

Free
INSIDE - Keeping The Community Smiling – Free Outdoor Courses – Help To Shape Your Community - Free E-Books - The Big Day - Mud Glorious Mud - & lots more!
Spring 2017


with their friends and peers in science lessons, bringing what they've learned into the class, which has been phenomenal." Year 8 student Marcus Walker says, "I come to Science Club so I can learn more things about science and to do something after school. I like being able to make things. In science lessons you have to sit down and write things, whereas at Science Club there are more opportunities to make things."

Other benefits include giving students the chance to mix and get to know one another better, with the older pupils acting as positive role models to the Year 7 students. The club also encourages students to think about further studies and even a career in science. Activities have included a visit to UEA to see some of the facilities the students could be using as undergraduates in a few years' time.

Charlie Riches, also Year 8, added: "I come to Science Club because it's fun and because I learn science. I enjoy doing all of the experiments. One of my favourites was the custard bouncy balls which we made by mixing borax, PVA glue and custard powder."

For more information about City Academy Norwich visit www.cityacademynorwich.org



Custard Bouncy Balls And Edible Worms!

The Science Club at City Academy Norwich is celebrating a year of getting students excited about science.

Highlights at the popular after-school club, which regularly attracts 20-30 pupils each week, have included making balloon-powered hovercrafts, kaleidoscopes, edible worms, ethanol rockets and bouncy balls made from custard. The club makes science fun and engaging, giving students a chance to have a go at some hands-on science outside the curriculum. The sessions are open to all students in Years 7 and 8 and are run by various members of the academy staff.

"It's about showing students that physics, chemistry and biology are not just confined to their text books. Science is all around us, even in ice cream!" says Miss Backtash, Leader of Key Stage 3 Science. "A lot of the activities we run are based on what students are interested in and we encourage them to watch videos and come up with suggestions of things they would like to do in Science

Club. That was how the idea for the edible worms came about, made from seaweed extract, sodium alginate and a solution of salty water, which was amazing." Whilst there is a relaxed atmosphere and a strong emphasis on having fun there are real benefits for students' learning too. "We find that once they're interested in what they do in the science club students often share that

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



Keeping The Community Smiling!

Whilst you can always be sure of a big smile and a friendly welcome at West Earlham Dental Practice, the team have developed their own Teeth For Life Programme aimed at drastically reducing the amount of preventable dental work patients find themselves needing.

The Teeth For Life Programme offers personalised risk screening and advice tailored to you. The Practice is committed to helping their patients maintain healthy teeth for life making it ideal for patients of all ages; their proactive approach also offers advice for parents of newborns. And Dr Gautam Sharma

explains how it is not just your teeth that will benefit from enrolling in this initiative. "My focus is to try and educate patients on not only brushing advice but diet. By doing this our aim is to reduce early obesity, diabetes and heart related health issues for all the practice's patients." The initiative is such a hit that West Earlham Dental Practice is now taking the show on the road and has plans to visit the local school to deliver the Teeth For Life Programme at the heart of the community. With fun demonstrations, colourful visual aids and 'The Tooth Challenge' the children will not only learn how best to look after their teeth from an early age but also that the dentist really isn't someone to fear... particularly when a little more education could mean a lot less filling and drilling!

And the community spirit doesn't stop there. In the summer Dr Sharma is also due to take part in the Three Peaks Challenge to raise money for Norfolk based charity Nelson's Journey. We look forward to catching up with him in a future edition of The Herald to find out how he got on. The West Earlham Dental Practice is an NHS Practice so children can be seen at no charge with the additional benefit of being enrolled onto the Teeth For Life Programme. The Practice is currently accepting new NHS patients but spaces are available on a first-come, first-served basis. For more information, to register as a patient or to enrol on the Teeth For Life Programme call 01603 250583 or pop in to the surgery for an informal chat.

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Free E-Books And More!

Did you know that you can borrow e-Books FREE from Norfolk Libraries? And that's not all – there are audiobooks to download and listen to and digital magazines to download too. E-Books, audiobooks and digital magazines can all be downloaded onto any Smartphone or tablet. You can transfer audiobooks to an MP3 player or e-Books onto almost any e-Reader. And there's no need to worry about library fines because the digital files simply disappear at the end of the loan period. Find out more at www.norfolk.gov.uk

Get Your C-Card

Advice, FREE condoms and lube for young people aged 13-24. It doesn't matter whether you're having sex, thinking about having sex, or if you're just curious. You can access the service whether you're male or female and regardless of your sexual orientation. Lots of local venues where you can register for the scheme and pick up your free C-Card packs. All services are confidential. For more information about the scheme, a full list of local C-Card Points near you and loads of advice and tips on safe sex go to c-card.areyougettingit.com

'Growing' In The Right Direction?

Do you want to learn new skills, build confidence, improve your fitness and spend time outdoors? If you are 16 or over and are looking for a new challenge why not make the most of the range of great free courses and activities run by The Grow Organisation. The Grow Organisation and Mow & Grow is a social enterprise that provides garden clearance, maintenance and basic property services with a focus on assisting people in the local community to live independent lives. Whether the task is a one off garden visit or a regular booking to keep your garden space in shape Mow & Grow is always happy to assist.



From May, The Grow Organisation will be running free courses and activities designed to help improve your physical, mental and financial health.

- ☺ Get fit outdoors
- ☺ Learn to forage for wild edibles and cook on a fire pit
- ☺ Grow your own vegetables and learn how to make your money go further
- ☺ One-to-one and group life coaching sessions to help you build confidence
- ☺ Gain professional work experience for your CV

To find out more or sign up for these free courses visit www.thegroworganisation.org or call Claire for a chat on 01603 740107



At The Heart Of The Community



Earlham Early Years Centre opened the doors to its new building last autumn.

They have been busy providing a wealth of free activities and support for local families. The Children's Centre, now based on Motum Road, is a local hub that offers a wide range of services to support families with parenting, child

development, staying healthy and getting back to work. The new building is an ideal space for all the varied activities and classes including the large Stay & Play session for up to 40 people. It has private family consultation rooms, a kitchenette used as a breastfeeding cafe and even a custom-built decked garden area with a wonderful sandpit. In addition to the numerous support workshops and health services available, the Earlham Early Years Centre run lots of parent & child activities such as Bounce &

Rhyme, Baby Steps and Story Book Super Heroes, to name just a few. There are also courses designed to develop the skills and confidence of the parents including Maths, English and Computer for Beginners.

It is completely free to register at the centre and most of the courses and services are free to attend. A full list of activities, groups and services can be found on the website.

To find out more go to earlhamearlyyearscentre.wordpress.com or pop in to the new Children's Centre at 168a Motum Road.

'Wheel' Make The Most Of Your Old Bike!

Not About The Bike (NAB) and Evans Cycles are teaming up again.

Evans Cycles are donating traded-in bikes to NAB. NAB, part of Henderson Trust, teaches people of all

ages and abilities to build, refurbish and maintain unwanted bikes helping to reduce landfill and protect the environment. NAB offers a fully equipped and accessible workshop where training is offered with a fully qualified mechanic. It's always a sociable and relaxed environment, everyone's welcome, helping to reduce social isolation.

For more information go to www.nabnorwich.org.uk call Scott on 01603 251766 or email scott.porter@henderson-norwich.org

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.



Get Involved And Shape Your Community

Have you always wanted to learn to draw, join a choir or start a knitting club?

Marlpit Community Centre is asking YOU what activities and groups you'd like to see available in your local community. They are looking for new ideas to add to their existing programme and are keen to hear what you would like to see happening in your area. The Marlpit Community Centre, Hellesdon Road, is a brilliant space for classes, activities, groups and events. It has a main hall, a play area, office space, a great kitchen and toilet facilities. It is available to hire for regular events, parties, functions and clubs at very reasonable rates.

The Centre is home to the local toddler group, the youth club and Marlpit Community Garden already make use of the flexible space. With its many uses and facilities the possibilities are endless.

Get in touch if you would like to recommend an activity, host a group, hire the space or get involved with the planning committee. All ideas will be considered and you will always find a very friendly welcome.

Call 01603 920570, email marlpitcommunitycentre@gmail.com or send a message on the Marlpit Community Centre Facebook page.

The Big Day Gets Even Bigger!

SAVE THE DATE... SATURDAY 22nd JULY

Following an action packed event last summer Henderson Trust will be organising their family fun day, The Big Day, again this year. The event will take place on The Henderson Community Park and, as ever, there will be lots of family fun for everyone.

The Big Day is a great opportunity for the local community to come together. Local community projects are also invited to showcase their organisations by holding a stall at the event. We are also inviting any local businesses or craft ventures who would like to make the

most of this great opportunity to promote and sell to a completely local audience.

If you are interested in joining us for what promises to be the biggest Big Day event to-date please contact KayleighBruce@henderson-norwich.org for more details. Alternatively you can visit the Henderson Trust Facebook page to be kept up-to-date on all the exciting activities that will be on offer throughout the day.



Like us at www.facebook.com/hendersontrust



Mud Glorious Mud

Spring is one of the most exciting times of year; warmer days, flowers growing and the sound of birds chirping in the trees. But the thing that has the children at Earham Early Years Nursery most excited about being out in the garden is their wonderful mud kitchen. Originally it was a simple mud pit with a few spoons, pots and pans but over time the children have introduced their own extras including brushes, trowels and even tables and chairs. The pit has recently had an overhaul however when a new 'kitchen unit' was installed – it's been a hit!

The mud kitchen offers a wealth of opportunities for learning through play; the children love creating their own recipes and have made numerous 'recipe books'.

They use all the natural resources around the garden to make 'the recipes' more exciting, such as leaves, twigs and Rowan Berries. The Mud Kitchen encourages mathematical thinking and development as children experiment with the amount of ingredients required - using scales to measure weights and different-sized measuring containers to assess volumes. It also supports friendships as the children learn to cooperate and share resources.

The Earham Early Years Nursery provides free nursery education. For more information about the Day Nursery and Nursery School visit www.earhamearlyyearscentre.wordpress.com or contact the administration team on 01603 454271.

NNUH Volunteering

Sally Knights, Voluntary Services Manager at NNUH said: "We are extremely grateful to our volunteers who support us so much and it would be fantastic to recruit more kind-hearted individuals who could spare a few hours a week to support our patients".

Volunteering gives you an exciting opportunity to meet people, learn new skills and, most importantly, make a difference to people's lives.

For more information call the Volunteers Office on 01603 286060 or visit www.nnuh.nhs.uk/get-involved

That's Easter Sorted!

Easter SORTED is well under way and families are making the most of the great low-cost activities available over the Easter break.

SORTED is a programme run by Henderson Trust for local residents that arranges various fun subsidised activities and days out during the school holidays. If you would like to find out more about SORTED or would like to sign up for The Summer SORTED programme please contact Scott on 01603 251766 or email scott.porter@henderson-norwich.org



BUILDING A FUTURE FOR YOUNG PEOPLE IN EAST ANGLIA

The Prince's Trust offer free courses to help young people get into education, training and find employment. For more information about The Prince's Trust and a full list of free courses near you visit the website on www.princes-trust.org.uk or call 0800 842842.



Where Can 'Ewe' Go

Angelica's Rainbow is looking for a new home for their friendly flock.

They were moved to the Marlpit Arms last winter when pub owner Cecile Bidet kindly offered her coach house as a temporary stable for the animals. They've really enjoyed providing a 'professional lawn mowing service' in return for free lodgings!

Angelica's Rainbow is hoping to find a more permanent home for the flock and feel it is important to stay in the area so the local community doesn't miss out on the rare opportunity to interact with these beautiful animals up close. And it's not just sheep! Angelica's Rainbow

have a wide range of 'residents' you can visit including Poppy the Shetland Pony, a Cherry Foot Tortoise called Kevin and Amber the Bearded Dragon to name but a few. Angelica's Rainbow is a non-profit organisation which uses animal encounters for education, therapeutic and practical purposes whilst promoting community values.

To find out more, book an event or get involved with the organisation you can visit the Facebook page, contact by email on angelicas.rainbow@gmail.com or call 01603 951337. Alternatively you can visit the animals and staff in person at The Marlpit Arms on Hellesdon Road.

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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 26th May 2017