

Henderson HERALD

Free

Summer 2015



BBC Charity Supports Local Young Carers

Thanks to an
£84,000
investment from
BBC's Children in

Need, Norfolk
Carers Support is
launching new
groups for young

people who look
after a family
member in The
Henderson Trust
area.

Does your son/
daughter help to
look after someone
at home?



There are around
1,015 young carers
in Norwich
(Census 2011)

The average
age of a young
carer is
12

Who is a young carer?

A young carer is someone aged 6-18 who helps to look after a family member who:

- has a disability or
- has a long term illness or
- misuses drugs or alcohol



Do they...

Take a sibling to school?

Do the washing and cleaning?

Help to give medication?

Carry items
around the
house?

Assist with the
shopping?

Provide
emotional
support?



01603 219924

If your child supports a family member who has a disability, long term illness, addiction or acts as an interpreter, they could benefit from fortnightly activity groups, the offer of 1:1 support and support for the wider family. Most families do not realise there is extra support available and many are worried that by their child accessing support, it might cause other problems. Norfolk Carers Support, a local charity is keen to talk with parents and answer any questions they have confidentially. Under 25s Services Manager John Lee says "Most young carers never receive support because they do not realise they are a carer. These groups will be fun for any young carers. We want to talk to anyone who feels they could benefit from coming along" You can find out more about what is on offer at www.norfolkcarerssupport.org or call 01603 219924.

Give it A Go

FREE SPORTS IN THE PARK

Make New
Friends

All
Welcome

Have Fun

Get Fit

For boys and girls aged 11 to 19?

Games and activities for everyone
Every Tuesday 6pm - 7pm at the Henderson Community Park
Multi-use Games area

SPORTS IN THE PARK IS BROUGHT TO YOU BY THE REACH FURTHER PROJECT

PLEASE WEAR APPROPRIATE SPORTSWEAR AND BRING A DRINK

If it is raining, we will meet at the West Earham Community Centre in Wilberforce Road

For further information, call Sally on 07932 589 068

Advanced Coach - Freddie Wilson

Extra £60k for REACH

The Henderson Trust has received nearly £60,000 through the Norfolk Community Foundation to help employ an outreach worker to improve the highly successful REACH project. REACH is delivered by the Henderson Trust on behalf of the Office of the Police and Crime Commissioner Norfolk and provides help,

guidance and other support services to young people and their families who need it most in the area. The new member of the team will be supporting existing workers to help and engage with even more people over the next two years. This includes activities such as the new 'REACH Further' activities over the summer (see the advert on this page). For more information about REACH, go to www.henderson-norwich.org



Get a Summer Flexi Loan from West Norwich Credit Union

£200 - £400 loans over
12 months, Only 2%
interest a month.
Repay £29 per month, total interest
£40.36 on a £300 loan. Terms and
conditions apply APR 26.8%



23 Earham West Centre, Norwich, NR5 8AD.
Open from 9am to 4pm Monday & Wednesday 9am to 1pm Tuesday, Thursday & Friday.
Tel: 01603 501301
Web Site: <http://www.wncu.net> E-Mail: info@wncu.net WestNorwichCreditUnion

INSIDE - What to do with bored teenagers! - Care home opens in Ivy Rd - Create a snail race - and Much More!



50 Things to do Before You are 11 3/4

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

No. 34 - Track wild animals
No 17 - Set up a snail race

The Earlham Beaver Scout Group supports '50 things' - contact Katrina 07879 056366

Top Tip For Tip Top Health No. 10

Why not try and cut down of your sugar - most sugar free drinks taste great and are much better for you!



New Website for Bike Charity

'Not About the Bike' (NAB) is an exciting charity project which helps people



learn how to fix, do up and ride their bikes safely.

There is now a brand new NAB website at www.nabnorwich.org. The website gives information about what's going on at NAB, volunteering and how the



scheme is great for people of all ages and abilities. Not About the Bike helps build peoples' confidence and improves their job prospects at their fully equipped workshops in the Henderson Business Centre

where most of the activities take place. The Website also has details about how you can donate any unwanted cycles and how NAB has teamed up with Evans Cycles in Norwich to recycle their part exchanged bikes.

New Care Home Opens its Doors

If you have been wondering what the new building on Ivy Road is like, then here is your chance to take a look for yourself.

Ivy Court is a purpose built care home which is due to open in the next few weeks and offers residential and nursing care, as well

as specialist dementia care tailored to the unique needs of each supported person living there. The Ivy Court Home Manager is a registered nurse and the care on offer ranges from hearing and visual impairment to palliative care, Alzheimer's and cancer care plans. All the rooms have en-suite facilities and have been designed to ensure maximum mobility in a safe, supportive environment. The 'Caring Homes Group' staff, which includes 3 chefs and an activities co-ordinator will be on hand to care for and help residents plan trips and events.

Anyone interested is welcome to

take a look at the fantastic accommodation and facilities at an information / open day on Friday 26 June 2015, 10am -3pm. Experts and guest speakers will be offering free legal and financial advice and free refreshments are also available to anyone attending on the day. Places at the information day are limited so booking is essential, call 0808 901 2252. If you are not available on the 26th June, then you can still arrange to view the facilities and marketing suite by calling the same number. To find out more about Caring Homes visit www.caringhomes.org/ivy-court

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

I'm Bored!

This summer, if you know a young person who says they are bored and that there is nothing to do, tell them to think again! The Henderson Herald has done some of the legwork for you and found some great things for them to do right here on your doorstep.

Drop In @ OPEN, Castle Meadow, Norwich – Tues & Fri 3pm to 6pm, Sat 10am to 6pm.

Drop in is FREE. 11 – 19 year olds can just drop in and enjoy loads of recreational activities to keep them and their friends entertained: whether it be pool, air hockey or computer consoles! They can sit and chat, be themselves and have some fun! There are always youth workers on site who will offer any help, support and information they might need. There are also lots of other things happening at OPEN so have a look at www.open247.org.uk



Not About the Bike Maintain and Repair sessions – Mon & Thurs 3pm to 6pm

With the help of experienced bike mechanics, young people can learn to fix, maintain or do-up their own bikes. They might also be able to take an old unwanted bike and totally refurbish it to their taste and specifications. More information about this and other Not About the Bike sessions at www.nabnorwich.org.uk



Youth Club @ West Earlham Community Centre – Thurs 5pm to 8pm

Young teens can just turn up and enjoy the fun, take their friends with them or make new ones! There are lots of things to do and people to talk to. Why not give it a go?



Summer Sorted loads of locations and loads of activities over the Summer holidays

Lots of subsidised trips and activities for young people and families to fill those long summer holidays with fun and excitement. Last year there were 33 trips or activities including trips to local attractions such as Bewilderwood, Pettits, Woburn Safari Park, Thetford Forest, the Circus, Drayton Manor, Colchester Zoo, Maize Maze, Dinosaur Adventure, Pleasurewood Hills and Baseline Multi-Sport. See the advert on the back page.

The Garage, Chapelfield North, Norwich – various activities

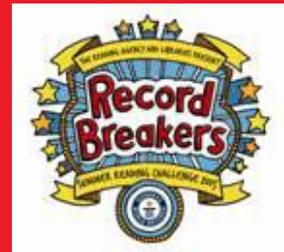
check the website
Whatever their age, if performing and fitness is more to their liking, then your young person might want to check out some of the classes and sessions at The Garage. From Ballet to



Street Dance, Yoga to musical theatre or acting classes to live performances and gigs. One look at www.thegarage.org.uk will leave them spoilt for choice.

Get Fit

Getting fit and healthy is the latest thing for young people. Gym membership among under 20 year olds is growing quickly. But you don't need to join an expensive club to get the healthy body you want. Creating a regular, daily and free fitness schedule will help any young person to not get bored and (after a while) they will have fun at the same time. Why not go to the free outdoor gym or build in a few laps of the 400m running track at the Henderson Community Park into their daily routine? Or jump on their bike and get out and about? If they haven't got a bike, they could take a look at the Not About the Bike project www.nabnorwich.org.uk



Become a Record Breaker this summer

Children and young people can go for a 'Personal Best' this summer with the Record Breakers Summer Reading Challenge 2015 at Earlham or West Earlham library. They can discover AMAZING world records with a choice of library books, collecting stickers as they go to complete their poster. ImagiNation is a special challenge for for 11-18 yr olds. They can go wild with ideas for art, music, photography and poetry inspired by the books they enjoy over the summer.

Pick up a free Record Breakers and ImagiNation pack in your library and get the whole family reading this summer!

Sports in the Park – every Tuesday 6pm – 7pm

(see advert on front page)

Football, basketball, rounders' / softball and much more!

Like us at www.facebook.com/hendersontrust

Doctors 'Hold The Diet'

Doctors, nurses and staff at the West Earlham Health Centre put their healthy eating and diets on hold (just for one day) for a 'bake off' to raise over £150 for the Norfolk-based charity Leeway. Leeway is a leading local domestic abuse charity which helped 8,718 women, children and men who were suffering domestic violence in Norfolk last year alone. The money raised from the bake off will help provide confidential services free of charge to anyone experiencing domestic violence. Leeway offer:



Dr Fiona MacNab

- Free Telephone Helpline: 0845 241 2171 - Help advice and support
- Refuge Services: - Safe and secure accommodation for any woman or child looking to flee an abusive relationship.
- Outreach Services: - One on one meeting or at one of their drop in centres.
- Male Victim Service: - A specialist team of male workers to provide support and advice.
- Advocacy Services: For women who are considered to be at high risk of further abuse.
- Training: For organisations needing to improve their understanding of domestic abuse and how to tackle it.

All the GPs at the surgery urge anyone who is being abused or who knows someone who is, to call Leeway free on 0845 2412171.



Kids Love to do Stuff!

Supported by Little

Sparks Preschool

littleparkspreschool@hotmail.co.uk

A fun activity to try with your children is to take some photos of different shapes you can find indoors and outdoors. Round the home perhaps take a photo of the pattern on a rug, a round mirror, rectangular letterbox, a square TV screen, and other items you can think of. Outdoors there are many signs, some triangle shaped, and some circular.

If you like you could print them off and ask your child to find all the shapes that are the same. It is a good way to introduce shapes to children and a great learning opportunity. Later, maybe let your child take the photos and see if you can find the shapes or signs.



Get set for summer with **SORTED**

Get on our mailing list for the Summer Sorted programme now!

Subsidised trips and days out with transport for families and young people throughout the summer hols.



Call Scott on 01603 251766 or e-mail scott.porter@henderson-norwich.org

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 28th August 2015

Our last competition winner was : Hannah Barnes

Competition Time

What's on at West Earlham Community Centre

Mon	- Karate	6pm - 8pm
Tues	- OAP Keep Fit	7pm - 9pm
Wed	- Slimming World	9am - 12pm & 5pm - 9pm
Thurs	- Youth Club	5pm - 8pm
Fri	- Cash Bingo	7pm - 9.30pm
Sat	- Available for party bookings	
Sun	- Cash Bingo	7pm - 9pm

If you are interested in any of these activities, just turn up!

Small print

The Henderson Herald

Every effort has been made to ensure that the information provided here is accurate. The 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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