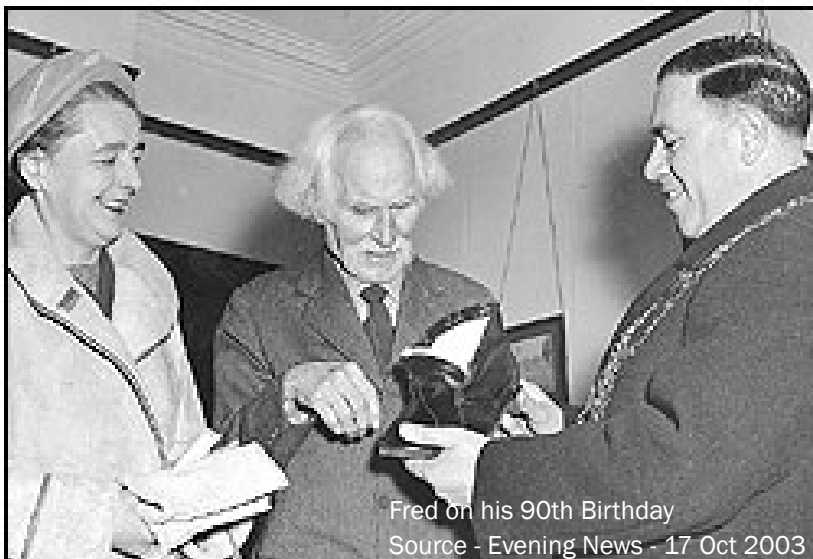


## The Alzheimer's Society Norwich Memory Walk 2015

Sunday 27th Sept  
Whitlingham Country Park  
Arrive @ 10am for 11am start

**Who will you walk for?**

Sign up today for the 1.5km or 8kn walk  
[www.memorywalk.org](http://www.memorywalk.org)



Fred on his 90th Birthday  
Source - Evening News - 17 Oct 2003

## A Truly Local Hero

There is a Henderson Road, a Hendon Business Centre, A Henderson Community Park and a Henderson Trust. Many of you will have gone to Henderson High School – but who was Fred Henderson?

He was born in Norwich in 1867 and was known as a 'champion of the poor', a rebel with a cause and man that local people listened to and loved. He spent some time as the Lord Mayor of Norwich and he is believed to be the last prisoner to serve time on the treadmill at

Norwich Castle.

Fred, who was a pioneer of socialism, died in 1956. He was educated in Belfast. But when he came back to Norwich he hated the fact that hundreds of people were starving in the slums and although he was only 20 years old, he got involved in the bread riots that ripped through the heart of the City. In 1887 a large number of angry and hungry people gathered on Hay Hill to protest. One of the speakers was young Fred who told the crowd that he had rebel blood in his veins as he was related to Robert Kett. They cheered their new hero. He led a group of protestors to the steps of

the Guildhall. A fight broke out which became known as "The Battle of Ham Run." Fred was arrested and found guilty for incitement to riot. Fred was sentenced to four months and ended up being punished on the treadmill. In 1902, he became the first socialist to be elected to Norwich City Council. Fred was a journalist and wrote political books which were translated into many different languages and he was invited to lecture across the USA and gave one of the first coast-to-coast broadcasts on radio from New York – speaking to an estimated 12 million people. He went on to play an active role in Norwich life including a time in 1939 as Lord Mayor. By this time, his wife Lucy had died so his daughter Edith, who wrote 'The Story of Norwich', served as Mayoress. In 1947, the City of Norwich honoured him and made him an honorary freeman of the City. It is said that Henderson Road is actually named after Edith – but we should all remember Fred, who fought for local people until he died in his sleep at home on Earlham Road aged 90.

## Are The Renadeans the next big thing?

If you haven't already heard of The Renadeans, they are a local 3 piece rock'n'roll band

The band consists of Brothers, Ivan and Max De'Ath and Paul Murray. They all lived in the Henderson Trust area and went to local schools. In fact, the three, who are all between 18 and 21, met and became good

friends at City Academy in Bluebell Road.

The Renadeans have been together since September 2014 and were originally known as 'The Fretz'. However they changed their name to The Renadeans' after Paul was on the bus and saw a pub that he thought was called Renadeans. It turns out that the pub was actually called 'The Reindeer' (it might be time to get some glasses Paul!)

Back in June, they were played on the BBC Introducing Show on Norfolk Radio. The Renadeans can often be seen at the Waterfront or Epic Studios

as well as other local venues. They are loud and not for the faint-hearted. But if you want to support uncompromising and boisterous talent from a young local band with real potential, then keep an eye out for up-coming gigs and new songs.

<https://www.facebook.com/TheRenadeans>. - article by Kayleigh Bruce



Alisha Whitworth Photography

Like us at [www.facebook.com/hendersontrust](http://www.facebook.com/hendersontrust)



# Time Out!

## Family Matters will once again be running its popular 'My Time' course for parents in October.

My Time is not a parenting course but it 'is' for parents and carers. It is all about taking care of your own needs, looking at your wellbeing and learning how to make time and space for yourself. The Course will help you to think about things you want to achieve which could be taking up a hobby, finding out about a course you would like to do or something completely unique to you.

Each week there are discussions on different themes about wellbeing, ideas are shared and you can talk about the different plans you could make. As always

with My Time courses, crafts and activities are an important part, and you can learn skills and techniques to enjoy a new hobby or relaxing activity.

My Time is a free course and takes place at Family Matters' resource centre in Bowthorpe. Starting on Tuesday 6th October from 9.30-12.30 it runs for 7 weeks with a break for half-term. If you like the sound of My Time, please contact Harriet or Carla at Family Matters on 01603 747471 or email [fmatters@btconnect.com](mailto:fmatters@btconnect.com) for more details. Information about this, and other Family Matters courses are available at

[www.familymattersnorfolk.org.uk](http://www.familymattersnorfolk.org.uk)  
There is also a new drop-in at Cadge Road Community Centre, held every other Thursday morning.

## Start Your Own Business

If you are 18-30 years old, and unemployed or working less than 16 hours a week, the Prince's Trust have free 4-day Enterprise Courses, to help you plan and start your own business!

- ✓ Free 4-day business start-up training
- ✓ Help with market research and writing a business plan
- ✓ Mentoring support for 2 years or more
- ✓ Low-interest loans which may be available
- ✓ Other advice and help

Courses run from Tuesday to Friday, 10:00 am to 4:00pm  
various courses available

contact: [c.Shelley@princes-trust.org.uk](mailto:c.Shelley@princes-trust.org.uk) or, text or call Eric on 07879 881102 for a chat.

# Get Involved Week

## 28th Sept – 4th Oct 2015

Fancy getting more involved in your community? Why not have a taste of one of more than 75 community-led activities taking place across the City in Get Involved Week?

Volunteering has a considerable positive impact across our city. Whether it be putting on community festivals, restoring old bikes, conserving some of our great green spaces, helping young people, running the city's community centres or one of the many other activities that Henderson residents give up their time for to improve their

neighbourhoods. The time that residents put in to their neighbourhoods is what makes Norwich a fine city.

In recognition of this and to encourage others to get a taste for what it's like to volunteer in Norwich, the City

Council is launching "Get Involved Week". Residents have over 75 activities to choose from, all run by local community groups. Log on to

[www.norwich.gov.uk/getinvolved](http://www.norwich.gov.uk/getinvolved) and see what takes your fancy!



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 20th November 2015

Our last competition winner was : Roxanne Ames

Competition  
Time

## Small print

### The Henderson Herald

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