

Henderson HERALD

Free

Winter 2014

New Workshop for Trainees

The Poultec training team are looking forward to



welcoming
Apprentices to
the new
engineering
workshop in
Ivy Road.

www.poultec.co.uk

Christmas Cheer and a Great New Year

The staff and Trustees of the Henderson Trust wish everyone living in the Henderson area a great festive season and a happy New Year. 2014 has been a good year for the Trust with an average occupancy of the Henderson Business Centre of over 80%. This has meant that the Trust has been able to use the profits to: continue to maintain and improve the Community Park, support or run projects such as Not About the Bike, REACH and Sorted programmes, hold a Family Fun Day on the Park and financially help community activities such as the West Norwich Credit Union's move to new offices.

Along-side all of this, the Henderson Trust has continued to produce the Henderson Herald which is delivered free to every house in Larkman, Marlpit, West and North Earlham every three months.

Lynda Wilkinson, who is a local resident and Chair of the Trustees said: "We are proud to

be a part of and support our local community. It is so great that the profits from the rent at the Business Centre in Ivy Rd can help so many people every day. This year, the Business Centre will have been open for nine years and it is going from strength to strength, we are looking forward to another fantastic year."



INSIDE - 50 things to do before you are 11 ¾ - Stay warm and save - Anglo-Saxon house found in Earlham- Lots more!

Looking for a
great pre-school
right on your
doorstep?



Look no further - Little Sparks
Pre-School is moving to Valley
Primary School.

"The staff are happy and really care"

"The new rooms and toys will be great"

"My son can't wait to get there"

"Children do really well at Little Sparks"

"All the children look like they are having fun!"

" At the heart of the community"

Open Day

Meet the staff, see the new building and see if the
pre-school is right for your child.

A date for the open day will be announced soon, watch the
Henderson Trust website or call Jackie on 01603 746173.

Winter Family Fun Day

Saturday 13th December
10.30am – 2.00pm

City Academy Norwich, Bluebell Road.

- Activities free or pocket money prices
- Great event for the whole family
- Everyone welcome.

Under 10's must be accompanied by an adult

Email: activities@cityacademynorwich.org

Stay Warm and Save Money

There are lots of things you can do to keep on top of heating bills and keep warm this winter. Here are 9 of the best from Age UK.

1. If you are inside or out, wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body.
2. Go for clothes made from wool, cotton or fleecy fabrics, if possible.
3. Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.

4. Keep any windows and internal doors closed when it's cold – this will keep heat inside, where you most need it.

5. A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf.

6. Try to block drafts from coming into your home and wasting the heat you have inside. Cold air can get in through gaps in window and door frames or even through your keyhole.

7. Your body keeps warm by burning food you've eaten, so make sure you have regular hot meals that contain carbs, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner.

8. If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.

9. Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.

For more information go to www.ageuk.org.uk/get-involved/spread-the-warmth1/tips-on-keeping-warm-this-winter



'Wrap and Roll' by NANSA

NANSA, the charity for Norfolk people with disabilities, has opened a new community café at Hammerton Court on the Julian Hospital site in Bowthorpe Road. The Wrap and Roll Café offers a range of hot and cold light lunches and drinks and is open to the public between 10am – 2pm Monday to Friday.

Mel Evans of NANSA explained. "The café gives training and real work experience to people with learning disabilities. It is already popular with patients and staff at the hospital as well as local businesses and people who just want a great place to meet and have a tasty roll, baked potato or wrap and a drink in a nice environment. The profits from the café also supports NANSA's fantastic work with people with disabilities from the Henderson Trust area and across Norfolk. To order your lunch, or for more information about the Wrap and Roll Café, call 07776 311956.

Deadly Dark Danger!

With darker evenings, there have been lots of reports of near misses between bikes without lights and cars in the Henderson area. Most of the cyclists were children or teenagers.

One local driver, who nearly ran into a student from City Academy at around 5pm said: I am really worried that someone will be badly hurt or killed, all for the sake of not having a pair of lights fitted to their bike."

The Henderson Herald says: "You don't have to be a nerd to have lights on your bike, use your creativity to make them look really cool. You could go 'retro', LED, light up your frame or wheel rims or flash your way to safety.



A great idea for Christmas.

Spend Time in The Garage this Half-Term

February 2015 half term looks like it will be the most fun ever at

The Garage in Chapel Field North in Norwich.

The holiday fun includes Scooby's Street School, two days of holiday dance for 7-11 year olds and the Family Fun Day on Tuesday 17th February between 11am – 3pm. The Fun

Day is open and free for everyone with free activities including taster workshops, face-painting and balloon modelling. Go to www.thegarage.org.uk



Top Tip For Tip Top Health No. 8

Wake up just 15 minutes earlier and take a quick walk before your day starts.



50 Things to do Before You're 11¾

Go to www.50things.org.uk where, thanks to the National Trust, your very own Outdoors Explorer will help you complete the 50 coolest outdoor things to do before you're 11¾.

No. 1 – Climb a tree

No. 15 – play in the snow (if there is any this winter!)

The Earlham Beaver Scout Group supports '50 Things' – contact Katrina 07879 056 366

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

Check It Out

www.henderson-norwich.org

☺ **Local stuff**

☺ **What's going on near where you live**

☺ **Info about the Henderson Trust**

☺ **Community Park info**

☺ **Links and details of other local organisations**

☺ **Previous editions of the Henderson Herald**

Help Save Marlpit Community Centre.

The Marlpit Centre needs new committee members who can spare just one hour 4 times a year to attend the meetings and help keep the Centre running well. Although the meetings make decisions about the Centre, you don't need to have experience or any special knowledge.

If you can spare some time and want to see your local centre used by local people please contact Jackie Walker on 01603 746173 or marlpitmm@btinternet.com for an informal chat.



Anglo-Saxon Long House Found in West Earlham

Around 1,500 years ago, Anglo-Saxon families lived in longhouses, made of wood with thatched roofs.



Longhouses had just one room where everybody cooked, ate, slept and lived together.

Now, children at West Earlham Junior School are re-living the past in a brand new Anglo-Saxon longhouse in their own playing field. Last month, saw the start of the building project which was inspired by a year 4 trip to the West Stow Anglo Saxon Village. As well as using their maths and planning skills, the children worked hard on building the house including making cob,



weave wattle and then applying the daub to make the walls. Many of the children also reported and wrote about the experience in their blogs. To find out more about the project, contact mhoddergnrg@nsix.org.uk

Real People Fitness...

... is coming back to Marlpit Community Centre in January 2015!

Body Conditioning Classes with all sorts of toning, aerobic and stretching exercises included will start in the New Year to get you looking and feeling great.

If you are interested in taking part please call Louise on 07534 276 544 .

Tell Us

The Henderson Herald is produced by the Henderson Trust and delivered free of charge to around 6,000 homes every three months. We want to know what you would like to see in your community newspaper.

Let us know by contacting info@lyndongreen.co.uk or call Lyndon on 07985 220594.



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HERALD**

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Busy GPs Need Your Help!

The West Earlham Health Centre has over 12,000 patients and has the equivalent of just 7 full-time Doctors. The GP's are asking if you can help to ease the pressure this winter in 3 simple ways:



Dr Fiona MacNab

1. Please ring the surgery if you cannot attend your appointment.

Did you know the surgery loses two and a half days of a Doctor's time each week due to patients not turning up for their appointments?

2. Self Help saves appointments for patients with more serious health problems.

Contact your Pharmacy or attend the Timberhill Walk In Centre for minor illnesses such as common colds.

3. Order your repeat prescription at least 2 working days before you run out.

The Health Centre process hundreds of prescriptions every day and a Doctor has to check and sign each one. Please allow your GP (and your Pharmacy) as much time as possible to complete the process.

Thank you for making a difference!

Patients with diabetes, heart and artery problems, asthma, COPD, dementia, mental health problems, epilepsy and kidney disease who have not had an annual review are reminded to contact the practice to arrange one.

**HAPPY
CHRISTMAS**



Photo-comp Jogs Distant Memory

In the last Henderson Herald, our picture competition featured a photo of the Mount Mizar Church on Earlham Green Lane. One of our readers, Alan Lusher, remembers seeing the building being

used for a very different reason over 70 years ago.

Mr Lusher told us that the hut was one of many which were originally used to house German prisoners-of-war at the camp off Valley Drive and Mousehold Lane in Norwich during the 2nd World War. The hut was moved to Earlham

Green Lane after the War. Mr Lusher said: "I remember walking my dog past the camp and seeing the prisoners [and huts] behind the barbed wire!". After that, the wooden building became the local library and is now used by the Mount Mizar congregation. Thanks Mr Lusher for the fascinating insight into the history of our area.



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 12th February 2015

Our last competition winner was : Shaun Fletcher!

Competition Time

To advertise here mail info@lyndongreen.co.uk

**Henderson
HERALD**

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