

Henderson HERALD

Free

Spring 2016

‘Good’ News for Local School

The latest
OFSTED report
on West
Earlham Junior
School has
rated it as
‘GOOD’ in every
area.

This is a massive improvement on the last report and is fantastic news for the children, staff and the local community. The report said that the children were ‘extremely well cared for’ and although it was a ‘happy and safe environment’, the school still had ‘high expectations of the pupils’.

The Henderson Herald caught up with busy Head Teacher and Henderson Trust Trustee, Catrin Parry-Jones to ask her what had changed. She said: “Although our staff have worked very hard to improve things at the school, it is the children themselves who have really done us all proud. The report talks about the teaching being ‘exciting and challenging’ and that the new curriculum is ‘relevant and interesting’, but if it weren’t for the children really getting involved, being so positive and showing a real interest, none of our teachers’ efforts would



make any difference. We have a great new library and most of the pupils love to read. Reading is right at the heart of the school. We also have activities and on-going projects such as the Anglo Saxon Long House which make the subjects come alive. We believe that it is important to be polite to each other in the school and we all respect each other. For example, our children and staff always say ‘good morning or afternoon’ and use our names if we meet them in the corridors. There is a breakfast café which we

encourage parents and children to come to so they get a healthy start to the day and we have lots of out-of-school activities such as our very popular ballet classes and interesting trips. The report said that our children ‘had confidence’ which will help them wherever they go and in whatever they do in the future. This mix of getting good results in exams and learning to become a positive and confident member of society is why everyone should be proud of West Earlham Junior School!”



‘REACH’ For Your ‘C’ Card



If you are between 13 and 24 and live in Earlham, Marlpit or Larkman, you can get a ‘C’ Card which allows you to get free condoms and lube to keep you safe if you have sex.

You can sign up for your ‘C’ Card at the REACH Club on Thursday evenings between 5pm-7pm at West Earlham Community Centre, just ask for Sally Fox. We will only need your date of birth and the start of your postcode.

Once you have signed up, or if you already have a ‘C’ Card, you will also be able to collect your FREE condoms, lube and Chlamydia testing kits from the REACH Club - no questions asked.

Information about the ‘C’ Card can be found at:
www.c-card.areyougettingit.com



Are you SORTED for Easter?

SORTED is a programme of low-cost activities run by Henderson Trust for local people.

This year, SORTED are organising family outings over the Easter holidays to Great Yarmouth Circus, the Puppet Theatre, Funky Monkeys and the Cinema. There are also climbing, Quasar, and cinema

trips for young people aged between 10-16 years old. There may still be places left for the Easter holidays. To sign up for any of the trips or to be added to our mailing list to receive all the information about our Summer SORTED trips please contact Scott Porter on 01603 251766 or email scott.porter@henderson-norwich.org



INSIDE - Why Academies? - New Hut for
Scouts - Help to Improve Where you Live!

Academies - Q & A

Some schools in the Henderson Trust area have recently become academies and others are deciding about becoming an academy in the near future. But what are the differences between traditional schools and academies?

Q – How is an academy school paid for?

A – Academies are paid directly by Central Government rather than through Norfolk County Council. But ultimately, the money still comes from the taxes you pay.

Q – Who runs an academy?

A – Academies are usually run by an Academy Trust which is often made up of a number of local schools, businesses, colleges or universities and other groups. These are known as 'sponsors'.

Q – Who makes decisions about an academy school?

A – That is the job of the academy trust. Although the Head Teacher still manages most of the day to day running of the school, the academy trust will have a board of appointed Trustees who can decide on the strategic direction of the school.

Q – Do academies teach the same subjects?

A – Academies don't have to follow the National Curriculum like traditional schools, but they still need to make sure that English, Maths, Science and RE are taught and that the subjects they teach are balanced and broad.

Q – Do academies get more money than old schools?

A – Sort of... academies get roughly the same amount per pupil plus a small grant to help with the change-over costs. On top of that they get some extra cash to pay for services previously provided by Norfolk County Council.

Q – Does becoming an academy mean that it was a bad school before?

A – Not always. It used to be the case but now all schools

are being encouraged by the Government to consider becoming an academy.

Q – So what are the main arguments for and against academies?

FOR – The Government argues that academies improve standards, cut bureaucracy, put the power in the hands of the head teachers and help schools to share good practice and learn from each other.

AGAINST – Critics say that, by sidestepping the county council, it is a way of privatising schools by the back door. They suggest that old-style schools will suffer because academies can pay staff more and can recruit better teachers. Another concern can be that businesses and other organisations such as faith groups can have too much influence over the new academy schools.

If your child's school is thinking about becoming an academy, make sure that you get involved with the consultation, hear both sides of the argument and have your say.

LOVE DOESN'T HURT

Inspire Hope- Be A Voice

SPEAK UP

AGAINST DOMESTIC VIOLENCE

www.domesticviolenceuk.org

0808 200 247



LIKE US

Top Tip For Tip Top Health No. 13

Get into the habit...

Get into a routine of doing something active every day at the same time of day. Turn it into a habit and you are more likely to keep it up!



Help Improve Where You Live.



Do you have an idea for improving an underused, messy or unloved community space within the Henderson Trust area?

The Early Action Project, which is run by MAP, wants to hear from you.

Is there a patch of green space that would be perfect for growing vegetables or flowers? Could an unloved area do with clearing up or is there a wall that could do with a lick of paint? MAP youth workers are already talking to young people about what they would like to see happen in the community, and helping them get involved in making positive changes. Early Action is a 5 year project for West Norwich that involves

young people, local schools and other organisations in the community. At the same time, MAP is supporting young people with their social and emotional wellbeing, aiming to increase young people's grades at school and improve their chances of getting meaningful work. If you have any great ideas for making a community space better, contact Ed King edking@map.uk.net or Hannah Garrard hannahgarrard@map.uk.net or text or phone on 07795 265 193 or 07876 864 282.

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

New Hut for Scouts

**Earlham
Scouts,
Beavers and
Cubs from 6 to
18 years old
are finally
enjoying a
completely
refurbished
Scout hut in
Bridge Farm
Lane.**



The recently opened building has been brought up-to-date with eco-heating and emergency lighting systems. The main hall, which was built just after the 2nd World War had an asbestos roof, it was cold and things were wearing out and becoming unsafe. Now the hut has a new roof, new windows, new doors and fantastic insulation which gives a warm and friendly building for activities, sports and family events. The work has taken over two

years to complete but Mike Younger, Group leader explained: "The work cost well over £100,000. This is not an amount that you could raise at a local jumble sale. So we had to raise money from a number of different places and we are so grateful to everyone who helped including: the EDP lottery grant of £20,000, a further £30,000 from the Veolia Waste Trust and a number of other trusts like the Henderson Trust, Norwich Consolidated Trusts, Bassam Trust, Ellam Scout Trust,

Norwich Rotary and the Jarrolds Employees fund who all gave donations. Some companies gave us free materials and the carpark looks fantastic thanks to Batemen Groundworks. In total, over 60 young people (boys and girls) are members of one of the scouting groups based at the Earlham Hut. One of the young scouts, pictured above at the opening celebrations said: "Wow... This is so much better than before, it is warm and light and the roof doesn't leak anymore!"



20 - 25 April is National Snoring Week

We all know how annoying it is and how it can affect your health. But stopping snoring is not always so simple! So what is the cause of these rumbles in the night? Well, there are more reasons than you might realise.

Eating too much, drinking a lot of alcohol and allergies can all irritate and block your nasal passage and airways. To start finding out what's at the root of your snoring habits, break them, start to breathe easier, sleep and feel better, visit www.britishsnoring.co.uk



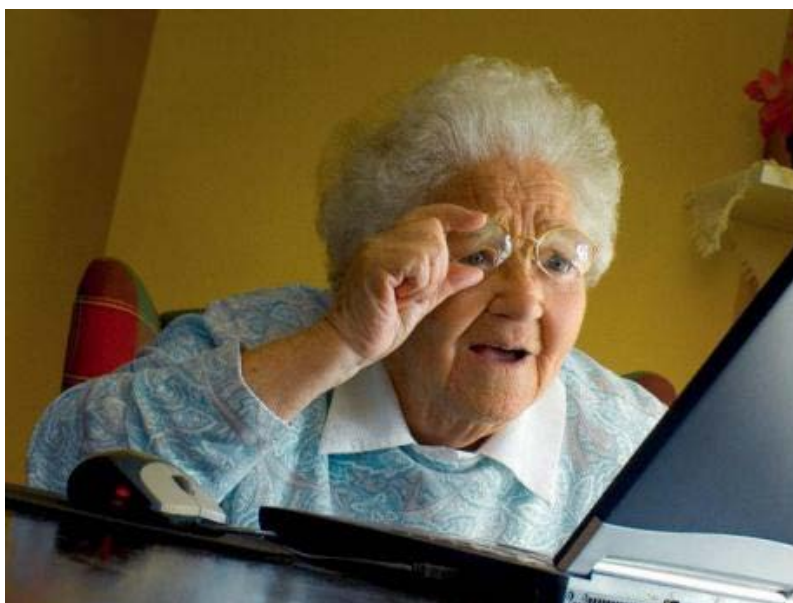
The Henderson Trust

Get Online at Earlham Library

The Internet is no longer a new thing but many people are still scared to learn and haven't managed to get online yet.

The Internet is great for searching for jobs, finding out what is going on in the area and keeping in touch with your family and friends on social media. It will also be essential if you are going to claim Universal Credit (see page 4). The Norfolk Library Service offers help to anyone who wants to get started on the Internet or learn more. The volunteers who

run the courses make getting connected much easier than you might think. The West Earlham Library offers regular courses that you can book on, or you can meet one of their friendly volunteers for help with the basics. Call West Earlham library on 01603 451881 to book a course, plan a session with a volunteer or just find out more.



Real Fitness, Real People is Back!

Come and join us for a one hour weekly session of body conditioning with a Yoga stretch to finish with a bit of relaxation. Thursdays 6.15-7.15pm at The Beacon, St Elizabeth's Church on Cadge Road. Suitable for all levels of fitness, just wear trainers and comfy clothing and bring a bottle of water. Only £2 per session (thanks to funding from Healthy Norwich)

For more info please call Louise on 07534 276544

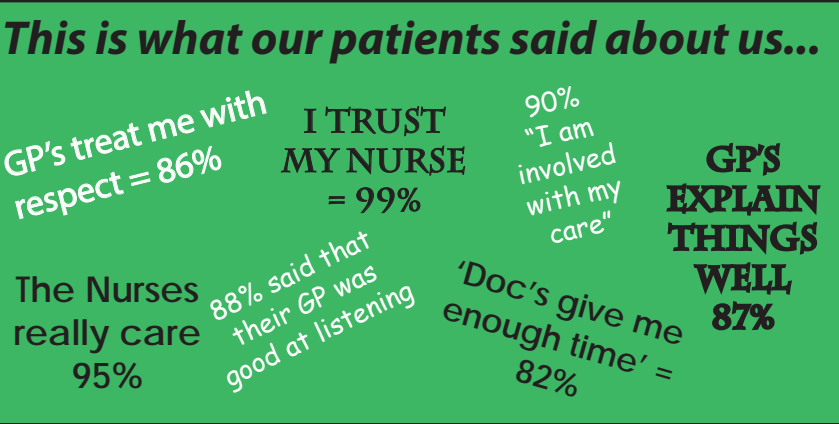
Like us at www.facebook.com/hendersontrust

GP's Get it Right!

One of our Henderson Herald GP's, Emmanuel Ighomereho of the Wensum Valley Medical Practice in West Earlham is proud of the standards of care and service highlighted in the recent national patient surveys.



"I love working with the community and helping people to be as healthy as possible. With tough Government targets and demanding workloads, it is sometimes easy to forget the good work we do. But when our patients tell us that they appreciate what we do, it makes it all worthwhile. At the end of last year, our patients were asked what they really felt about us."



"Many of these figures are better than the local average and it makes me very proud to be part of such a great team."

Kids Love to Do Stuff

By Little Sparks Preschool



Cardboard boxes can be lots of fun for young children. Boxes can become cars, planes, cookers, castles, washing machines, robots, boats or just about anything your child can imagine! Think of a theme they love, for example robots or music. Cover a shoe box with kitchen foil or wrapping paper and fill it with little toys, action figures, photos from magazines and things that relate to the theme. Most of

these things can be found around your home in the play box or in the bits 'n' bobs drawer etc. Let them draw or stick pictures on the box and it is complete! Help your child to use the box and the bits inside to create stories for you that will use their imagination, develop their language and help with their maths and science for school or preschool. It may be a few bits of junk in a box to you, but to the children, it is a world of opportunity, excitement and learning. Who knows, one moment their box could be a pirate ship, then in the next a magic castle and tomorrow it could be a Jeep on safari in Stone Age times. And it all started with an old shoe box!

Small print
The Henderson Herald
Every effort has been made to ensure that the information provided here is accurate. The Henderson Trust is unable to accept any responsibility for any action resulting from the information contained herein. Some articles may have been provided by practitioners from other agencies and therefore any views contained here are not necessarily the views of Henderson Trust staff, Trustees or agents.



- Income-related Employment and Support Allowance
- Income Support
- Child Tax Credits
- Working Tax Credits
- Housing Benefit

There have been some scary stories in the news about how people have been affected by changing to the new Universal Credits system.

Here are some tips and information to help you get ready. Universal Credit is a new monthly payment for those unemployed or on low wages. It will replace:

- Income-based Jobseeker's Allowance

FACT: Your rent will be paid directly to you. This means you will be responsible for making sure your rent is paid to your landlord on time. You will need to manage your budget well.

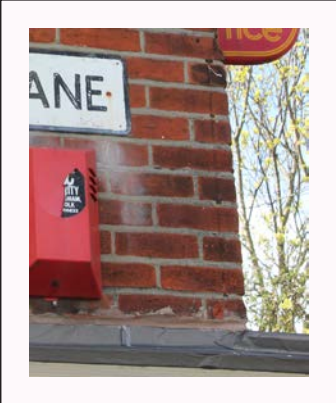
FACT: Payments are made monthly and in arrears. When you change over to Universal Credit, you might find it difficult to manage this at first. You might need some help to prepare for this.

FACT: You can ONLY apply and update your information on line – so you will need to be able to use the internet and have access to a computer. You might need to learn basic computer skills and find out where you can get on line.

FACT: You will need your

own email address.
FACT: You will need a credit union, bank or building society account to pay the monthly payments into.
FACT: You must contact your local council direct to apply for any council tax reductions. This is NOT done automatically as part of a Universal Credit claim.

FOR HELP
If you want information or help with Universal Credits, call Moneywise Homesafe on 01603 821281 or go to www.moneywisenorwich.org.uk To open a credit union account contact West Norwich Credit Union www.wncu.co.uk For info about how to get on line, to get an email address or learn about computers, see the article about library support on page 3.



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 24th June 2016

Our last competition winner was : Jackie Gooch!



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