

# Henderson *HERALD*

Free

Winter 2013



## 13 – 25? – This Is For You.

**Sometimes being young is tough. There are pressures to fit in with the crowd, to do certain things or act in a certain way as well as getting on with life and earning enough money to survive.**

That is why the Henderson Trust and other local partners have launched a brand new free service aimed at providing support and guidance to young people and their families.

The outreach service is being led by Sally Fox who, until recently, was working in the Baseline Centre on Knowland Grove.

Sally said: 'There are lots of services out there already that people don't even know about. I am looking forward to helping young people get the support they really need. The help will be based on what the person needs specifically for them. It might be about housing, benefits, finance, employment or training – or anything that keeps them out of trouble or makes their lives just a bit better.'

A feature on this service will appear in the next edition of the Henderson Herald. In the meantime, if you would like more information, contact [sally.fox@henderson-norwich.org](mailto:sally.fox@henderson-norwich.org)

## Hi-tech 6th Form Leads The Way

City Academy  
Norwich (CAN),  
one of the

**Government's  
flagship  
Academies, is  
set to open a  
brand new Sixth  
Form Centre  
specialising in  
Computing and  
Creative  
Technologies.**

Due to open in September 2014 the Sixth Form Centre will continue to develop the innovative approach to education that has seen the Academy recently called "the school of the future" by The Independent Newspaper. Computing skills will form the central hub of the Sixth Form's curriculum, providing a deep understanding of programming, abstract thinking and science/engineering-based reasoning. The Centre will also offer students the opportunity to explore the creative and scientific opportunities in

computing and creative technologies. Principal of City Academy Norwich, David Brunton, said "City Academy Norwich is lucky to have the only ICT Master Teacher in the area. Together we will be delivering a package of courses that will bring computing technology and

creativity together in a unique blend that equips students for the careers of tomorrow." Contact City Academy Norwich Won 01603 452 638 or visit [www.cityacademynorwich.org](http://www.cityacademynorwich.org)



# Abuse Is Not OK – Not Ever!

A lot of interest was shown, by Henderson Herald readers, in an article titled 'Break the Cycle of Abuse' about domestic abuse which was printed in the last Herald edition. So we have found out a few more details for anyone who thinks they might be at risk.

Everyone has the right to feel and be safe at all times within a relationship. Domestic abuse or violence is never justified!  
Domestic abuse includes financial, emotional, psychological or sexual control and threatening behaviour, as well as physical violence and stalking. It is committed by current or former partners or family members, including young people and adults, men and women.

- If you are a young person and are a victim of any form of domestic abuse, check out these sites for help:
- [www.thisisabuse.direct.gov.uk](http://www.thisisabuse.direct.gov.uk) - a website for young people focusing on teenage relationships where young people can get help if they are worried about any form of abuse.
  - [www.thehideout.org.uk](http://www.thehideout.org.uk) - Women's Aid have created this website - to help children and young people understand domestic abuse, and how to take positive action if it's happening to you.
  - [www.leewaysupport.org](http://www.leewaysupport.org) - Norfolk's largest domestic abuse charity - works with teachers to help children and teenagers understand how to form healthy relationships and where to get help and advice if they need it.
  - Or, in an emergency, call Norfolk Police on 999.

## Focus on Parents

A new Parent Focus Group at Earlham Children's

Centre is starting as a regular way for parents in the area to have their say and get their voices heard. The group will be held four times a year, each with a

different theme on a current issue affecting local families. The first meeting on volunteering, training and education is planned to take place in December. To attend, or for more information, contact The Children's Centre on 01603 454271



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**Henderson**  
*HERALD*

## Top Tip For Tip Top Health N<sup>o</sup>. 4

Many people don't know how to brush their teeth properly. Brushing badly can cause damage to the teeth and gums.

- Brush for at least 2 minutes twice every day
- Brush all of your teeth, gums, tongue and roof of your mouth
- Use a soft or medium brush – it does not need to be fancy!
- Use floss every night
- Visit your dentist regularly

West Earlham Dental Health Practice - 01603 250583.



## Christmas Helping Hand

The Henderson Trust is working with the Norwich Foodbank, Future Projects, the local police and a range of other partners to provide a Festive Hamper to needy families and individuals in the area. Grant Habershon from Norwich Foodbank said he was delighted that so many organisations were working together to help out people who would otherwise not be having a very merry Christmas. He said, 'thanks to these organisations our usual hampers are having a few extras added to reflect the festive period.'



To all Henderson Trust area residents.

## PATH CLOSURE NOTICE

Following discussions with the police and local residents about on-going anti-social behaviour, the path leading from the top of Ivy Road (at Bowthorpe Road) to Old School Close will soon be permanently closed. The path will be removed and the area landscaped, grassed and planted with shrubs and bushes.

Visit [www.henderson-norwich.org](http://www.henderson-norwich.org) for all the latest!



# The Cost Of Christmas Goes Up By 10%!

It is estimated that the cost of Christmas this year is likely to have increased by more than 10%



since 2011\*. The list below shows where some of the hidden rising costs are:

- Turkey up by of 7%
- Mince Pies up by of 22%
- Potatoes up by of 24%
- Amazon Kindle up by 45%
- Stamps up by 30%

Thankfully, the price of Christmas trees is set to stay roughly the same!

With around 50% of mums, dads and carers feeling pressure to spend more than they can afford at Christmas time, it looks like families in the Henderson Trust area could face even more difficult times in the new year as a result of over spending. Last

year, a survey for MoneySupermarket.com found that children in England received on average £132 worth of presents. The survey also found that 70% of people will use money they already have (wages or savings) to pay for the festive season but the rest will borrow, use pay-day-loans or pay with credit / store cards instead. Freda Sheehy of the West Norwich Credit Union (WNCU) said: "Christmas is a great time of year and everyone should be able to enjoy it. But it is not worth getting yourself and family into financial trouble for it. Some pay-day-loans sound like a great idea at the time but cost so much in interest that you might not be able to ever pay them off. The WNCU offer a range of saving and loan accounts that give fair interest rates to people who want to borrow and a safe way to save over the year – including our Christmas Savers Account."

For information about the range of accounts from the West Norwich Credit Union, call 01603 501 301 or visit [www.wncu.net](http://www.wncu.net)

\* according to research carried out by the Sunday Times 06.11.13

# You Are Having A Laugh!

Would you believe it? January 24th is going to be 'Global Belly Laugh Day'

Having a good chuckle causes the tissue lining our blood vessels to expand and increase blood flow. This makes us feel more positive, boosts our immune systems, increases pain tolerance and generally just makes us feel happier and more energetic!

So why not throw back your head, put your arms up in the air and laugh out loud to celebrate?



## Free for Families

### Every family with a child under 5

years of age should register with the Earlham Children's Centre in Cadge Road where they can get free advice, support and help on a range of issues that affect them. The Children's Centre can help with child development, training for parents to get jobs, breast feeding, advice for dads, health and much more. Families who recently registered their children with the Centre said that 'the help we got from the Children's Centre really made a difference. We never knew so much good information and free help was available so close to home'.

## FREE Gift - Special Offer to Herald Readers!

For all families with children under 5  
visit Earlham Children's Centre  
(Cadge Road) and register to get  
your  
free gift.

For more information, please telephone 01603 454271  
or email [office@earlham-nur.norfolk.sch.uk](mailto:office@earlham-nur.norfolk.sch.uk)

# Thieves Watch Out!

## The West Norwich Policing Team is working hard this

**Christmas** to make sure that you are not a victim of anti-social behaviour and crime. Operation 'Bombard' will target offenders of theft crimes across the Henderson Trust area. A range of tactics and resources will be used in the area including collaboration with colleagues from specialist services such as dog units and the use of local plain clothed officers on foot patrol. Local Policing Commander Inspector Nigel Richards from Earlham Police Station emphasised the continued hard work of his officers during this festive period stating that most thefts are opportunistic. "We can all help to reduce the likelihood of

being burgled if we remember to lock our house windows and doors and by removing presents from full view when leaving your car". He said.

You can follow the progress of Operation 'Bombard' on twitter and on the Constabulary website. You can contact the West Norwich Policing Team by phoning 101 if you have any concerns or questions. The team is fully committed to working with local people and if you have any information, you can even tell the police anonymously by calling Crime Stoppers on 0800 555 111.

Local officers will also be at West Earlham Library at 11 am on Thursday 23rd January, for anyone who would like to meet some of the officers or talk to them about crime in the area.



## Santa's Sleigh

Santa rode proudly into the City on a sleigh, designed and made by Tin House at the great Norwich Christmas lights switch on this year. Tin House are based in the Henderson Business Centre and supported by the Henderson Trust.

# If it's a Cold, Keep your bugs to Yourself



Henderson Herald GP, Doctor Mary Dun of the Wensum Valley Medical Practice offers her advice on dealing with a cold.

Although getting a common cold is only a mild viral infection of the nose, throat, sinuses and upper airways, getting a cold can be a totally miserable experience and can make you feel awful.

There is still no cure for a cold, although you can usually relieve the symptoms of a cold at home by taking some over-the-counter medication, such as paracetamol, and drinking plenty of fluids..

In adults, colds usually last for up to a week with younger children sometimes suffering for up to two weeks before the body fights off the infection.

Because there is no remedy for a cold and it should get better on its own, it is usually best to keep your 'bugs' to yourself and not to spread your germs by visiting your doctor. Viral infections are best dealt with at home.

You only really need to see your GP if:

- your symptoms persist for more than three weeks
- you are concerned about your baby or an elderly person,
- you have a high temperature (fever) of 39°C (102.2°F) or above
- you cough up blood-stained phlegm (thick mucus)
- you have a long-term illness
- you feel chest pain
- you have breathing difficulties
- you experience severe swelling of your lymph nodes (glands) in your neck and/or armpits
- you feel unwell with a rash

If you are unsure, you can always phone NHS 111 for an assessment.

## Life's Full Of Adventure

### Earlham Scout Group and Scavenger's Explorer Unit is for boys and girls between 6 and 18 years old.

With four groups for different ages, there is always something interesting or exciting going on.

Mike Younger, group leader explained that: 'Last year alone our Beavers, Cubs, Scouts and Explorers enjoyed a huge range of activities:

- Arts and crafts and

in-door games

- Canoeing, cycling and walking adventures.

• Summer time activities and wide games

- Camping

• A trip to Thetford Forest and Go Ape

• Sports and activities including cooking on fires, archery and climbing

- An assault course

• Beach combing and sand-castle-making

- Visits to interesting places

- And even mountain-walking in Switzerland

There really is something for everyone!'

The group have recently won a Lottery Grant to improve the 50 year-old HQ building. The work will be starting soon and carried out over the next four to six months.

To find out what is going on and how to join, go to [www.earlhamscouts.org.uk](http://www.earlhamscouts.org.uk)



**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](mailto:info@henderson-norwich.org)

Henderson Trust  
Henderson Business Centre  
Ivy road Norwich  
NR5 8BF

Entries must be received before Friday 21st February 2014

Our last competition winner was : Anon

**Competition Time**

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

