

Henderson Herald

Free

INSIDE - Letter from Henderson Trust Chair - all about Henderson Trust - lots about Henderson Trust projects and activities - local scout leaders wanted - Grabbit App

Summer 2017



Care To Join Us?

Ivy Court Care Home, located at the heart of the Community, invites everyone to come and enjoy all the wonderful activities and entertainment on offer at their Summer Fete.

The fete will take place in the beautiful gardens at the Ivy Court Care Home, Ivy Road, on Saturday 5th August between 10am and 4pm and is free to the local community. There will be something for all the family with lots of garden games, stalls, live music and a BBQ. Money raised from the fete will go towards funding the varied weekly trips and activities laid on for the residents of Ivy Court. For more information about the high standards of residential, nursing and dementia care and the outstanding facilities at Ivy Court Care Home visit www.caringhomes.org or call 0808 202 0478.

Take A Butchers At This!

Sands Butchers, in the Earlham West Centre, have been consistently providing high quality meat and a great service to their local customers for years.

Mark Sands has very much continued this tradition since taking over as the owner of the family business approximately four years ago. He's also been busy introducing new ways for his customers to have the

choice and quality that they want even when they can't get down to his shop.

Most of us like to support our friendly local suppliers and find the experience of buying meat from an independent specialist like Sands Butchers much more satisfying than that of a supermarket. Busy lives or mobility issues can get in the way of this and often lead to a need for larger, less frequent shopping despite our preferences or best intentions.

Mark has introduced a convenient local delivery service to help

customers who want to enjoy the delicious meat on offer at Sands Butchers but may struggle to visit in person. This is currently a free service with a minimum order of £10 for customers in Norwich and the surrounding areas.

Mark has also expanded his offerings to include a huge range of tasty low fat sausages which have proved to be extremely popular, not least by the local slimming group. Varieties include chicken & sweet chilli, chicken & sage, pork

with caramelised onion & balsamic vinegar and pork & apple. Low fat beef burgers and steak mince are also available alongside the traditional selection of meats. If you can't decide what to try this summer why not pick up a fresh BBQ pack?

To see the full range of meats, low fat sausages and BBQ packs available and to discuss delivery straight to your door go to Sands Butchers in the Earlham West Centre or call Mark on 01603 456507.

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

Dear Henderson Community,

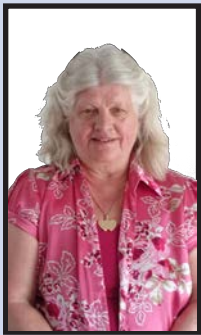
Henderson Trust is a charity which is specifically run to support and develop the area of Larkman, Marlpit, North and West Earlham. We provide and support numerous projects, activities, organisations and people all focused on improving life in the local community.

The Trust gets most of its funding from the rent from The Henderson Business Centre: a purpose-built centre, owned by Henderson Trust, offering business accommodation, meeting rooms and industrial units for small businesses to rent. This means that as well as providing a great space for local businesses at competitive rates we can then use the income to invest in activities and resources for you.

We are really proud of what we have been able to achieve within the local community to-date and are very thankful for all the dedicated staff and volunteers who have made it possible. Many of you will already be familiar with the different projects and activities we provide and support but a few of them are highlighted on the next page.

We look forward to seeing you soon.

Lynda
Lynda Wilkinson
Chair, Henderson Trust



That's
Summer
Sorted

Henderson

Trust

SORTED

After a fun-packed Easter programme that included visits to the Circus at Great Yarmouth, the London museums, the High Altitude Trampoline Park and roller-skating, we are now busy planning a bumper Summer programme. Summer Sorted is available to anyone who lives in the Henderson Trust area.

To sign up to receive the Summer programme or find out more email scott.porter@henderson-norwich.org or call Scott on 01603 251766.

Free Entry

Many Free Activities

Face Painting

Circus Skills

Food & Drink

Arena Displays

Crafts Wall

Trade Stalls

Raffle

THE
BIG
DAY

AT THE HENDERSON
COMMUNITY PARK

Saturday 22nd July

12pm to 4pm

SORTED

Henderson

Trust

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

Henderson Community Park

Henderson Trust owns and manages the Henderson Community Park on Ivy Road. It was originally the playing fields that belonged to the local high school and is now one of the few parks in Norwich that is not run by the City Council.

As well as being the only place in Norfolk that you will find a traditional cinder running track, the park has a dedicated toddlers play area, a play area with equipment for older children and teenagers, and a games court.

Henderson Trust runs the park for the benefit of everyone in the community and even hopes to add new equipment in the not too distant future. It is up to everyone to ensure that the park is used properly however as maintaining a park isn't cheap - the less money needed to repair or replace damaged equipment the more can be spent on new equipment and keeping the park a fun and beautiful place to be.



Henderson Sorted

Henderson Trust's flagship project - Sorted - provides subsidised trips and excursions for families and older children from the local community during the main school holidays. Sorted is subsidised by Henderson Trust and other funders so it can offer great days out at cheap prices with all transport included.

During the last holidays the Easter Sorted programme organised trips for over 250 people in the local community. Scott, who has been managing Sorted for Henderson Trust for a number of years, says "Sorted is now bigger and better than ever before and while it takes a lot of doing it is worth it". He was quick to add his appreciation for all the volunteers who help to make the job that much easier.

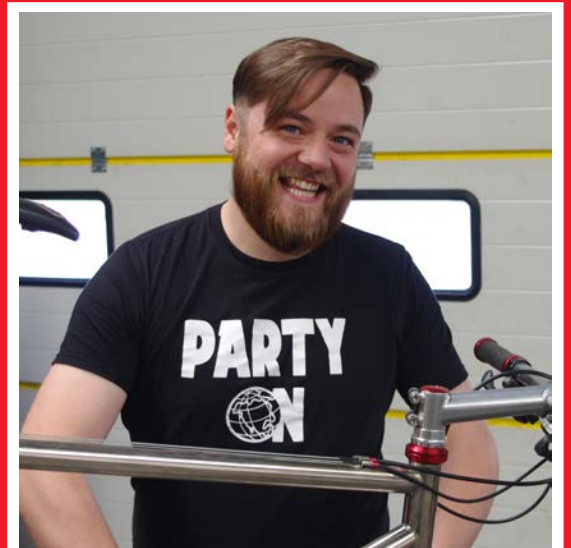
"I once had a beer with James Bond, Timothy Dalton." - Scott

Not About The Bike

Not About the Bike is a very green social enterprise that refurbishes and recycles unwanted and old bikes. The programme teaches maintenance and bicycle repair skills and provides training, work experience and voluntary work to people of all ages, backgrounds and abilities.

Graham, Project Manager, trains adults and children how to look after their bikes and says "With just a little bit of know-how most people will be able to maintain their bikes and enjoy cheap and healthy transport."

"I've played with the same Lego set for 22 years." - Graham



Henderson Development

A lot of work goes on behind the scenes and Henderson Trust has several ongoing projects with a wide range of local organisations such as schools, local authorities and community-based programmes.

On behalf of Henderson Trust Sally has been busy working with numerous projects and partners all focused on providing professional, friendly support and guidance to young people.

She says "We offer young people positive activities giving them knowledge and skills for personal development and to keep themselves safe."

"I was once a DJ spinning the decks in Norwich." - Sally

Small print

Every effort has been made to ensure that the information provided within the Henderson Herald is accurate. 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.



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WNCU 25 Year Celebrations

Set up in 1992 with a small collection point in the Cadge Road Community Centre, the West Norwich Credit Union has really grown since those early days and they now have a shop in the Earlham West Centre open five days a week.

Over the last quarter of a century WNCU have advised thousands of local people on managing their money and have loaned over £2,000,000 in small to medium sized loans to members who have then received a share of the profits in dividends. They have continued to develop their services to suit the changing needs of their customers and have recently launched a new website with online banking facilities so members can check their balance, make withdrawals and apply for a loan simply by logging on via their computer or mobile phone.

Ian Leather, President of West Norwich Credit Union, said "We are here to help people avoid falling into debt by offering an alternative to going to expensive money lenders or using credit cards. Members have more money in their pockets because of cheaper interest rates and, through their savings, have free life coverage so there are no worries about funeral costs".

To find out more about West Norwich Credit Union and the 25 Year Anniversary special offers and events available throughout the year go to www.wncu.net, call 01603 501301 or visit the offices in person at the Earlham West Centre.



Scouting For Local Help

Earlham Scout Group went on their first survival camping trip of the season over the April Bank Holiday weekend.

The trip to Hautbois Activity Centre provided the opportunity to learn skills like building a shelter and cooking meals on a fire and to try activities such as raft building and zip lining. For many of the scouts it was

their first time camping and everyone really enjoyed all of the outdoor activities – even those who ended up soaking wet.

The regular meetings and fun activities such as camping would not be possible without the amazing people who volunteer to lead the groups and chaperone the children. Earlham Scout Group is currently looking for new volunteers to help with the Scout Group.

Those already involved find it extremely rewarding as they learn new skills and get to try new activities but also enjoy being part of the educational and social

GRABBIT The Handy New Delivery App

Do you need some shopping but are short on time or perhaps you have the time but not the transport? If so Grabbit could be just the app for you!

Simply download the new Grabbit App from the App Store to your mobile or pc and then you can start placing your orders straight away. A Grabbit shopper will pick up your order and bring the shopping to your door in less than an hour!

Download the Grabbit App now to start enjoying the quick home delivery at the touch of a button. You can also register your interest in becoming a Grabbit Shopper for your local community using the downloaded Grabbit App.



All About The Bikes

Earlham Early Years Children's Centre has just received six bicycles that have been custom built for the centre by volunteers from Henderson Trust's Not About the Bike project.

The Centre already provides free helmets to school children taking their level 1 Cycle Safety Training and is excited to have the new bikes available for the many families who access the Children's Centre to use. Funding has been set aside to ensure that everyone borrowing a bike will also get their own helmet. It is great for the children and parents to be able to access the bikes both for practical purposes such as attending meetings and appointments and

recreational activities like going for a family cycle in the park or visiting friends. The bikes are free to use for everyone at The Centre and will provide a fun and healthy activity for all the family.

Earlham Early Years Centre plans to use the incredible services at Not About the Bike in the near future to train volunteers on how to maintain and repair the bikes ensuring that they are available for everybody to use for a long time to come. If you would like to find out more about borrowing a bike, are interested in volunteering to learn how to maintain the bikes or simply want to know more about the great range of services and activities available at Earlham Early Years Centre visit www.earlhamearlyyearscentre.wordpress.com or call 01603 455629.

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 25th August 2017

