

Henderson HERALD

Free

Spring 2015

Support for Teen Mums



Teenage pregnancies, to those aged 18 and younger, are actually getting less in Norfolk, but figures show that the Henderson Trust area still

has a high number of teenagers who become pregnant.

It's a serious issue because teenage mums are more likely to feel depressed, face a higher risk of poor mental health, and are more likely to struggle to complete their education and find a job. Thankfully, teenage parents can find help and support at the Children's Centre at the Earlham Early Years Centre

on Cadge Road. Good and safe methods of contraception mean that it is easier than ever to choose not to become pregnant. More young women can take control of their lives and their future until they have finished school or college, found work or until they've found the right partner. For those who are waiting, advice and help is available from their local GP surgery, like the West Earlham Health Centre and in case of emergencies, most pharmacies also offer the morning-after-pill free of charge. Condoms are free and easy to get from lots of places. Visit www.areyougettingit.com for more information.

INSIDE - Local teacher's marathon - Volunteers needed at hospital - Advice on beating stress - Lots more!

#WAKE UP!

18-24 years old?

Can't be bothered to get out of bed?

Talent Match could help you get the job (and pay!) you actually want.

We will give you **FREE 1 to 1 support** to help you get that job:

- Real work experience
- Help to get better qualifications (if you need them)
- Possible financial help
- Do something interesting and worthwhile

No Cost & No Catch

So what's stopping you?

Now Get Up and Call...

07436 582314 or email
Daniel.kibby@princes-trust.org.uk
Or search Talent Match Norwich on FaceBook



10,000 People Can't be Wrong!

Did you know that over 10,000 people listen to Future Radio every month? Or that it is broadcast from the heart of the Henderson Trust area?

Future was one of the first community radio stations in the UK and since it was

awarded its full time broadcast licence in 2007, local people and volunteers have seen the station grow and grow. Around 80% of listeners are between 25 - 49 years old but there are regular shows for just about every type and age of person. Future Radio was named by Ofcom as the station with the most 'engaged listeners'; beating Heart, Galaxy, BBC Radio 4 and even Radio 1! The station is still run predominantly by volunteers and is always looking for people who want to be part of the phenomenon that is 'Future Radio'. For more information go to www.futureradio.co.uk or call 01603 455250

Make the most of Your FREE Library.

BOOKS MAGAZINES INTERNET COMPUTERS
CDs
INFORMATION HELP & SUPPORT GROUPS
GAMES ETC!

West Earlham Library at the Earlham West Centre is open:

TUESDAY & THURSDAY

9am-1pm and 2pm-6pm

SATURDAY

9am-1pm

Call 01603 451 881 for more information.

26.2 Miles to go for Teacher

Paul Bradford, a year 6 teacher at West Earlham Junior School is training to run his sixth London Marathon on April 26th.

But this year, Paul, who has taught at the school for 2 years is going to have his wife, Rachel, hot on his

heels for the first time. Paul said; "We have run in aid of a number of charities over the years and this year, we are raising money for the www.starthrowers.org.uk charity that helps people affected by cancer. All the children at the school are really supportive of what I am doing and as their teacher I hope that my running can inspire them to achieve great things. If you want to support Paul and Rachael's fundraising, please go to www.justgiving.com/paulrachel



Top Tip For Tip Top Health No. 9

Grilling or baking food in the oven rather than frying it can cut the fat content by about half!



LIKE US

There are lots of ways to get fit and stay active, including 'ParkRuns' which happen in nine locations in Norfolk on Saturdays, including Eaton Park. There are also Sky Rides which offer local bike rides for all ages and abilities. For details of these and many more ways to get active visit www.activenorfolk.org or call 01603 732333.



certain types of cancer (especially colon and breast cancer), and even reduces mental health problems. Active Norfolk helps people in Norfolk become more physically active. They offer free activities for adults, such as a series of free walks in Norwich and the surrounding areas, and offer support to get involved in sports.



Even though it is celebrating its 75th anniversary, Earlham Nursery School, part of the Earlham Early Years Centre, was judged to be 'Outstanding' in every area of their recent Ofsted inspection.

This is the second time in a row that the school has achieved this result, after also being awarded 'Outstanding' status in its last inspection in 2012.

The report commented that a positive, engaging atmosphere was evident at the school and said: "The

children show that they really do want to learn. This is because everyone who works with the children knows how to help them to become excellent learners. Adults help children to work together and to cooperate with one another. They foster children's persistence and resilience, helping them to continue with activities even when they find them difficult. As a result children are very active and engaged learners."

Stephanie Harding, Head of Nursery, commented: "This report is a credit to the staff team, the children and their parents who all value the opportunities children have to learn at our Nursery. We are particularly pleased that the inspector recognised that learning takes place in a fun atmosphere which is so important for young children."

Get Fit for your Future!

Reports from the University of East Anglia (UEA) have suggested that, as well as keeping you fit and in good shape, regular walking in groups will mean you're less likely to develop a range of health problems in the future. Using walking to help you meet the recommended physical activity targets reduces your risk of high blood pressure, high cholesterol, coronary heart disease (which can lead to angina, heart attack or stroke), type 2 diabetes,



Erm...

Most pharmacies offer young people:

- free C-Card condoms
- free chlamydia testing kits
- free emergency hormonal contraception
- free pregnancy testing



...just ask!

www.areyougettingit.com




Visit www.henderson-norwich.org for all the latest!

Be a NNUH Volunteer.

The Norfolk and Norwich University Hospital (NNUH) is looking for volunteers for new roles which include dementia support companions for older patients and supporting patients as they return home from hospital.

Sally Knights, from the NNUH, said: "We need volunteers who like being with people and can give a few hours a week of their time. There are some really exciting opportunities available, particularly the "Settle In" project where we are setting up a network of volunteers across the county to meet patients as they

return home and help with simple checks around the home. Many of our patients do not have family members nearby and need extra help after leaving hospital. " For more information, contact the Volunteers Office at volunteers@nnuh.nhs.uk or telephone 01603 286060.



Beautiful Gardens All Year Round.

Sonia Smith, the new owner of the Flower Exchange at West Earham Shops, offers advice to Henderson readers who love to have a great garden but don't have lots of time to keep on top of it all.

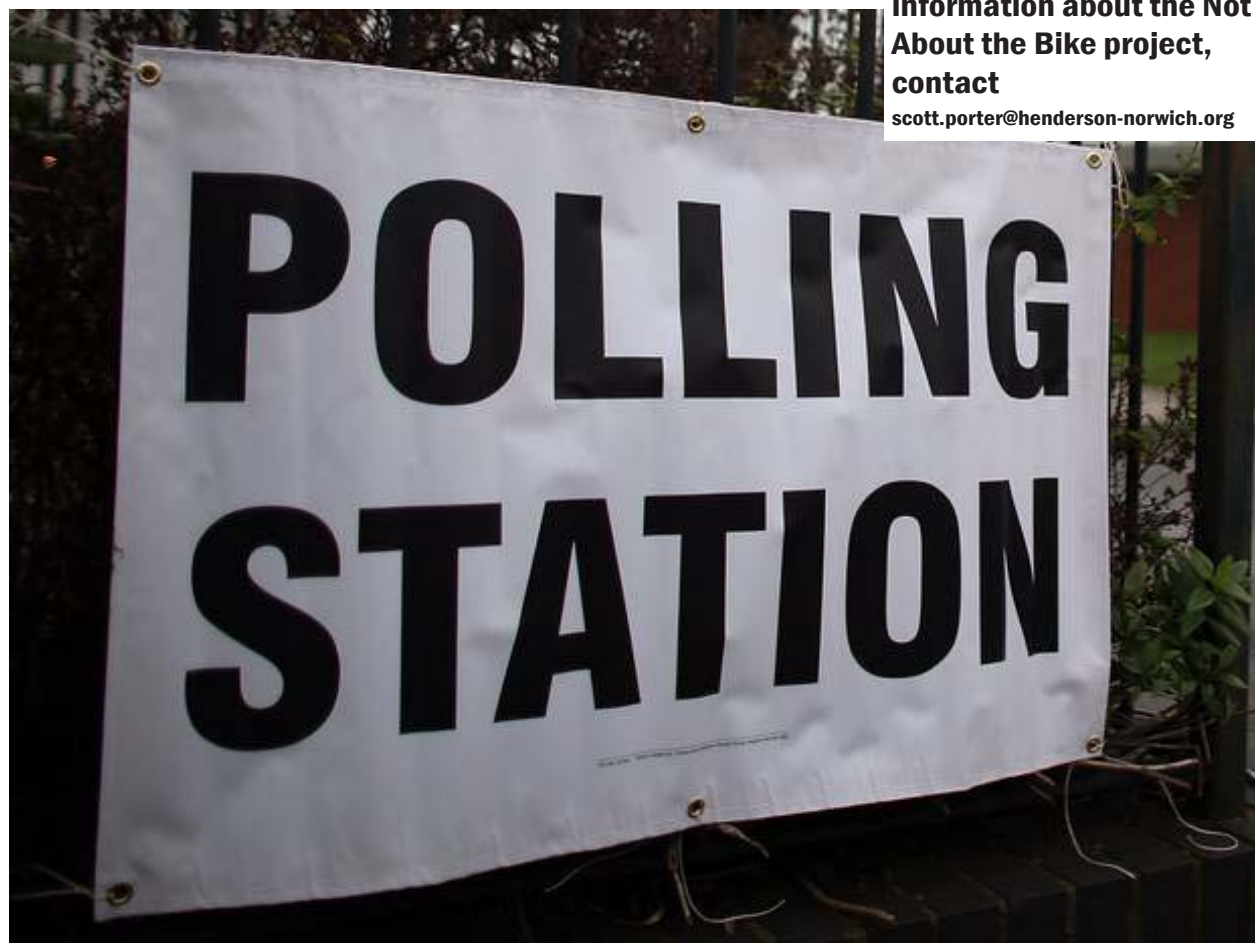
"Gardens big or small are capable of being interesting and colourful throughout the year with a bit of thought and research. Choosing the appropriate plants for where you live, the amount of sunlight your garden receives and soil type will give the best chance of good results. However I have found that

evergreen shrubs are good for filling space and vary in colours throughout the year. A few of my favourites are Hebe, Skimmia, Azalea and spring shrubs such as Hydrangea, Viburnum and Photinia. Summer perennials like Peony, Lupin and Anstrantia have colourful and shapely blooms. Cyclamen, Pansies and Violas will brighten up any dull winters day. Pots and garden accessories are a great way to provide interest and colour and can also add personality to your outside space. " Sonia can be contacted at the Flower Exchange on 01603 506060 or go to www.flowerexchange.co.uk

NAB gets Top Marks

A recent inspection by the Norwich Youth Advisory Board (YAB) gave top marks to the Not About the Bike (NAB) Junior Project. NAB teaches young people new skills, team working and improves their job prospects through bike maintenance. Scott Porter, of the Henderson Trust said: "NAB gives people something worthwhile to do, and as most of the bikes are donated, it is great for the environment too. Cycling is more popular than ever and everyone who comes to NAB seems to enjoy working on the bikes, doing them up and then being able to ride them away at the end."

If you would like more information about the Not About the Bike project, contact scott.porter@henderson-norwich.org



Talent Match

Supporting young people into work

New Anglia



Getting a job can be hard but...

"If you talk to lots of people: friends, relatives, teachers, even people you just meet, someone may know someone or something that could help you get your dream job."

If you are 18 - 24 and looking for work, search 'Talent Match Norwich' on Facebook.

New Exercise Class

Let's get fit 2015

Vanessa Pondsford has launched a new LBT class (Legs, Bums and Tums) at Cadge Road Community Centre. Every Wednesday from 1.30 to 2.30pm to tone those muscles and have some fun.

Only £2 per person

Vote - it's Your Right

Thursday 7th May 2015 is the next General Election where you can have your say in how the

country is run.

It isn't very far away and if you want to make your voice heard and make a difference then you will need to make sure that you are registered to vote. There have been some changes to the way we register to vote recently and it is now everyone's own responsibility

to make sure they are registered.

If you are not sure if you have already registered then you can check and register online at www.gov.uk/register-to-vote or call 0344 980 333. You must be 18 and make sure you have your National Insurance Number handy.

Like us at www.facebook.com/hendersontrust

Fed-up and Stressed Out?

Dr Fiona MacNab of West Earlham Health Centre explains that the Norfolk Wellbeing Service could really help.

“There are times when we all feel stressed, anxious, depressed, overwhelmed or find it difficult to cope. Our stress level can be affected by many different things: our physical health, not having a job (or having one!), our relationships and friendships, where we live, money problems and much more. The Norfolk Wellbeing Service can support you in the first steps to making changes in your life to manage your levels of stress as well as symptoms of anxiety and depression. If you are ready to make a change, this service offers a range of options to support you in your journey. It is free and you don't have to go through your GP as you can refer yourself. Contact the Wellbeing Service on 0300 123 1503 (9am - 5pm, Monday to Friday) or see the website, www.readytochange.org.uk/norfolk/pages/Home.aspx. It is so easy to use and the self-help pages are great.”



Are you Living Well?

If you found it hard to stick to your New Year's resolutions, help is at hand. Free support services are available from Norfolk's Living Well for anyone who wants to make positive changes to their lifestyle

Services include:

- ✓ Healthy weight programmes and NHS Health Checks
- ✓ Stop smoking support
- ✓ Condoms and sexual health advice
- ✓ Healthy Start vitamins
- ✓ Breastfeeding support groups

Visit the website at www.norfolklivingwell.org.uk or call 0344 800 80



Small print

The Henderson Herald

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Kid's Love to do Stuff! Supported by Little Sparks Preschool

littleparkspreschool@hotmail.co.uk

There are lots of things to look out for in the garden, at the park or even on the way to the shops. But as well as watching and looking around, why not try a 'Listening Walk' with your child? What traffic noises can you hear: a siren, a car starting, a bus or a lorry? What does wind sound like? Are leaves rustling in the trees? What does the rain sound like when it hits an umbrella? Is it different when it hits a window? When you are out-and-about, having conversations like these with your little-ones helps their listening and observation skills. When they get home, why not ask them to draw a picture of what they heard?

Get set for summer with **SORTED**

Get on our mailing list for the Summer Sorted programme now!

Subsidised trips and days out with transport for families and young people throughout the summer hols.



Call Scott on 01603 251766 or e-mail scott.porter@henderson-norwich.org

Henderson Trust



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 22nd May 2015

Our last competition winner was : Theresa Quinn

Competition Time

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