

# Henderson HERALD

Free

Winter 2012



## Kids Teach Adults A Thing Or Two! The Eco Council at West Earlham Junior School have got a few things to tell adults about recycling and making a positive difference to our environment.

The Eco Council was set up after a visit by Lucy Galvin

from the Green Party and they have already drawn up an Environmental Action Plan for the Head Teacher to agree and the school to follow. The Plan includes over twenty five activities that the children and teachers can do to improve the local environment and even 'help to save the world'. Whether it's creating anti-litter posters, building 'bug hotels' in the school grounds, re-using tea bags or recycling old clothes; all the ideas have come from the children themselves. Teaching Assistant, Karen Withers, who works with the Eco Committee, said: "The environment is obviously very important to the children who have been so positive and mature about getting involved. They give up their own time after school to discuss the ideas and are really keen to make a difference.

The children, who are all from years 3 to 6, were keen to get adults to change their ways. Eden aged 8 said: "A lot of the ideas are really easy to do and if people were not so lazy, then the world would be a much better place."

Ryan aged 10 wants to help save the world by 'being green'. Kyra, who is 7 thinks that adults could recycle more. At the end of the last Eco Council meeting, it was agreed that the children would encourage adults to do two key things to help their environment:

- 1) Switch off lights when you are not in the room.
- 2) Walk instead of using the car when possible.

So, 'come on grown up's'. Do your bit - listen to the kids and help make the Henderson Trust area, Norwich and the world a greener place to live!

## Little Gremlins

### Stay and Play Group.

Mums, Dads, Step Parents, Grandparents with children of all ages are invited to come along every Thursday to play and meet new (or old) friends.

- 12.45 – 2.45 – Every Thursday
- Cadge Road Community Centre
- £1 for first child (50p each for other children in same family)
- Refreshments available
- Also open during school holidays to provide older children with activities



## Join Up (In) January

Staff at Norfolk Libraries are expecting thousands of new members to join this coming January as part of their annual 'Join Up January' campaign. In 2012, over 5,000 people in Norfolk were tempted to become members of the library and enjoy the huge range of benefits - many of which are totally free. Elena Judd, Community Librarian explained:

"Libraries are free, easy to join and it is not only about borrowing books any more. You can hire DVD's, computer games, borrow maps and travel guides, access your

e-mails and browse the net. You can even research your family history for free on one of the libraries paid-for website licences."

There are two libraries near to or inside the Henderson Trust area: West Earlham Library at Earlham West Centre and Earlham Library on Colman Road. To find out more information about Join Up January, go to one of the libraries above or log on to the libraries pages of the County Council website [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)







Assistant Principal Nicola Pettit (left), who heads the modern languages department, with teacher Rebecca Sterritt.

# Victory Goes International

## Victory Academy in Costessey has been given the prestigious International School Award sponsored by the British Council.

The award recognises the students' participation in international activity and

international involvement in the academy's curriculum. Principal Rachel de Souza said: "Our languages team has worked very hard to achieve the full award. It has been a great project to raise the profile of languages in the academy and widen our students' horizons." Victory has also been awarded the gold standard Ormiston Achievement Quality Mark by Ormiston Education. For further details, contact Geoff Howe on 07917469201 or email [g.howe@ormistonvictoryacademy.co.uk](mailto:g.howe@ormistonvictoryacademy.co.uk)



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# Working Together Clears The Way.

## Recently, residents of Tollhouse Road worked tirelessly to clear the paths leading from the Henderson Community Park to Dereham Road.

Every year, the paths become overgrown with weeds and undergrowth so, for the past few years, the people who live in the area have come together to clear the way and make the paths safer and more pleasant to use. For the past two years, residents have asked for help from the Henderson Trust who have paid for a removal service for all of the cuttings left by the clearance.

Peter Keen from Norse, who maintain the park on behalf of the Henderson Trust said: "This is a great example of working in partnership. The residents wanted to clear the paths, Henderson Trust asked Norse to clear the cuttings and we were happy to clear the area and take the waste to be recycled. Now everyone can use the access paths safely."



# Prestigious Awards For Local People.

## Two people from the Henderson Trust area but with very different jobs have been honoured for their work in the community.

Pastoral Care Manager at West Earlham Junior School, Di Burroughs received an MBE for Services to Education and Sean Childerhouse received a runner up Rising Star Award at the 'Pride of NORSE' awards for his outstanding work and customer service on the Henderson Community Park.



Sean Childerhouse – a Rising Star – back to work on the park after receiving his award from NORSE.



Di Burroughs outside Buckingham Palace when she accepted her award from the Queen.

# Ex Military Volunteers Needed

The Grow Organisation, a locally based social enterprise which was supported by the Henderson Trust, is launching a new scheme that will help retired or ex military staff to return to work through an innovative volunteering proposal.

Traditionally, ex military personnel have a vast range of skills and abilities that often go un-tapped because they find it difficult to adapt to the 'civilian way of life'.

The Grow Organisation is working with people who have recently left the Army, Navy or Royal Air Force to help them adjust and fit back into a world outside the forces. The experience that they gain is invaluable and the additional

support they receive ranges from how to write a good CV to CRB checks. Once they have proven themselves, the volunteers will be able to use the Grow Organisation's new social enterprise recruitment agency which will try and find suitable paid employment among their many partner organisations. If you have recently left the military or want to find out more about the Grow Organisation's work to help disadvantaged people find work, contact [jacqui@thegroworganisation.org](mailto:jacqui@thegroworganisation.org) or call Jacqui Starling on 01603 740107.







## Make Xmas A 'Bite' Better

Locally based charity, Norwich Foodbank are asking for donations of Christmas treats and selection boxes to help to make sure that local children in crisis still have a wonderful Christmas this

year. The children in Norwich are in the top 10% of local authority areas in England most affected by income deprivation with an amazing 32% of local children falling into that category. When families have no financial safety net, a sudden crisis, such as bereavement, benefit delay, redundancy, illness or even an unexpected bill can leave them unable to feed themselves or their family. Every day local parents skip

meals to feed their children and people are forced to choose between paying the rent and eating. By providing emergency food and support to local people in crisis, Norwich Foodbank helps to prevent family breakdown, housing loss, crime and mental health problems.

Local professional care workers refer people in crisis to the Foodbank for a foodbox that will last for 3 days. Currently, Norwich Foodbank gives out food to over 500 local people in crisis every month. This December they would like to add special Christmas treats to the food boxes they give out. In particular they would like to give a selection box to every child in crisis. Could you help by donating a festive treat to your local neighbour in crisis? Donations can be made at various places including Roy's at Bowthorpe (collection point after the check-out) and at the offices of Henderson Business Centre 51 Ivy Road Norwich NR5 8BF

## Save For Next Xmas

For most of us, Christmas is a time where money is even tighter than at other times of year. To help spread the cost, the West Norwich Credit Union (WNCU) has launched a Christmas Club 2013 account

exclusively for people who work or live in the West Norwich area. The idea behind the Christmas Club Account is to help people put money aside regularly and to save up for Christmas 2013 - giving them the peace of mind



that when the next festive season comes around that money will not be an issue. Ian Leather, WNCU's Chairman explains: "Christmas, for many families, can be a stressful and difficult time when it comes to money. Children's presents and even food is so expensive and with the cost of living rising, things are likely to get even harder. The WNCU's Christmas Club 2013 Account helps you to save what you can afford every month with the peace of mind that your cash is safe and that it is not being used to pay off share-holders. Then, when you need the money you have saved, it is there for you."

The Credit Union has been going for over 20 years and has a range of accounts to suit everyone, whatever their circumstances. For more information, go to [www.wncu.net](http://www.wncu.net) or call 01603 501301.



## MP Urges Young People To 'Earn While You Learn'

More and more local businesses are seeing the benefits of taking on apprentices. The number of people starting an apprenticeship in Norwich has

nearly doubled in the last two years. Companies are taking on apprentices in large numbers because they value a skilled workforce. Apprentices spend their time working alongside experienced employees. And because they earn a wage while they learn, it really does pay to begin an apprenticeship.

Simon Wright, MP for Norwich South recently visited Construction Training Specialists (CTS) in Norwich to see how their close relationship with local employers, schools and colleges is helping young people to learn a trade and get a foot on the career ladder. The passion and commitment of the trainees that he spoke to inspired Mr Wright and suggested that they were well on their way to a successful career. Mr Wright said: "These days, it's possible to find apprentices working in just about every line of work. Retailers, engineering

companies, health and care providers, and the creative industries are all on the look-out for those who have the skills and the determination to be successful in their workplace of choice

If you, or someone you know, may be interested in becoming an apprentice, I would urge you to call 0344 800 8024 to find out more."



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## NANSA Offers Skills Training

The Norfolk and Norwich Scope Association (NANSA) is a local charity that offers support and services for children and adults with a range of disabilities. NANSA was started over 50 years ago and still works hard to ensure that people with disabilities can achieve their goals and be fully included in society.

NANSA is based in Bowthorpe Road, near to the Norwich Community Hospital and, over recent years, has extended and improved their building to provide even more opportunities and activities.

From Gardening to Internet Skills to Photography or Cookery, NANSA gives people

the opportunity to prepare for work and life in the community. As part of their 'Life Works' programme, NANSA are able to offer members the chance to learn retail, office and art related skills. The programme builds people's confidence in a controlled environment and then, if they feel that they want to, can support people in real-life shop-based training. Mel Evans, Client Referral and Inclusion Lead for NANSA said: "People can use some of their personal budgets with us and can enjoy a fantastic range of learning and leisure courses. We have been here for 50 years and although the type of training courses we offer sometimes change, we always make sure that our members get the most from them." To find out more about NANSA, go to [www.nansa.org.uk](http://www.nansa.org.uk) or call 01603 627662.

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# Fully Serviced Bikes For Just £35!



In the last edition of the Henderson Herald, we reported on Not About The Bike (NAB), the charity that helps unemployed and young people learn about maintaining and reconditioning bikes. To help get the Henderson Trust area cycling and on their bikes in 2013, NAB also sells a range of cycles to suit all tastes and ages from just £35. Graham Meads, who works with the volunteers and helps with the NAB project said: "We have a number of great second hand bikes that are fully serviced and ready to go. They are in great condition and will make fantastic Christmas or birthday presents. We have children's bikes, adult bikes, BMX, Mountain and standard road bikes so we really do cater for everyone. With prices starting at just £35, it means that just about everyone can afford to get out and about. The bikes we sell will have been serviced and checked that they

are safe and ready to ride. Not only that, anyone buying one of our bikes will be supporting the Not About the Bike charity. Nearly every weekday, we have different groups at the unit in Ivy Road, learning about maintenance, servicing, spray painting or general cycling road safety. We have cycling related activities for everyone and we are always looking for new volunteers." Some people bring their own bikes in to modify, while others take on old bikes that have been donated by the public and strip them down, remove the rust, replace worn out parts and re-spray them to look like new. Not About the Bike also hold regular guided bike rides for those who either have not ridden for a while and feel unsure about getting back on a bike or for people who want to meet with others, get fit and make new friends. To find out about Not About the Bike, go to [www.nabnorwich.org.uk](http://www.nabnorwich.org.uk) or email [info@nabnorwich.org.uk](mailto:info@nabnorwich.org.uk)



# Hot-bed Of Football Talent

## City Academy Norwich has launched a brand new programme that closely links the school with premier football team, Norwich City.



The scheme is part of the Elite Player Performance Plan (EPPP) and aims to ensure that young talented players get the best out of their football education at the same time as focussing on their academic work. In total 14 boys have been enrolled onto the programme. They are educated with the rest of

the students at City Academy each morning and all day on a Friday. But, unlike the other students, they travel down to Colney every afternoon (except for Friday) to train with Norwich City Football Club and develop their professional football skills.

David Brunton, Head Teacher at City Academy Norwich said that the scheme would ensure a good all-round education for the young players. "The vision for the Academy and the football club is that at 16, each student/player will leave City Academy Norwich with at least 5 A\*-C Including

English and Maths with many of the boys gaining the English Baccalaureate Qualification." He said. The programme has started very well and all the boys have settled in well to City Academy Norwich life. The school is already looking forward to the programme growing in the future and eventually having boys from years 8 - 11 join up.



David Brunton



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Entries must be received before Friday 11<sup>th</sup> January 2013

**Competition Time**

Our last competition winner was : Priscilla Gibbons

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