

# Henderson HERALD

Free

Summer 2014

## Increase In Free Early Learning And Childcare Places

Parents from the Henderson Trust area are being urged to help their children's early learning and development by signing up for free childcare places for

two-year-olds.

Norfolk County Council is delivering the scheme for two-year-old children who are living in families receiving certain benefits. More places are being made available at nurseries and playgroups in the Henderson Trust area.

Earlham Early Years Centre has increased funded places for two-year-olds from 32 to 70 and is expanding the premises, with the addition of a new room which should be up and running in the summer. Extra places are also being created

at Little Sparks Playgroup, currently based at the Marlpit Community Centre. From September, the playgroup is planning to move to Valley Primary School, where it will increase the number of funded places for two-year-olds from 12 to about 36. Places for three and four-year-olds are also set to increase from 26 to about 40 places per week, during term time. Find out more about free early learning and childcare by visiting [www.norfolk.gov.uk/take2](http://www.norfolk.gov.uk/take2)



## Sign Up For Summer Sorted

Summer Sorted is a subsidised programme of activities for

families and 10-16 year olds that runs every day during the school summer holidays. Residents in the Henderson Trust area can sign up for the programme and go on trips and activities including all transport at much reduced prices.



To sign up for summer and receive the booking form through the post you simply need to call Scott on 01603 251766 or email [scott.porter@henderson-norwich.org](mailto:scott.porter@henderson-norwich.org)

## INSIDE - Full page feature Your Local Community Park

## Credit Union Likes To Move It, Move It...

On the 18th of July the West Norwich Credit Union and Norwich MABS will be opening new premises at 22-23 Earlham West Centre. The move is just down the road from where it is presently located but will offer a larger space which is far more comfortable for staff and customers.

The move to the new premises coincides with the 50th anniversary of Credit Unions, which offer a way to save and borrow while keeping your money within the community. To celebrate the move West Norwich Credit Union will be having an open day on the 18th July between 12pm and 2pm and they will be offering some great deals when you sign up to be a member. So come along and sign up or just come down to have a chat about what they do.





## The Henderson Community Park - A Place For Everyone

Henderson Trust Toddler Play Area

This is how the park will look with the new equipment in place.

# New Park Play Equipment

A generous grant from the SITA Trust has helped the Henderson Trust to renew and improve a lot of the old or vandalised children's play equipment on the Henderson Community Park.

The fantastic new swings, climbing frames, slides, seesaws and seats for parents to sit and watch their children play will replace the old damaged or worn out equipment which has been removed. Lynda Wilkinson, Chair of Henderson Trust said; 'With SITA Trust's contribution, we are making the new

playground area a really exciting and safe place for children to play and parents to meet and chat. The Henderson Community Park is a great place for people of all ages to come and relax and enjoy being outside. We are hoping that the new equipment should be ready to be used by the end of June... Just in time for the summer!'

## Family Fun Day

Following on from the success of the Easter Egg Hunt held at the Henderson Community Park, as part of the Easter Henderson Trust Sorted activities programme we are holding another Family Fun Day on the park on Thursday 24th of July between 10am and 4pm.

The Easter Egg Hunt attracted hundreds of people and we are expecting this event to be even



bigger! There will be a treasure hunt, bouncy castles, graffiti wall, food and drink available, face painting and a display from the Norwich Choi Kwang Do school of Martial Arts. You will also be able to sign up for activities over the Summer Holiday with Sorted - although we recommend registering in advance as remaining places on the day may be limited.

Along with the fun we will be formally opening our new park play equipment which was part funded by the SITA Trust. So come along, join in and kick off the Summer Holidays with a massive dose of FUN!



## Local Shop Helps Clear Up Problem

Most dog walkers are responsible and pick up after their canine friends do their 'business'. But some still forget to take along bags to pick the offensive and potentially dangerous stuff up. There are already plenty of bins at the park - so the Henderson Trust have teamed up with Phil's Top Shop in West Earlham to offer free poo bags to everyone walking their dogs in the Henderson Community Park on Monday 30 June. Volunteers will be at the park between 8am - 8pm giving out the free bags and advice. Just come along to the Community Park in Ivy Road and look out for one of our volunteers.

## 25th July To 3rd August Is National 'Love Parks Week'

Research has shown that a regular walk in your local park can help reduce stress and illnesses too. A visit to the Henderson Community Park every day will reduce the likelihood of heart attacks, cancer and even Alzheimer's disease. So why not make use of your local green spaces. Take time to relax, enjoy and feel the benefits.

We ♥

Free early learning and childcare for 2 year olds



Up to 15 hours a week if you receive certain benefits.

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# Bike Project – Still Going Strong

Not About the Bike is an activity that almost anyone from the Henderson Trust area can join in with. It's interesting, you can learn how to repair and maintain your own bike, you can meet new people and it is great fun at the same time. The project recycles and repairs bikes and stops them just being dumped and ending up in landfill.

If you want to get back in the saddle but have a bike that needs repair, take it along to the drop-in

adult session on a Wednesday between 10.00 and 1.00 and the instructor will show you how to mend it for free - or just for the price of any parts used. There are also free sessions for 11 – 16 year olds which run on Tuesdays and Wednesdays between 4.00 and 6.00. Here, young people can build a bike, spray it or just repair their own under the guidance of the Instructor.

Old and unwanted bikes are

always needed, if they can't be fixed a donated bike is stripped for useful parts. If you have an old bike you would like to donate bring it along to the Wednesday drop-in session.. Or you can email [info@nabnorwich.org.uk](mailto:info@nabnorwich.org.uk) or ring 01603 251732 to arrange collection. Not About the Bike also always have a number of refurbished bikes for sale at fantastic prices. Come along to one of the sessions and see what bikes are for sale.

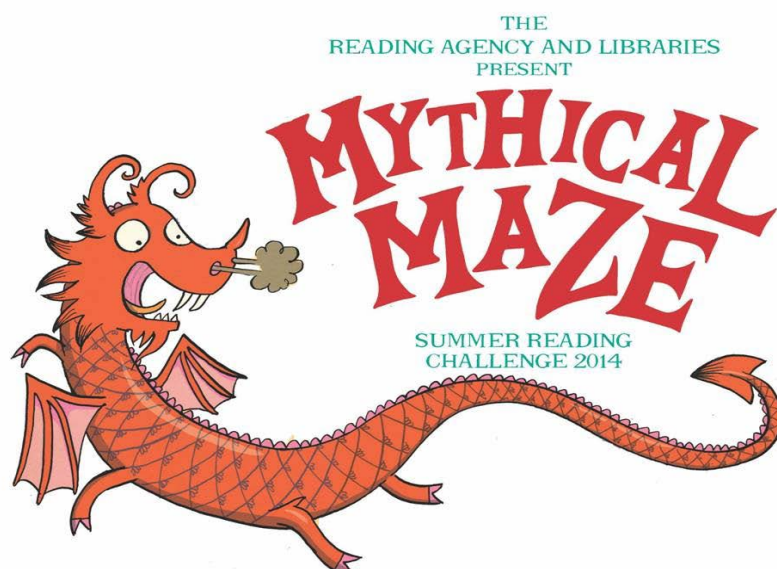


# Mythical Maze Summer Reading Challenge At Your Local Library

You'll be a-mazed at what's going on at your local library this summer: It's the Mythical Maze, Summer Reading Challenge 2014! Your children will love finding their

way round the Mythical Maze. As they read, they'll meet some larger than life characters from myths and legends. They can keep track of it all on a fold-up poster and complete the maze with stickers from the library..... [www.mythical-maze.org.uk](http://www.mythical-maze.org.uk) Look out too for the Munglers Quest Top Trumps cards to collect and swap with family and friends. The challenge is completely free to take part in and keeps children reading over the summer- giving them a head start

when they go back to school in September. Children can choose any books they like: fact books, stories, joke books or picture books. Audio books and e-books count as well, so long as they borrow them from a library. Look out for more details in the library, including special Mythical Maze themed events. For West Earlham Library opening times visit: [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)



# Top Tip For Tip Top Health No. 6

**Don't skip breakfast!** Eating a proper breakfast is one of the best things to help you lose weight. 'Breakfast skippers' often put weight on! A balanced breakfast could include fresh fruit or fruit juice, a high-fibre breakfast cereal, low-fat milk or yoghurt, whole wheat toast, and a boiled egg.



# Recycling – What Goes Where?

## Blue Bin

All paper and cardboard  
Rinsed food and drink cans  
Plastic bottles - rinsed out and lids removed



## Green Box

Glass bottles and jars (rinsed out with lids removed).



## Grey Food Caddy

Raw and cooked leftovers from your meals.  
Vegetables and fruit - raw and cooked.  
Bread, cakes etc.  
Tea bags and coffee grounds.  
Cooking oil, lard and other fats.  
Pet food.



## Brown Bin

Hedge clippings.  
Twigs and small branches.  
Cut flowers.  
Grass cuttings.  
Leaves and shrubs.



## Black bin

Only items that cannot be recycled



# Baseline Gets £10,000 Grant

Future Projects has secured a £10,000 grant from Norwich Consolidated Charities towards the ongoing delivery of Baseline, a post 16 support, advice and guidance service for people who might not get the support they need and who live in the Marlpit area.

Baseline provides open access support to local residents to help them to overcome barriers and deal with issues and problems that they may face. Local people can get advice and support on health, housing, money, education, jobs and training as well as group based activities offering a place to make new friends and to improve their quality of life. Daniel Childerhouse, Chief Executive Officer of Future Projects said: 'We are delighted

about this funding. It will help us to give practical support through the daily general advice and guidance drop in sessions and various group activities run by Baseline. These will include English, and IT courses and Jobs Club to help people get back into work.'

Baseline will also soon be opening to its community café which will provide local people with training and volunteering opportunities as well as good value, healthy and nutritious food.

If you are in need of support or want to get involved by becoming a volunteer for Baseline, come along to the Baseline Centre, 65/67 Knowland Grove, in Marlpit or alternatively contact Laura Bloomfield on 01603 271331.

Like us at [www.facebook.com/hendersontrust](http://www.facebook.com/hendersontrust)



# Newborn Advice

In this edition, Dr Fiske of the West Earlham Health Centre gives some tips to try to prevent Sudden Infant Death Syndrome (SIDS) happening to your child

It is a terrible thing to have to think about, but more than 200 babies die suddenly and unexpectedly in the UK every year. SIDS, which is also known as cot death can happen to any baby, but it's more common in babies between two to four months, premature babies, and babies with a low birth weight. It's also more common in baby boys than girls.

Most cot deaths happen when a baby is asleep in their cot at night. There are a few things to remember.

## ALWAYS

- Put your baby to sleep on its back
- Keep your baby smoke free during pregnancy and after birth
- Put your baby to sleep in a Moses basket or cot in the same room as you for the first six months if possible
- Breastfeed your baby if you can
- Use a firm clean waterproof mattress in good condition.

## NEVER

- Fall asleep with your baby in a chair or on the sofa
- Sleep in the same bed as your baby if you smoke, take drugs or drink or if your baby was born prematurely or had a low birth weight
- Let your baby get too hot
- Cover your baby's head whilst sleeping or use loose bedding.

For more information, contact your GP or speak to your health visitor.



# Local Project Inspires New Foodbank Initiative.

In last summer's edition of the Henderson Herald, we reported about a scheme, supported by the Henderson Trust, to help children from the area get healthy meals throughout the school holidays.

The idea, run by the Eternity

Christian Centre in partnership with local schools, has now been developed by the Norwich Foodbank.

The Foodbank scheme known as Food (and Fun) in School Holidays (FISH) aims to run a number of the healthy lunch club schemes and offer free meals and activities to children of families on low incomes.

In 2013, research from the Trussell Trust, FareShare and Tesco stated that 'School holidays are a particularly difficult time for families,' with more than a quarter of parents saying they can't provide food for all the meals their children need.'

Grant Habershon of the Norwich Foodbank explained: 'A family on a low income, with two children and who usually

have free school meals could find it very difficult to pay for an

extra 10 hot and healthy meals every week. That is why the Norwich Foodbank is keen to work with other organisations and volunteers to help these families throughout the summer. We are looking for volunteers, churches, schools, community groups, care agencies, allotments and local businesses in the Henderson Trust area to work with us and help set up and run free 'FISH' clubs in Earlham, Marlpit and Larkman.'

If you are interested in volunteering, getting involved or supporting FISH or want more details, please contact the Norwich Foodbank at: [fish@norwich.foodbank.org.uk](mailto:fish@norwich.foodbank.org.uk) or telephone Grant on 01603 251733.



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Entries must be received before Friday 29th August 2014

**Our last competition winner was : Mr S. Bower**

**Competition Time**

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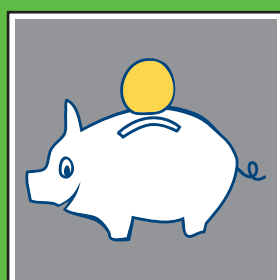


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**The Henderson Herald is produced by the Henderson Trust for the people of North and West Earlham, Marlpit and Larkman**