

# Henderson Herald

**Free**

**INSIDE** - Specialist help for asthma sufferers – Help for carers – International Credit Union Day 2016 – MAP projects for young people – Freda retires after 30 years.

**Autumn 2016**



## Millennium Falcon Lands in Henderson Park

Hundreds flocked to this year's BIG Day at the Henderson Community Park - including Chewbacca, dance troupes, graffiti artists and families

*See the photos on page 3*



# Young Carers Get Support They Need

Being an informal carer is when you give your time to regularly help someone in your family who needs it.

It might be helping a parent to get dressed in the morning, preparing meals, helping with medication or caring for someone with dementia or a physical impairment for just a few or for many hours a week. There are lots of young informal carers in the Henderson Trust area who happily take on the extra work of helping members

of their family. However these responsibilities mean that they often do not do so well in school, feel isolated or can be unsure how to find time for themselves. Norfolk Carers Support offers help in a number of ways including extensive advice and resources on practical, financial and emotional matters for unpaid carers. There are two Young Carers

Groups for children aged 6-12 years and 12-16 years at the Marlpit Centre. The groups give these young people a chance to socialise with other young carers on a regular basis, have fun, go away on trips, learn new skills and benefit from all kinds of extra help.

For young adult carers (16-25), there is a project called Transitions. Transitions gives young carers someone to talk to, opportunities for time for themselves, benefits advice and access to support to meet their needs, support for their family and the chance to meet other young adult carers on a regular basis. The project usually provides support on a one to one basis, but it can also

offer opportunities for outings and residential trips throughout the year.

Norfolk Carers Support also runs an Advice Line on 0808 808 9876 (Open 9am till 5pm Monday to Friday & 10am till 2pm on Saturdays.. They understand that every carer has different needs depending on their situation, so their support staff will arrange the best time and place to meet and discuss their support needs. You might simply need a phone call, or you may also request a meeting at home or elsewhere. if you are interested in finding out more about Norfolk Carers Support, contact [admin@norfolkcarerssupport.org](mailto:admin@norfolkcarerssupport.org)



# And Now - A Well-Earned Break

After helping hundreds solve their financial problems, Freda Sheehy MBE has decided to hang up her calculator and retire after 30 years of volunteering.

an anti-bullying campaign and seniors' lunch clubs. She was featured in a local newspaper as "the woman who only has Thursday's off", because of her commitment to volunteering. Over the

In 1992 she helped set up the Earlham Credit Union which later expanded to become West Norwich Credit Union. Eight years ago she was instrumental in the creation of the Norwich Money Advice and

with their money problems. MABS has grown to deal with over £2 million of debts and continues to remove worry and anxiety from the lives of many people.

Freda has continued as a volunteer with West Norwich Credit Union, seeing it grow from a single collection-point in the local Community Centre to a highly-valued organisation with an office at the Earlham West Centre which is open five days a week. In 2013 Freda was awarded an MBE from the Queen in recognition of her volunteer work in the community.

The picture shows Freda Sheehy MBE on her last day at the Credit Union with Norwich City Council leader Alan Waters and West Norwich Credit Union president, Ian Leather.



Since 1985, when Freda first volunteered at Cadge Road Community Centre, she has been involved in local playgroups, junior discos,

years, Freda acted as the Chair of the NELM Development Trust and was a full-time welfare officer at Health First.

Budgeting Service (Norwich MABS). MABS works with the West Norwich Credit Union to provide a free service to help people cope



**#IWalkedAway**  
thanks to family offering me shelter.

**#NoToDomesticAbuse**

Help a friend or family member access support to walk away safely from domestic abuse.

**NCCSP**  
Norfolk county community safety partnership

Anyone can call the confidential 24-hour national helpline on 0808 2000 247 or visit [www.iwalkedaway.co.uk](http://www.iwalkedaway.co.uk)

## A Busy SORTED Summer

Children, young people and families from the Henderson Trust area wanted to say a big thank you to the SORTED Team for a fantastic, fun-packed summer of activities, trips and events. This years trips included: Colchester Zoo, Bewilderwood, Cromer and Pleasurewood Hills. In fact there was something going on nearly every weekday throughout the summer break. Sadly, it is now time to go back to school. But the Henderson Trust is already planning the winter SORTED activities. To keep up to date, join the Friends of Henderson Sorted on Facebook.



The Henderson Trust

## Oct 15th is Credit Union Day

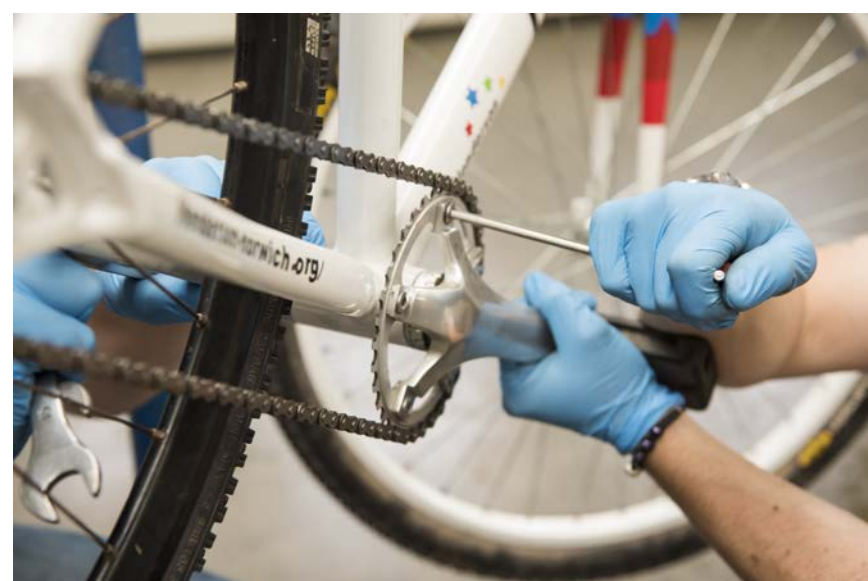
Credit Unions are non-profit financial co-operatives that focus on helping their members save and borrow money safely and fairly. There are thousands of credit unions all over the world and they all work in similar ways. They are run for and by their members and they have what is called a 'common bond' which brings a group of people together to create a credit union – this is often based on an area where they live or where they work. Many offer different types of

accounts (for example children's accounts) and after having saved regularly for a short period of time, most offer loans at affordable rates of interest. In the Henderson Trust area, the West Norwich Credit Union allows anyone to become a member who lives or works in the Greater Norwich area. Go to [www.wncu.net](http://www.wncu.net) for more information. Watch out for different activities and announcements as International Credit Union Day is celebrated and promoted.

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



# Be an HT Volunteer!



There are a number of exciting vacancies available for volunteers who want to make a real difference in their local area.

The Henderson Trust has a range of projects that work with young people, children and families in West Earlham, North Earlham, Marlpit and Larkman.

Volunteer positions include:

- Cycle maintenance
- Support workers
- SORTED summer and winter trip assistants

- Youth support workers

You will need to be dedicated and reliable and committed to the ethos and values of the Henderson Trust. In return, volunteering for the Henderson Trust will give you the support you need, appropriate training, a free Disclosure and Barring Service (DBS) check and a real sense of achievement and pride. You will be working with a great team. The work you do will help your local community, could support your CV or even help you towards a new career.

For an application form or an informal chat, please contact

scott.porter@henderson-norwich.org

or call 01603 251700.

For more information about the Henderson Trust, go to [www.henderson-norwich.org](http://www.henderson-norwich.org)

## Top Tip For Tip Top Health

The Couch to 5k challenge is great for anyone needing motivation and a plan to get up and change their lives for the better. No experience needed!  
Go to



# The BIG Day Photos



**STOP PRESS**  
The Henderson Trust has applied for a grant from the Tesco 'Bags of Help Fund' (in association with Groundworks) to buy and install new sport equipment at the Henderson Community Park.

Lynda Wilkinson, Chair of the Henderson Trust said. "If our application is successful, we are planning to put in some more great new equipment that will help even more people keep fit, have fun and enjoy our wonderful park."

Just over a year ago, we had some new play equipment which is loved by lots of children and families and I am sure that the new equipment will be just as popular. The park in Ivy Road is appreciated by all sorts of people but to keep it nice, we all need to take responsibility for keeping it in good condition - free from damage, dog poo and graffiti."

## In Brief:

### New books for teens

There are over 35 new self-help books for young people available at West Earlham Library. They include: graphic novels and fiction titles on mental health issues including anxiety, worry and panic, Autism and Asperger syndromes, bullying, confidence and self-esteem, depression, mood swings, Obsessive-Compulsive Disorder, self-harm and stress.

### Norfolk Carers Handbook

If you're looking after someone who has an illness or disability, the 2016-17 Norfolk Carers Handbook has details about where to get the practical, emotional and financial support you need. Copies are available in GP surgeries, pharmacies and libraries or by calling 0808 808 9876.

### Foot-Golf Anyone?

Why not give the UK's fastest growing sport a try at Eaton park on Tuesdays and Fridays 3pm – dusk and Saturday 1pm – dusk.  
[www.norwich.gov.uk/footgolf](http://www.norwich.gov.uk/footgolf)

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



# Breath Easy - Don't End up in A&E

The Wensum Valley Medical Practice has a dedicated Respiratory Service for people who find breathing difficult.

Regular asthma clinics are run by asthma experts Helen Coyte-McKenzie and



Julie Roche from the West Earlham and Adelaide Street Health Centres. Chronic Obstructive Pulmonary Disease(COPD) clinics are run by Sam

Crossman-Jelliff. Sam is a specialist nurse providing reviews and diagnosis - she also has a special professional interest in allergies.

Both clinics offer individual help and expert advice to make your breathing more comfortable. If you regularly feel short of breath, have a persistent cough, bring up phlegm most days, have a wheeze or regular

bronchitis or if you are you using lots of your blue inhaler, get in touch by calling 01603 250660 to access the respiratory service.

# 11 - 16? This is for YOU

MAP, the young person's charity has three new projects for young people in the Henderson Trust area.

All projects are free and are run and delivered by MAP youth workers and professionals. Projects are funded by Children in Need through the Early Action Network and Youth Music.

**CAN Soup**  
Held at the Marlpit

Community Garden on Tuesdays from 3:30 till 5:30pm - you can get involved in growing, gardening, bee keeping and other outdoor activities in a friendly group of young people. Sow, dig and eat what you've grown!

## SoundBites

At SoundBites, you can enjoy group and 1:1 music sessions with professional musicians. Learn how to play drums, guitar, keyboards, sing, mix or create digital samples. The sessions are held in the Creativity Rooms at City Academy Norwich on Mondays between 3:30-5:30pm. There are also trips to see live music, visit a

radio station and you could even gain a Bronze Arts Award. No music ability is required, just an interest in trying something creative. 11-16 year olds are all welcome and we are just as happy for those whose first language is not English to join in.

## MAP club

On Thursdays from Sept 29th, at the City Academy Hub, there is going to be a regular supportive and friendly group of other young people whose first language is not English. There will be lots of activities to choose from including: cooking, sport, art, music. you can build your confidence and get to know your community better.

To join in, get involved or for more information, contact Hannah Garrard, Senior Youth and Community Worker at MAP hannahgarrard@map.uk.net



with The Prince's Trust

The Prince's Trust and Solis Nail and Beauty Training are offering a **FREE** one week training course which gives you a fantastic opportunity to work in a fun and new environment.

If you are aged 16-25 and unemployed you can apply to join the programme, where you will:

- Learn about different nail techniques
- Get to have a go with different nail art products
- Opportunity to gain two accredited BATA qualifications in Luxury Manicure and Gel Polish
- Work with experts in the beauty industry
- Enjoy a fun week improving your teamwork, communication skills and confidence.
- three months support after the programme to help you move into education, training or employment

The course will cost you nothing - your travel expenses and lunch will be provided each day

- This course will run from 26<sup>th</sup> - 30<sup>th</sup> September 2016 at Ayton House, Wymondham
- Each day will run from 10am - 4pm
- A taster session is being held on 21<sup>st</sup> September from 10am-2pm

To register your interest or for more information text 'NAILS' to 07946 559 335

This programme was supported by Norfolk County Council and South Norfolk Council.



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# Where is this?

***Tell us and you could win a £10 voucher!***

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

**info@henderson-norwich.org**

**Henderson Trust  
Henderson Business Centre  
Ivy road Norwich  
NR5 8BF**



Entries must be received before Friday 28th October 2016

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

## Small print

**The Henderson Herald**

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