

Henderson HERALD

Free

Summer 2013

Volunteers Sam And Remi



Food For Thought

Around 40% of children from the Henderson Trust area qualify for and receive free school meals. We all know that healthy food is good for the general health of children. But did you know that it can affect their moods and that it also makes a positive difference to how well they play, develop and learn?

Working with Henderson Green Primary School, Larkman Primary and Bluebell Primary, the church called Eternity Norwich on Earlham Green Lane runs a school holiday project to help children get a tasty and healthy meal every day, even when they are not at school. Over 30 children recently attended the Lunch Club which is part of the Church's 'Hope NR5' campaign managed by Hope NR5 leader Lisa Marshall-Nichols. All the children who are signed up for the free holiday time meals have been referred via the primary

school's PSA officer. Lisa explained that the scheme is run by volunteers and that they have managed to get funding to pay for the food and support from the Henderson Trust and the Norfolk Community Foundation. "The members at the Eternity Christian Centre are keen to help our community and improve the lives of local people in any way we can. In addition to the Lunch Clubs we work with ten schools in the area and hold two weekly children's clubs that are held in our church. When we heard that so many children would be going without a good meal during the holidays, it just made sense to start the Lunch Club for them. Most of the ideas for meals come from Jamie Oliver's recommendations and after the children have eaten, they can play some sport, play games or enjoy crafts." She said. The Lunch Club runs every school holiday including half term. For more information, contact the Eternity Christian Centre.

NEWS FLASH

Protecting Your Child Against Measles

There have been a number of measles cases in England with some local outbreaks.

Measles can cause very serious illness and is one of the most infectious diseases known.

There is a safe and effective vaccine against measles, mumps and rubella

We strongly recommend that you arrange for your child to have the first dose of MMR vaccine now and the second dose one month later. Two doses of MMR vaccine offer the best way to protect your child against measles, mumps and rubella.

To make an appointment for your child to have the vaccine or to answer any queries please contact the Wensum Valley Medical Practice on 01603 250660

There is more information on measles on the NHS Choices website.

Young Adult Carers Get Help They Deserve.

Carers who are aged 16 to 24 and who look after a long-term sick or disabled family member in the Henderson Trust area can get free support and advice from a new project funded by the Big Lottery.

Because of their caring role many young adult carers miss out on the same work, educational and social opportunities as their friends. In addition the majority of carers report that the care they provide harms their own physical health and stress levels.

John Lee, who is the Project Manager said; "At the moment, very few carers are getting the help and support that they are entitled to. This project can help with: emotional support, social and respite opportunities, assistance with further education and employment alongside benefits advice. This is particularly important in

light of the wide ranging changes to the benefit system."

Ricky Buckland (18) a young adult carer is thrilled about the support he and other carers will receive. "So many more people will benefit from this service. The support will be there as and when you need it, as well as advice on things like sexual health, benefits, jobs, college, housing and much more. It will give you that little break from home by meeting for a one-to-one outside of your home, school or college – that's the great thing about this project, it is centered around the individual young person.'

The carers support for local people is part of a three-year project which was launched earlier this year. If you are or know a young person (16-24) providing care for a family member you can help them access free additional support and advice by contacting: John Lee (Project Manager) on 01603 219924, by email john.lee@norfolkcarerssupport.org or visit the Norfolk Carers Support website at www.norfolkcarerssupport.org



Young Carers Support Team

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



Who Cares?

Working as a carer for other people can be a challenging but rewarding career. People who work as carers need to be passionate about working with people, committed and reliable. A good carer makes a positive difference to people's health, happiness, independence, dignity and well-being. If you already have care experience and are thinking about working again, deciding whether to change your career or just starting your working life, there are many opportunities that may be interesting for you. People who make good carers – care. They want to give the best service to people who need their support. Carers want to help their clients to make the best decisions and live the most rewarding and full lives that they can.

Insignia Healthcare Solutions is a company based in the Henderson Business Centre that offers an individually tailored care service for clients all over Norfolk. Insignia offer help to people leaving hospital or those who just need extra help at home including: Independent living visits (shopping, housework, meal preparation etc), pop in visits, companionship visits personal care, simple dressings and mouth care Insignia already employ over 25 people from North and West Earlham, Marlpit and Larkman and they are always looking for more good people to fill vacancies. If you think you have what it takes to be an Insignia Carer, contact 01603 230405

Music Has Never Been So Much Fun!

Ingrid Roberts is well known at the Earlham Early Years Centre for her fantastic music therapy and fun sessions for young children. Now she is offering parents and child-minders with children under five years old the chance to enjoy even more musical experiences with her 'Stay and Play' sessions. They are provided by Earlham Early Years Centre and hosted by Henderson Green Community Primary School every Friday morning (during term time) 9.30 to 11.00am. The sessions, which are supported by Future Projects, include Ingrid playing her flute and guitar and a range of instruments for the children and parents to have a go themselves. At the end of each session, she plays guitar with everyone for an enthusiastic and enjoyable singing session. For more information, you can contact Ingrid on 01603 507069 or email: ingridroberts@hotmail.co.uk.



LIKE
US

Politics Never Tasted So Good

Following the local elections earlier this year, the children from Little Sparks Playgroup in Marlpit had great fun at the polling station, voting on what they would like to cook and eat during their next session! Three children were picked to represent 3 meals, vegetable soup, cheese and potato pie and pizza, and had to stand in front of the group and persuade everyone to vote for their food. After giving their very convincing speeches all the children were asked to visit

the polling station where they could pick one of the three meals to prepare, cook and eat. The children were asked to tick their name off a check list, draw a picture of what they were voting for and then place their vote inside the 'ballot box'. Once everyone had cast their votes all children were gathered to hear the results. Pizza won with a landslide victory while cheese and potato pie came second! All children were involved in making pizza bases, slicing and chopping the vegetables as well as individually decorating their very own pizzas. While sitting down to enjoy their lunch of pizza and salad followed by a fruity yoghurt everybody agreed it was the right result!



Top Tip For Tip Top Health - N^o. 2

Try to reduce how much alcohol you drink.

"Aim to have two alcohol-free days each week to give your liver a chance to recover."



A Place To Be Happy

Did you know? A recent on-line survey by Rightmove showed that Norwich is the "thirteenth happiest city in the country." The happiest city was Sheffield.



Family Fun Day

Saturday 13th July
10:30 am to 2:00 pm.
City Academy Norwich, Bluebell Road



Lots of fun for all the family, all activities free or pocket money prices

Including, bug homes, Zumba, bouncy castle, music, face painting, stalls, activities, games, events, promotions and loads more!

For more information please contact
activities@cityacademynorwich.org

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

Schools Get Together To Improve Standards

Norwich Community West is a group of 13 local schools who are working closely together to improve education and standards for over 3,200 children between 2 and 19 years old. The schools, all based in Bowthorpe, Wensum and the Henderson Trust area will work in partnership to work with children in a focussed and consistent way as they move through nursery, infant, primary, junior and then into high school. In the past, schools received many support services, that were otherwise unaffordable, from Norfolk County Council. By working as a cluster, the schools can replace many of those

essential services to help. Norwich Community West also hope to create a consistent approach among the schools to things like attendance, standards of behaviour and to raise expectations of what the children can achieve. The Cluster has employed a Special Educational Needs Coordinator to direct, advise and support schools in meeting the needs of the children. This means that specialist support can be provided which in many cases individual schools would not be able to fully afford. The Chair of the Cluster, Paul Steward explained "As a Cluster we are able to provide opportunities for pupils to enjoy sport, culture and other activities in addition to and alongside activities within individual schools. The Head Teachers from the Cluster will get together to share their experiences and ideas and when this wealth of experience and expertise

translates into the classroom real improvements to the pupils experience in school will start to happen. The Cluster has also been able to give teachers the opportunity to gain knowledge and learn from educational experts who would not normally visit individual schools; this enables pupils to experience the latest and best ways of teaching. The Cluster puts the interests of the pupils at the forefront of every decision, and wants to work with families to support their children in the schools." For more information about Norwich Community West contact paul.steward@cityacademynorwich.org



The Chancellor Of The Exchequer - George Osborne

Welfare Reform – How Will It Affect You?

The government is making changes to most benefits through the Welfare Reform Act (2012). This is the biggest restructuring of the welfare system for 60 years. If you claim any benefits, then it is likely that these changes will affect you.

Norwich City Council wants people living in the Henderson Trust area to

have the information that will help them to understand: changes to Council Tax benefit, the 'bedroom tax', the benefits cap, changes to housing benefit for the under 35's and much more.

The Council have prepared an easy to understand guide which is available on the Norwich City Council website. Just type in www.norwich.gov.uk/CouncilTaxAndBenefits/Pages/WelfareReform.aspx into Google or your search engine or search www.norwich.gov.uk

West Earlham Housing Estate In 1969

photo by Victor Nierop-Reading

Do you have memories of swimming here or do you recognise anyone in this photo - write and tell us about it.



Enjoy A Natter About The Good Old Days? So Do We!

At West Earlham Library we do just that once a month- so why not come along? We'll have old photos and objects to prompt your memories and tea and biscuits to enjoy for free. Everyone's welcome, the next Reminiscence Session is 9th July 2.30-3.30pm.

No need to book a place, just turn up and enjoy the afternoon. For more information, call the library on 451881

Earlham West Centre Library opening times:

- * Tuesday: 9:00am - 1:00pm; 2:00pm - 6:00pm;
- * Thursday: 9:00am - 1:00pm; 2:00pm - 6:00pm;
- * Saturday: 9:00am - 1:00pm

Like us at www.facebook.com/hendersontrust

Safe In The Sun – It’s Child’s Play

Dr. Mary Dun



We may not have the hottest summers in this country but it is still important to make sure that babies and young children are kept safe in the warmer weather. Doctor Mary Dun from the Wensum Valley Medical Practice in West Earlham has the following tips for worried mums and dads.

ENJOYING THE SUN

It is good to get out and have fun with the children but, where possible avoid your baby being in the sunlight.

- Apply factor 50 sunscreen regularly, especially if your child is playing in water – and don’t forget the ears
- Attach a sunshade to the pushchair
- Use a wide brimmed sunhat, preferably one with a flap at the back to protect your child’s neck
- Find places to go that have some shade. For example, a walk in the woods or a park where there are lots of trees or walls to shade under.

AVOID DEHYDRATION

Make sure that your baby or child drinks plenty of fluids, particularly in hot weather. Very young children should drink water but if your baby is over six months old, you could make drinking more interesting by giving them a combination of very diluted fruit juices, ice cubes and homemade fruit juice lollies. Older children can also top up their fluid levels with fruit and salad.

KEEP COOL

- Playing in a paddling pool is great fun and will help keep babies and children cool. Make sure that they are watched at all times and put the pool in a shaded area
- A cool bath before bed is often helpful
- Keep your child’s room cool by keeping the curtains closed during the day. If you have one, use a fan to circulate the air
- On warm nights don’t smother your child in too many bedclothes or warm nightwear.

All these tips should help you and your child to enjoy the summer months. However, if you accidentally overdo it and you are worried, contact your GP or call 111.

FREE to Henderson Herald Readers
The Baseline Centre in Knowland Grove and Future Projects in Motum Road have teamed up to offer Henderson Herald readers the opportunity to enjoy FREE groups and sessions for fun, learning or support. See the list below and if you fancy joining in, just contact Laura Bloomfield on 01603 271 331 or 07920 422 610

	DESCRIPTION	WHERE
Monday	Gardening Group: 12:00 - 2pm Come and join in with our community gardening project, in a friendly atmosphere. Whether you are new to gardening or have experience all are welcome.	Future Projects
Wednesday	Drop – In: 10am – 12pm Need help, advice or signposting with issues such as Health, Finance, Housing, Legal Want to access our support services? Pop into Drop-in and have a chat. 4 week Basic IT course – contact Laura Bloomfield for availability Basic course designed for people who have not previously used a computer before. We will show you how to switch on a computer and set you up an email address.	Baseline Centre
Thursday	Free Coffee Morning 10:30 – 11:30am Pop along to our weekly free coffee morning, this is perfect opportunity to come have a coffee, biscuit and a chat Arts and Craft 12:00 – 2:00pm Fun Arts and Craft Group doing a variety of projects. Including making jewellery and making costumes for Lord Mayor’s Parade. Yoga 4 week taster 12:15 – 2:00pm We are running a FREE yoga taster course. If it is popular we will continue with this throughout the summer. Come along, join in and relax.	Baseline Centre
Friday	Job Club 11:30 – 1:30pm Need help with a CV? Can’t seem to get an interview? Come along to Future Projects Job Club. We offer interview techniques; help with CV’s and job searches and much more.	Future Projects

Rich Pickings For Cancer Research Uk

Members of a local slimming group who have lost weight are spring-cleaning their closets and donating the clothes that no longer fit their new slimline figures to their local Cancer Research UK shop in London Street, Norwich. Each bag of clothes

collected by the trim group could raise up to £25 to help fight the disease. Julia Jones who runs the group which meets at Marlpit Community Centre every Wednesday, said “members were delighted to get behind the cause and jumped at the chance to recycle their old tops, dresses, trousers, skirts and more. Between them, members of the group have lost over 45 stone since January this year and they’re feeling fantastic! Lots of people have dropped down clothes sizes and their wardrobes are full of clothes that are too big and baggy now. They’re happy to give them away because they know

that they’re never going to need them again and the clothes they no longer need can raise a lot of money for the charity!” Belinda, who manages the Cancer Research UK shop in Norwich explained: “We welcome clothes in all shapes, sizes and styles and were thrilled to receive such a huge donation of clothing from the Slimming World group. It’s amazing to think that they’ve lost so much weight and that they have so many clothes to clear out from their wardrobes. We’re delighted that they’ve chosen to use their success to raise money for Cancer Research UK. The money their old clothes raise will make a huge difference to people fighting cancer.” Anyone who’d like to slim down like these generous Slimming World members is welcome at the group, which meets every Wednesday at 6.00pm at The Marlpit Community Centre, Lower Hellesdon Road. To find out more visit www.slimmingworld.com or call Julia on 01508



Clothes For Cancer



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 30th August 2013

Competition Time

Our last competition winner was : Noberto Carmona