

Henderson HERALD

Free

Winter 2015

Working Together to Wrap up Christmas

For the third Christmas in a row, the Henderson Trust, Baseline and Eternity Church will be joining with Norwich Foodbank and AVIVA to distribute shoeboxes filled with presents for local children.

In the Henderson Trust area, around 1 out of every 3 children is classed as living in a family that is 'income deprived'. This compares to around 1 out of every 8 in the rest of Norfolk. Many of these children's parents will not be able to afford to give gifts at Christmas. Some may even have the stark choice of whether to eat or give gifts this year. Other parents may resort to expensive 'pay-day' loans or end up buying things on credit so they will start the New Year already in debt that they cannot afford!



It is hoped that the wrapped shoeboxes; including presents for different ages that have been donated by workers from AVIVA, will bring smiles to many young faces and a little relief to the parents during what can be a difficult time. Last year, over 50 boxes full of goodies were given to children in the area and it is expected that even more will be handed out this Christmas. Along-side this, REACH, Norwich Foodbank and the Henderson Trust are also helping to spread a little Christmas cheer among local young people who live independently in Children's

Services-supported accommodation. This year it is likely that around 30 teenagers will receive a festive food hamper, chocolates and small gifts from the Shoebox appeal including a hat and scarf set and some toiletries that they can open on December 25th. Sally Fox from the REACH project said: "It is great to be able to give small gifts that make vulnerable young people so happy during the festive season."



INSIDE - How to save money this Christmas – 2 prize competitions – How REACH has really helped Ryan - Lots more!

Home
Start
Support and friendship
for families

Can You Spare 2 - 3 Hours A Week To Help A Family Who Are Struggling To Cope?

Home Start Norwich are looking for parent volunteers for our new course commencing in January 2016



An informal and friendly training course for parents who can offer friendship and support to families.

We welcome parents from all backgrounds.

The FREE preparation course runs for 8 weeks, for half a day a week, during term-time, commencing in January 2016 in the Earlham area.

Following training you will be matched with a family with a child under 5 and support them weekly for 2 - 3 hours a week, under the guidance of Home-Start staff.

For more information visit our website www.homestartnorwich.org or call 01603 616400.

Home-Start Norwich, 3 St Benedict's View, Grapes Hill, Norwich, NR2 4HH.

Registered Charity No: 1106362



Youngsters Get a 'Good' Head Start

Every year, school children at the end of their reception year are assessed and measured in various aspects of their personal and social development as well as how well they are doing in maths and literacy.

Recently released data shows that children from the Henderson Trust area have scored well in their Early Years Foundation Stage Profile (EYFSP) - This is the first assessment of their school career.

Of 222 children from the area who started reception class in September 2014, 137 were deemed to have reached a "Good Level of Development". This represents a 20% improvement on the previous

year.

Donna Chappell, Head of Earlham Children's Centre said "This is a great result and families in the area should be very pleased. Achieving well at EYFSP should support a smooth transition to Key Stage 1 and ensures children are well-prepared for the rest of their school life."

"Good Level of Development"

"The Children's Centre has been working hard with families in the area to ensure their children are ready for school. We promote listening and attention skills through our Bookstart and Play & Learning programmes, and provide one-to-one and small group sessions to help speech and language development. We also liaise with local schools to ensure that transition into reception class goes as smoothly as possible."

Six of the Best

MONEYWISE
homesafe

According to the 'Money Advice Service', 1 in 3 people end up borrowing money for Christmas. Local money advice project MoneyWise HomeSafe are keen to help to avoid borrowing and save money with these six practical tips.

1. Set a budget and stick to it. Take control at the start and only spend what you have.
2. Enjoy quality time with your friends and family at FREE events have a look at www.freestufftodoinnorwich.co.uk – there are loads of ideas from tours of local buildings to board-game nights to health walks.
3. Need extra furniture to accommodate Christmas visitors? Don't buy new stuff! Borrow from friends or relatives or buy great value used items from The Norwich Furniture Store in Oak Street (supporting The Benjamin Foundation).
4. Enter Competitions – especially lower value ones as the odds are in your favour. The Herald is running two competitions in this edition!
5. Use www.petrolprices.com to find the cheapest petrol in and around Norwich. When we checked, you could save over 7p per litre by shopping around.
6. Eat for FREE. If you are going to be alone this Christmas Day, go to www.openchristmas.org.uk/on-the-day and find out about a FREE Christmas Day meal. The Norwich Foodcycle Hub offers FREE sit down meals every Friday for anyone at The Friends Meeting House on Upper Goat Lane in Norwich. Find out more at www.my.foodcycle.org.uk

Competition - Win a £20 Wilco Voucher!

Share your own money saving Christmas tips on Facebook with MoneyWise HomeSafe (search mwhsnorwich). The best tip shared by a Henderson Herald reader will win a £20 Wilco voucher. Please state 'I'm a Henderson Herald Reader' in your Facebook post. Good luck!

T&C's - MoneyWise HomeSafe (MWHS) will select the best tip and contact the winner via Facebook by Friday 8 January 2016. The winner must reply and confirm their address by Facebook private message, phone or email within 7 days. The voucher will be posted Royal Mail Signed For 1st Class asap.



Kids Love to Do Stuff

By Little Sparks Preschool

A great activity to do with your children is dancing.

Try putting on some music and give them scarves or pompoms to wave as you both dance. You can thread scarves or pieces of material through a curtain ring or attach a couple of plastic pegs to grip the material. Then encourage them to wave it fast or slow and in different shapes. This will help your children develop pre-writing skills as they move their arms across their bodies and up and



down.

Why not offer a range of different styles of music and pretend to play the instruments they can hear. It's great exercise and fun too! Little Sparks Preschool, Knowland Grove, NR5 8YB Tel: 01603 740677

Top Tip For Tip Top Health No. 12

If you are 'getting on a bit' - try to do at least a little exercise every day.

Every little (really does) help!

For more advice, go to www.ageuk.org



If you know someone who is feeling gloomy after the excitement of Christmas, if they are sad to be back at work or school or just plain miserable that the weather never seems to get any better, why not cheer them up on Blue Monday?

Blue Monday is a special day, for people to focus on doing something nice for each other. Not necessarily presents and

Make Someone Smile on Blue

Monday!

(Monday January 18th)

cards, just little acts of kindness (or big ones, if you like). Blue Monday ideas should benefit others and will probably be something you wouldn't normally do for people you wouldn't normal do things for. There's no formula or strict rules - so have fun and be creative. As long as what you are planning makes people smile, it is safe and doesn't put anyone at risk of physical danger or emotional upset, then you're on the right track!

Why not post your Blue Monday ideas or photos on our Henderson Trust Facebook page?

 Norfolk County Council

Bounce and Rhyme time at your library

Fun with songs, rhymes and books for parents and carers with pre school children

West Earlham Library
Every 1st and 3rd Thursday of the month
(term time only)
2 - 2.45pm

No need to book, just come along. Please note that there is limited space for buggies and pushchairs in the library



All families welcome



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

Vandalism Puts Park at Risk !



The future of play equipment at the Henderson Community Park is being put at risk by vandalism and damage caused by a few inconsiderate people.

The thoughtless damage could mean that there is not enough cash to continue maintaining or replacing it in future. The Park on Ivy Road in North Earham is a great place for families and children to enjoy, for

people to play sport and for dog-walkers to give their pets a run in the open air. The Park is managed and paid for by the Henderson Trust and is an open space with lots of play equipment for everyone in the area to use, benefit from and appreciate. However vandalism and anti-social behaviour has meant that the Henderson Trust has had to pay for damaged equipment to be mended and replaced. Over the past year, the Trust has spent almost £100,000 on new equipment for the park. Linda Wilkinson, Chair of the Henderson Trust explained; "The Henderson Trust is a local charity that supports lots of community projects and activities. If money is spent on replacing and mending play equipment that has already been paid for, then it means that there is less money for the charity to spend on other projects. It is crucial that the community helps us look after the park and the equipment. We also have to regularly clean up broken bottles,

litter, graffiti and dog mess. All of this has to be paid for out of the charity's money. The damage caused by vandalism means that the Trustees will have to make some serious choices about where we spend the limited resources we have. At the end of the day, unless the vandalism stops, something will have to give."



If you know of anyone who is vandalising the park or anywhere else, call free and report it to the police by telephoning 101 – you don't even have to give your name if you don't want to.



REACH



REACH is a local project for young people that is supported by the Henderson Trust.

This is a true story about how REACH helped and supported one young man from this area.

Ryan is 14 years old and lives with his mum, dad and 13 year old sister who has learning disabilities. Ryan had been excluded from school because of poor behaviour towards his teachers and in class. He used to get very angry with his family and other people and found it particularly difficult to communicate with his sister. Ryan asked REACH to help him so they started by working with Norfolk County Council and found a different school for him to go to. The REACH worker arranged for Ryan and his mum to visit the school which helped him feel more comfortable and confident in starting at the

new school. Before he started in his new class, the REACH worker arranged some taster days to meet his teachers and new friends. She helped him to prepare for his new school with extra English and Maths skills. She even went shopping with him to get basic equipment that he would need for his first day back in the classroom. Ryan spoke to the REACH counsellor who helped him with some of his anger issues. Every Thursday evening Ryan enjoys being with and making new friends and building his self-esteem at the regular REACH drop in sessions. He is learning how to build his own bike at the Not-About-the-Bike project which he plans to ride to his new school and he wants it to improve his health. He had a great time over the summer on some of the 'SORTED' trips, provided by REACH, and he enjoyed some of the 'Sports on the Park' activities at the Henderson Community Park. Ryan is happier and everyone, including Ryan says that he is doing really well. REACH will continue to work with him, his School, his GP and his parents for as long as he needs their support.

Be our 'Facebook Friend'.

The Henderson Trust has a Facebook page that keeps you up-to-date with all the latest from the Henderson Trust area. 'Like us' and you will be kept up to date with competitions, photos, local news and what is going on in the area. You will even be the first to see the latest editions of the Henderson Herald every three months.



Sorted Success



Following its success in 2014, Summer SORTED offered a fantastic range of subsidised activities for families during this year's summer holidays.

This year there were:

- 23 different trips for families during the holidays (compared to 18 in 2014)
- 10 trips / activities for 10-16 year olds
- 2494 trip spaces taken
- Over 145 different families taking part.

With over 135 people, the most popular trip was to Colchester Zoo. Other days included: Lazer Quest, a day trip to London, Bewiklderwood and a day at Cromer Beach. Although the trips were subsidised by the Henderson Trust, some people took advantage of affordable loans from the West Norwich Credit Union to help spread the cost. If you have any pictures or great memories from your SORTED days out, share them on the Henderson Trust Facebook page.



To advertise here mail info@lyndongreen.co.uk

**Henderson
HERALD**

Like us at www.facebook.com/hendersontrust

Help the NHS to Help You



Henderson Herald GP Dr Fiona MacNab from the Wensum Valley Medical Practice is back with some seasonal health advice.

Here are 5 tips to help you stay healthy and help your busy GP at the same time!

1. Think first - do you really need to see a GP?
Contact your Pharmacy or attend the Walk-In Centre for minor illnesses such as common colds (The Walk-in Centre has moved to Rouen House in Rouen Road – close to the EDP building - www.nplhealthcentre.co.uk

2. Get organised - order your repeat prescription at least 2 working days before you run out.
Every day a Doctor has to check and sign hundreds of repeat prescriptions. Please give us as much time as possible to complete the process

3. Call us - if you can't get to your appointment.
We lose around two and a half days of a Doctor's time every week due to patients just not turning up for their appointments

4. Don't forget to 111.
When the surgery is closed, you can call 111 for health advice and to contact the Out of Hours Service

5. Get the Jab - it's not too late.
Don't forget that patients over 65 or those who have serious or chronic health issues can still get their free flu jab!

Please, stay healthy this winter!

Why Are You Getting This?

The Henderson Herald is written and delivered, free of charge, every three months to every home in the Larkman, Marlpit, North Earlham and West Earlham areas of Norwich – that's around 6,000 copies!.

It is produced by the Henderson Trust which is a local charity that owns the Henderson Business Centre. Nearly every person who lives in the area will have benefited from something the Henderson Trust has supported over the years. For example, the Trust owns and manages the Community Park in Ivy Road, runs summer holiday activities and days out for families, provides support for young people to help them avoid getting involved in crime and also runs a project where young people and people with disabilities can learn to fix and maintain bikes. Over the years, many thousands of pounds in grants have been given to help local people to: learn how to manage and save money, start up and run playgroups, start their own businesses, learn how to live healthier lives and improve the local environment. The Henderson Trust has also supported hundreds of other health, employment and older people's

charities and organisations that work in the area. The Henderson Herald is our way of keeping you up to date with what is happening in the area. We also have a website at www.henderson-norwich.org where there is a lot more information and news. As we approach 2016, we are looking forward to another great year for the Henderson Trust. All that is left for us to do in this edition is to wish you all a great festive season and a happy New Year from the Trustees and staff of the Henderson Trust.



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 26th February 2016

Our last competition winner was : Pamela Swainson!

Competition Time

New Year - New Budget?

FREE and confidential budget reviews are available from MoneyWise HomeSafe for anyone renting their home in the Henderson Trust area.

Our advice workers often find ways to help you save lots of money!.

If you'd like some help taking control of your bills and planning for your future contact our friendly team.

Tel: 01603 82 12 82
Text: 07442 501122 and we can call you back
Find us on Facebook [mwhsnorwich](https://www.facebook.com/mwhsnorwich)
Visit: moneywisenorwich.org.uk



The MoneyWise HomeSafe Team.

Small print

The Henderson Herald

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