

Henderson HERALD

Free

Spring 2014



Training If You Are Leaving School

Elite Academy is recruiting young people from the Henderson Trust area for a 24 week programme which will end with a Level 2 BTEc qualification in Security. At the same time, trainees will be able to catch up on their Maths and English qualifications if needed and have a chance to work with a Norwich employer for one day per week as work placement for the course. Any young person who completes

the course will have real prospects of gaining work after studying subjects including:

- Public Service Skills
- Adventurous Activities and Teamwork
- Security Procedures in the Public Services
- Citizenship, the Individual

and Society

- Expedition Skills

Anyone interested in the BTEc Security course should contact Bob Betts robertb@elite-trainingacademy.co.uk or visit the website www.elite-trainingacademy.co.uk



Don't Fancy Going to The Gym? Go to The Garage instead!

Based at The Garage in Norwich, the Creative Gym is a new project for people who want

to dance their way to fitness or just want to make exercise more fun. Project Manager, Celia Makin Bell, said: "We have found that lots of people want to get fitter but either can't or don't want to go to a gym. The Garage has loads of great classes for all ages that are perfect for people who want to get fitter, be sociable and try new activities in a welcoming, cultural venue in the City." Members of the public will be able to take part in a wide range of classes and activities for all abilities including Pilates, Flamenco, Street Dance and Zumba. There is also a new 'Ballet Barre Burn' class every Friday lunchtime for those who want to tone up using traditional ballet stretching techniques. For more information, to find out about the different classes or to sign up for a class go to: www.creativegym.co.uk or email creativegym@thegarage.org.uk

creative
GYM



**An afternoon with local author David Canning
Tuesday 1st April at 2pm
West Earham Library**

David Canning will be giving a short talk and answering questions about his work followed by an open discussion about writing and self-publishing. Refreshments provided. Please contact West Earham Library to book your place 01603 451881.

Little School to go to Big School

After being based at the Marlpit Community Centre for over 30 years, the Little Sparks Preschool is getting ready to move into a

brand new home in a specially adapted building at Valley Primary School.

Staff at Little Sparks, which offers daily activities and early learning opportunities for young children who live in the Marlpit area, are looking forward to moving. Jackie Walker of the Preschool said: "This move will give us lots more space allowing extra places for funded 2 year olds. With separate rooms for different ages, it will also mean that we can offer morning and afternoon sessions for both 2 and 3 year-olds which has been impossible before."

The Governors and staff at Valley Primary School are also keen to welcome their new neighbours.

Head Teacher, Chris Spinks explained that it was not just good for Little Sparks but was also a positive move for everyone connected with the school: "The prospect of having pre-school

provision on site at Valley Primary School is an exciting step forward. The staff of both organisations will be able to learn a lot from each other to ensure that children are well prepared for transition to reception. The governors and staff of Valley Primary School feel that this 'all through' provision will be of tremendous benefit to the children and the community." He said. Work, which is funded by Norfolk County Council, is set to begin around Easter and will be completed ready for the new school year in September 2014. Little Sparks is registered to provide childcare for funded 2 year olds in the area. For more information please give Jackie Walker a call on 01603 746173.



Skate Park Revamp

Skaters and scooter riders who use the Henderson Community Park will be 'stoked' to see that the skate park has recently been refurbished.

The Skate Park is one of the most popular activities at the park and had been starting to become worn out and uneven in places. The Henderson Trust applied for and received a £5,000 grant from the Norfolk Community Foundation to help towards the costs.



Top Tip To Tip Top Health No. 5

Walking is almost the perfect way to exercise and it improves your mental health at the same time. Just 30 minutes a day for 5 days a week could help you sleep better, give you more energy, make your heart stronger and help manage your weight.

It will also reduce the risk of:

- Heart disease
- Diabetes
- Alzheimer's disease
- Strokes
- Bowel cancer
- Osteoporosis (weak bones)
- Stress
- Depression
- High blood pressure

So what's stopping you?



1,300 Call Outs

Last year, the crews based at the Fire Station in Ivy Road Earham, (next to the Henderson Business Centre) were called out

to nearly 1,300 incidents. Three hundred and sixty six of those were classed as 'Primary Fires', which means fires that involve property and / or casualties. The station houses three fire appliances which attend fires and accidents across Norwich and the surrounding areas. Another part of the crew's work is to help people understand fire safety. They say: "If you have working smoke alarms fitted at home you are twice as likely to survive a fire.

Smoke alarms are easy and cheap to fit and available from most DIY stores. For more information, advice or to see if you qualify for a free home fire risk assessment, go to

www.norfolkfireservice.gov.uk



Beavering in 20 Acre Woods

Scouting is not just about canoeing, rock climbing, archery, camping, go-carting, grass sledging, making good friends and learning loads of new and exciting things. The troop at Earham Beaver Scouts recently had a great morning with the Friends of 20 Acre Woods (on Earham Green Lane) clearing and picking up litter and rubbish that had been dropped there. In just two hours, the Beavers and Friends picked up over twelve bin sacks of litter and the local church supplied refreshments after a hard days graft!



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Men's Shed are often called Shedders. Shedders come from all walks of life. Some come with skills they want to share; others because they want to learn new things. and some come simply to socialise: have a mug of tea and a chat; play a hand of cards or a game of Backgammon. A Shed provides a place for blokes to meet informally and safely to do 'hands-on' stuff together. 'Shedders' are active and equal participants, no bosses or workers.

Norwich Men's Shed is currently



open for three sessions a week: two afternoons and one evening. But during 2014 they will be recruiting new shedders, running more activities and opening for longer. To become a Shedder, just visit the 'Shed' during opening times and have a look around. You will receive a warm welcome, a tour of the Shed and a cuppa. You will probably want to get involved right away and after a few visits, if you decide you like to use the Shed regularly, you can become a member and it's free to join and use! At the moment, Norwich Men's Shed is based at Unit 6, Beckham Place (off Edward Street on the north side of Anglia Square), Norwich, NR3 3DU and it is open at the following times: Tuesdays 3 – 6 pm. Wednesdays 2 – 5 pm. Thursdays 7 – 9 pm For more information call Andy Wood on 077 170 555443 or email him at andy.andywood@gmail.com

14th – 20th April is National Gardening Week

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MARLPIT YOUTH CLUB

ALL WELCOME

FORTNIGHTLY ON FRIDAY NIGHTS 6-8PM, MARLPIT COMMUNITY CENTRE

- Team games (dodgeball, basket ball etc.)
- Films
- Quizzes
- Table tennis and other games
- Arts and crafts
- Parties
- Loads of stuff to do!

£1.00 ADMISSION FIRST TIME FREE

A PLACE TO:
HANG OUT WITH FRIENDS
TAKE PART IN ACTIVITIES
HAVE FUN & BE YOURSELF
TALK TO A YOUTH WORKER

FOR MORE INFORMATION PLEASE CONTACT US ON:
Tel: 01603 746173
Email: hmonsey@hotmail.co.uk

25 Thieves Arrested In Norwich

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Marlpit were key to the success of the targeted operation. Police from the Henderson Trust area said that evidence from local people was sometimes the only way that they could catch the thieves or secure a good result. They continued to say that they really appreciated residents coming forward with information and that they were always keen to hear what people had to say. There are two planned dates for police to meet with people from West Norwich and discuss any issues they may have:

- Monday 31st March at 2.30pm in the car park of the Nelson School.
- 25th August 2014, at Aldi on Larkman Lane. (the time of this meeting is still to be confirmed (check police local neighbourhood website for details))

The Police are inviting anyone interested to just pop along and join in. For additional crime prevention and safety advice and information visit www.norfolk.police.uk.



ignore it
why wouldn't you?



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Health Information At Your Fingertips



This month, Henderson Herald GP, Dr Mary Dun of the Wensum Valley Medical Practice explains that you may not always have to speak to your GP to get the information you need. "Most GP Practices now provide really useful information that is easily accessed from your home computer or smartphone. Our website provides information for all stages of life and access is easy and confidential.

It includes information on a range of illnesses and conditions from Arthritis to Thrush. It also contains some sensible general health advice such as how to eat healthily, drink less, give up smoking or take more exercise.

But if you want to use the services such as ordering repeat prescriptions, checking when your appointment is or booking or cancelling appointments, you will need to call the practice for a password first.

Why not take a look at the information on our site right now www.wensumvalleymedicalpractice.net or, for a password, call 01603 250660."

So Many Reasons To Join Your Library

Staff at the Earlham Library are delighted to announce that free Wi-Fi is now available to anyone visiting the library. This means that if you are looking for a job, need to research to help with your child's homework or want to set up and use an email account, surfing the Internet has never been simpler. Alongside help and equipment

to go on line, the library offers many more resources and activities including:

- Reminiscence Afternoon - every second Tuesday in each month. 2.30-3.30pm. Looking at objects and photos from the past and bring back memories. A different theme each month - Refreshments provided.

- Reading Group - first Tuesday in each month - 10.30-11.30am. Come and join a friendly group of library readers.

- Knit & Natter - every Thursday morning - 10-12pm. Refreshments provided: bring your knitting!

- Books, daily newspapers, magazines, DVD's and CD's to hire.

Opening times - Tuesday 9am-1pm; 2-6pm. Thursday: 9am-1pm; 2-6pm. Saturday: 9am-1pm
Call 01603 746173 for more information.

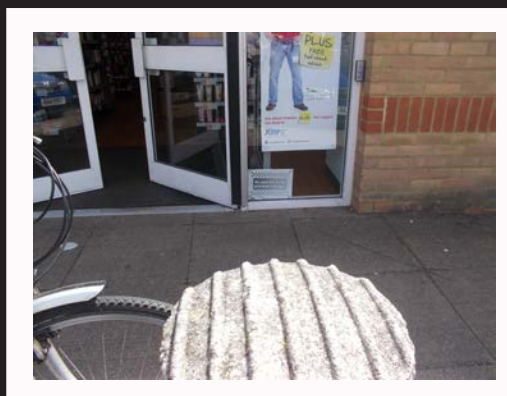
Top Marks For GPs

When it seems like every time you look at the paper or watch the TV, there is a story about how the NHS is failing, it is great to hear that Wensum Valley Medical Practice, at the heart of the Henderson Trust area, has scored three out of three

in a recent inspection. The Care Quality Commission (CQC) regulates and checks that all GP surgeries in England meet Government standards by detailed inspections, checking records and asking what patients think. In their most recent visit to the West Earlham Health Centre, the CQC inspectors reported that in the areas of: Care and Welfare, Safeguarding Patients from Abuse and Safety and Suitability of Premises, the practice met every standard. General Manager, Mary Taylor explained. "The inspectors came and looked at everything we do from how we kept the building clean to how well our clinical staff dealt with patients' illnesses. They even went on a home visit with one of our GPs. We have always known that every member of our

staff is committed to making the practice the best it can be and this report is proof that we are doing things very well indeed. We are delighted that the CQC have recognised that everyone involved is well trained and always tries to put the patients first."

If you want to see the whole report, or to tell the CQC about your experiences of any NHS service, go to www.cqc.org.uk



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 23rd May 2014

Our last competition winner was : Mrs Jackie Gooch

Competition
Time

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MARLPIT

YOUTH CLUB

AGES 8-14

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A PLACE TO:
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TAKE PART IN ACTIVITIES
HAVE FUN & BE YOURSELF
TALK TO A YOUTH WORKER

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ignore it

why wouldn't you?



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