

Henderson HERALD

Free

Spring 2013



Make-over For Bunkers Hill Wood

Bunkers Hill Wood off St Mildreds Rd is a section of ancient woodland (close to Twenty Acre Wood) right in the heart of the Henderson Trust area. Help is needed from schools, UEA volunteers and local people to clear up and conserve the area and make it a beautiful and safe place for everyone to enjoy once again. Norwich City Council Neighbourhood Services Team is supporting the project and UEA Volunteers, Jessie Gardener and Kris Sales have already carried out a wildlife survey in the woods and recorded the many species they observed. As well as oak and beech trees, which provide a dense canopy in the summer months, holly and ivy grow in the

winter and in spring the eastern slope of the hill is blanketed with bluebells. The woodland is also home to a number of bird and butterfly species, including the rare White Admiral butterfly (pictured).

Over the past few months, the woods have been undergoing an early spring clean to get rid of lots of litter and rubbish that has been dropped or tipped there over the years. Another UEA volunteer, Annie, has written a guide to the woodland which has been delivered to homes close to the wood and is available in Linzers Bakery. The guide will help everyone to appreciate and enjoy a walk through Bunkers Hill Wood. These are the first steps towards a brighter future for the woods. If you are interested in joining the project to restore Bunkers Hill Wood then please get in touch with Elaine Sherriffs, UEA Volunteering Administrator: volunteers@uea.ac.uk or telephone 01603 592103 (Wednesday-Friday).

Gang Crime

It may seem that gang and knife crime only exists in New York City or in inner City London but it is a growing problem in urban areas including Norwich. One local organisation is planning to help prevent young people between 10 and 25 from getting involved and inform them about the very real dangers around gang culture. Future Projects will be running interesting and fun workshops and sessions for young people that will include: Music and media workshops and arts, crafts, dance, sports and other fun activity sessions run by professionals. There will also be a toddlers group for young mums and those with young families to learn more about parenting techniques and get support. The sessions and workshops will be run from the Fourways Community Centre. To get involved or find out more, just pop in to the Centre and pick up a leaflet or call 01603 250505.



Time Capsule Competition

Victory Academy in Costessey is running a competition to decide what things should be put into a time capsule that will be buried in the grounds around its £13 million New Build later this year.

A spokesperson for the Victory Time Capsule Team said: "Many Henderson Herald readers may have attended Costessey High School or even worked here so we'd like their suggestions about what we can put inside the capsule. The best ideas will be selected and put into the time capsule so that future

generations can find out about life in 2013. The winners will be invited to the ceremony where the capsule will be buried. We have already decided we will put a series of photographs showing the school building through the years including the construction of the new one."

The Academy is planning to put on an exhibition of the contents of the time capsule before it is buried so keep checking the Henderson website notice board for details.

To enter the competition, email your suggestions to: TimeCapsule@ormistonvictoryacademy.co.uk or call 01603 742310. The deadline for suggestions / entries is Thursday, March 31st.



Some Members Of The Victory Time Capsule Team



Your Community Notice Board On Line!

- ★ Recycle and find good homes for things you don't need any more
- ★ Get hold of loads of Free Stuff
- ★ Find out What's On in the Henderson Trust Area
- ★ Hear about the latest Special Offers from local shops and businesses
- ★ Get updates, Notifications and Warnings from local organisations, police and utility providers

Find all this and more at: www.henderson-norwich.org.uk and go to 'Community Notice Boards'.

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

'Sheehy' Couldn't Believe It!

When local woman Freda Sheehy opened the post one rainy morning just before Christmas last year, the last thing she expected was a letter from the Queen. But that is exactly what she got! The sealed letter explained that someone who works at Norwich City Council had nominated her as a Member of the Order of the British Empire (MBE) – one of the highest honours in Britain. Freda was nominated because of her volunteering and commitment to the many and varied services in the local community including her work with: The Henderson Trust (formerly NELM), the West Norwich Partnership and the West Norwich Credit Union (WNCU). Ian Leather, who works with Freda at the WNCU said: "She has helped the people of West Norwich for over 20 years. She works tirelessly and always wants to help people to have a better life.



Freda absolutely deserves this honour and I am very proud to have worked along-side her". Although she was very happy to have received her MBE in the New Year's Honours list, Freda wanted to thank all the volunteers who are also involved in the many projects and organisations that support the local area. "I certainly did not do it alone. She said; "When I opened the letter, I could not believe my eyes. It still hasn't quite sunk in. It is amazing that the work that is going on in West Norwich by me and others is being recognised by the Queen herself!" Freda is looking forward to going to Buckingham Palace soon to receive her award in person.



Fourways for Fitness

Recently, the Fourways Community Centre was the place to be if you wanted to learn new ways to keep fit and healthy. The 5-week course called 'Fun Fitness For All' was designed for anyone whether they were used to exercising or not. As well as getting people moving, the course covered how to eat more healthily. Every week there were tips and recipes to help increase the amount of fruit and vegetables in a regular family diet. Fun Fitness For All was organised by Anne Francis and the West Norwich Partnership, with support from Fosters Housing. Jo Mangreen Hall, who attended the course said: "The class was brilliant. I feel so energised and had a big smile on my face all the way home." Keep up to date and be the first to find out about more local health courses at www.henderson-norwich.org

Good Food Great Company

For over 20 years, the Cadge Road Community Centre has been home to the Lunch Club and Old People's Club. If you are of a 'certain age', then for just £3.50 you can savour a delicious and healthy hot meal followed by time to chat with your friends and maybe even enjoy a game of bingo. Doreen Sell who manages the club said: "There is always a warm welcome for new members, the food is great and the company is even better." The club is open every Tuesday between 12.30pm – 3.45pm. To book your place or just to find out more about the club, contact Doreen on 01603 745345.



Pika-Bita-Litta Poster Competition

Congratulations to our winner Segovia and well done to our runners up Tyler, Jessica, Katie, Kristopher, Holli, Bradley, Tazmin and Maddie. Thank you to West Earham Junior School for encouraging so many fantastic entries.

Top Tip For Tip Top Health

When given the choice of stairs or an escalator, choose the stairs. The more we move the fitter we become which has a knock-on effect on our mood and ability to relax.



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Shockingly Interest-ing!

If you have to borrow money, either for an unexpected essential bill or for a big commitment such as a mortgage, it is essential to understand the basic idea of "Interest". Many debt counsellors, dealing with people with thousands of pounds of debt often find that one of the problems their clients had is that they did not understand how "interest" works

If someone or a company has some money to spare, they might be prepared to lend it to someone who needs it - but only if they pay it back in a particular time and they usually charge "interest". Until quite recently you could often borrow money at between 5% and 10% which meant that if you borrow £100 you pay it back at the end of a year plus £5 or £10 The number before the % sign is the amount you pay extra in 1 year for every £100 borrowed. So if you borrow £200 at 10% for 2 years, you would pay back a total of £220.

Whether you are thinking about borrowing from a high street bank, on a credit card, 'easy money' cash shop, 'pay-day' loan company or a credit union, you will usually see an "APR" Interest figure advertised. In fact, if you can't see an APR then the loan is illegal! Even 20% APR will mean you pay quite a bit more for your goods than if you pay cash. But beware of those with much higher APR rates and, if at all possible, never touch those with APR in the hundreds or thousands or you could end up paying more than twice the amount you borrow over a very short period.

For example: Many of the High Street cash shops and pay-day loan companies advertised on TV offer to let you have some money as a short term loan. This can seem very attractive if you have someone hassling you to pay a bill, but - beware! You may borrow £100 and pay your bill - but when it comes to paying back the money you borrowed, in just 2 or 3 weeks you might be shocked to find out that you have to pay back around £125 in many cases. These interest rates are

usually at least 1,500% and can be as much as 4,000%. This form of borrowing is usually the beginning of a very slippery slope and should certainly never be used as a long term method of borrowing.

If you are having problems with debt and you are looking to get your money sorted, then it might be worth talking to the people at the West Norwich Credit Union (WNCU). The credit Union is a place where you can regularly save what you can afford and after just 2 months of saving, you may be able to borrow cash to help with life's little emergencies at a low rate of interest.

For more information about your local credit union go to www.wncu.net or call in to the shop at Earlham West Centre - near Linzers Bakery. If you have any great ways or tips to save money that we could share with our readers, please send them to info@lyndongreen.co.uk or Lyndon Green, The Henderson Trust, Henderson Business Centre, Norwich, NR5 8BF.

Artshop Project NANSA

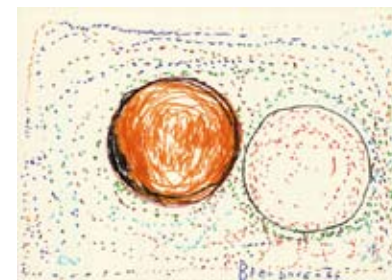
The Artshop Project which is based in the Earlham House Shops in Earlham Road has just opened its most recent exhibition. The exhibition is called 'The Art and Soul of Paper' and is being supported by The International Association of Hand Papermakers and Paper Artists (IAPMA).

The Artshop Project gives professional artists the opportunity to display and sell their art alongside works of art created by local disabled artists. The shop is supported by NANSA (The Henderson Herald featured NANSA in the last edition). Richard Shepherd, NANSA Art Programme Lead explained; "We have a fantastic place for artists from all backgrounds to show off their art. We also give young disabled



adults opportunities to learn about working in a shop, website management, promoting and managing exhibitions, IT and art reproduction. We have all the equipment and offer support and training to help develop real life skills."

In addition to selling and displaying all sorts of great art, the project has a shop which offers art equipment and some 2nd hand art books and picture frames etc. The Artshop is always happy to accept donations of 2nd hand art equipment and goods. For more information about the shop or the latest exhibition, visit the shop, go to www.artshopproject.com or call 01603 505066.



Building Futures

If you have experience in the building trade but find yourself presently out of work, then go to www.buildingfuturesnorwich.co.uk. Building Futures in Norwich (BFIN) matches trades people who have recently lost their jobs with some of the many contractors and employers who work in the Norwich area. They can also arrange extra training if needed. BFIN is also looking for building firms and contractors who can offer jobs to skilled and experienced workers. Go to the website or contact Helen on 01603 610586.



Tweet For A Seat!

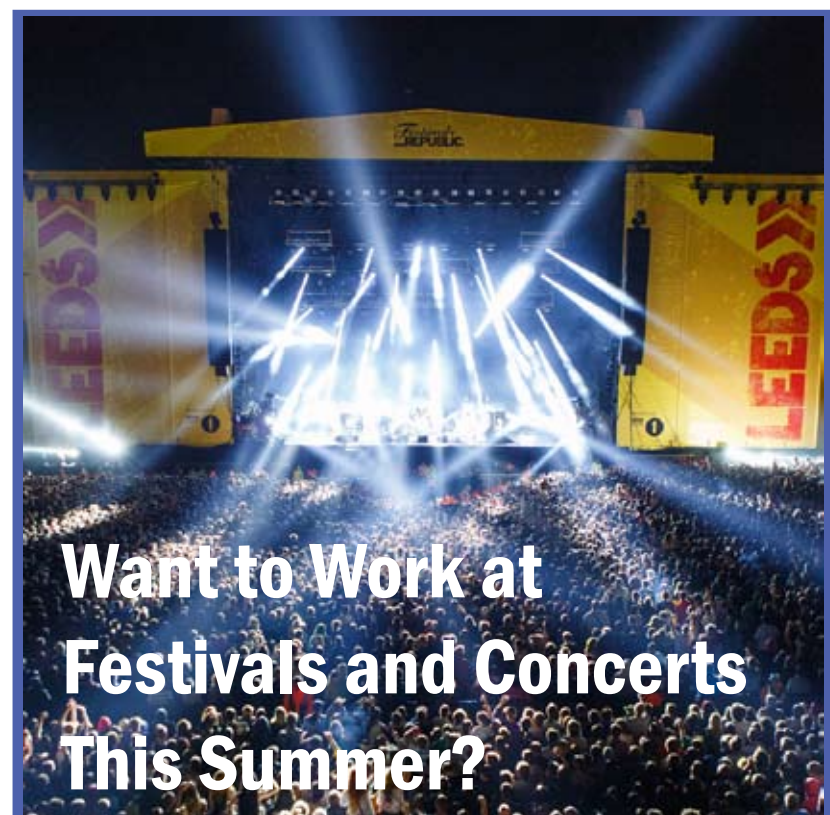
Norwich venue, The Garage has announced an unusual initiative that it hopes will make theatre more accessible to today's young audiences. The venue, whose programme of theatre, Curtain Up! runs until April 29th, has designated a section in the gallery of its theatre as 'Tweet Seats'. These special seats will be made available free throughout the season to those who promise to live-tweet a

review of a show.

To encourage younger audiences, the local venue already has a competitive pricing policy, which sees all the shows available at £5 to under 25s.

Avid Twitter reviewers who would like to apply for the free 'Tweet Seats' should tweet @_TheGarage or email info@thegarage.org.uk to request their free ticket.

For full details and to purchase a ticket for any Curtain Up! show, visit www.thegarage.org.uk



Want to Work at Festivals and Concerts This Summer?

The Elite Academy of Security Training has limited funded places on its 'Understanding Stewarding at Spectator Events' course.

You must be between 16 and 18 ½ and live in Norwich.

The five-day course will enable you to work as a Steward at events and earn money whilst being part of the great British events industry this summer.

For more information, contact Elite Training on 01603 764507 or go to www.elite-trainingacademy.co.uk

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Health Care Is Just A Click Away

Wensum Valley Medical Practice has taken on board lots of new and modern technology but, at the same time still offers the great service you expect from your local surgery. The Practice website (www.wensumvalleymedicalpractice.nhs.net) contains lots of useful information about the surgery and the services they provide. It also has links to other information about various conditions and health worries. If you want to order your repeat prescriptions on line, you will need a password, just call the practice on 01603 250660 or call in. Get your unique password and

you will be able to order your prescriptions 24 hours a day. Everything on the website is also available in any language so wherever you are from, you can get the information you need in your own language. If you use 'smart' or mobile phones, then the surgery can remind you about your appointments by text, so you need never miss your time with the doctor or nurse. If you are already a patient at the Wensum Valley Medical Practice, make sure that they have your mobile number and email address to help them keep in touch. Practice Manager, Mary Taylor said: "technology has helped us to keep in touch and give our patients an even better, quicker and up-to-date service. We can point people in the right direction if they have questions but we also provide good old fashioned care for all of our patients." To find out more about the services or to get a password, call Mary or the surgery, on 01603 250660.



You Never Forget How

Not About the Bike based at Unit 9 Henderson Business Centre have received extra funding from the Henderson Trust to fund supported inclusive cycle rides with a qualified cycle trainer for 6 months from May to October 2013. If you want to gain confidence in getting back on a bike after health issues or disability or maybe you haven't been on a bike for a long time and do not have the confidence to go out on the roads alone then Inclusive Rides are for you.

For further information email info@nabnorwich.org.uk

Could You Be A Volunteer Trustee For The Henderson Trust?



The Henderson Trust is a registered charity that serves over 6,500 homes in the local community of North and West Earlham, Marlpit and Larkman. It does this by managing assets and raising funds for projects and supporting other charities and organisations to improve the lives of local people. The Trust is looking for committed and enthusiastic local people to join its board of Trustees and help to manage the strategic direction of this growing and proactive charity.

If you:

- ▶ Can offer at least one day per month
- ▶ Live or work in the Henderson Trust area
- ▶ Have experience of being a trustee or business knowledge
- ▶ Are passionate about the local community
- ▶ Want to make a positive difference

Then we would love to hear from you.

In the first instance, write to, or call for an informal chat with Nick Craig, Chief Executive Henderson Trust Henderson Business Centre 51 Ivy Road West Earlham Norwich NR 5 8BF
Nick.craig@henderson-norwich.org
01603 251700

New Footy' Pitch For School

Land which was derelict, overgrown and dangerous is set for a new lease of life as a brand new school football pitch. The old Ranworth Middle School site is being developed by Norfolk Property Services

on behalf of Norfolk County Council Children's Services and the Henderson Green Primary School.

Work is set to be completed by the summer this year which will allow the Henderson Green School children to enjoy more space to play football and a range of other sports. The new playing field also has good disabled access which was one of the requirements

requested by the school. John Atkins of the NCC Children's Services said; "The land was in a pretty poor state and was not safe to play on, it will be great to see it used and enjoyed by so many local children in the future."



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

Henderson Trust
Henderson Business Centre
Ivy road Norwich
NR5 8BF

Entries must be received before Friday 17th May 2013

Competition Time

Our last competition winner was : Robin Marshall