

# Henderson Herald

**Free**

**INSIDE** - How to avoid the summer sniffles - National recognition for EEYC - Earham Woods... Norwich's Next Nature Reserve? - plus our regular £10 photo competition.

**Summer 2016**

## Katie Rides for Ireland

Katie Adams is set to ride for Ireland in this summer's Cycle Speedway Home International.

**Read more on page 3.**



# The BIGGEST Day Ever!

Every year, it gets bigger and better and this year will be no exception.

Henderson Trust's The BIG Day 2016 will be held on the Henderson

Community Park on Saturday 23rd July between 12 and 4pm and there really will be something for everyone. As always, there will be a bouncy castle as well as other inflatable fun. But this year, there will be even more: If you fancy learning to juggle, then the circus

workshops might be your thing, and our friends at the Garage will be happy to teach you. There will be activities from West Norwich Credit Union, Norfolk Family Learning, Norwich MAP, Norfolk Libraries and the NR5 Community Hub. Throughout the day there



will be exhibitions and displays in the central arena such as Norwich 'Choi Kwang Do' and Unique Identity. Our famous graffiti wall, the annual treasure quiz, a tombola stall, Sumo-suits, a balloon model maker, a fantastic prize-draw raffle and face painters. Many of the activities are going to be free but bring some pocket money because there will be lots of different food and drink to buy and there will even be craft stalls to browse around. Thanks to the Earham Scouts who are

going to be helping us out. For the very latest announcements on what is going on, visit the



Henderson Trust Facebook page and 'like' our event. You can also catch up on our 'what's going on' page at [www.henderson-norwich.org](http://www.henderson-norwich.org)

# Take the plunge - Get Online

A new free project being run by Norwich City Council will see that no one from the Henderson Trust area is left behind without the digital skills necessary for living a full on-line life.

Many people still struggle with computers and the internet. Some people go online to apply for jobs or to be able to buy products more cheaply and conveniently. Others feel lonely and use the internet to connect with friends and family or to find out what is happening locally – such as the Henderson Trust website. Doing your banking online is much easier than it has been in the past and if you are

careful with passwords etc. it also much safer now. There are lots of reasons why people want to access the internet, and Norwich City Council is working to make sure every resident of Norwich has everything they need to get online. There are drop-in sessions being offered at West Earlham Library and four -week classes at the Future Baseline Centre. All venues offer a computer that you can use if you don't have one yourself. If you do have a computer or tablet of your own, a trained volunteer can help you in your home, and show you how to use it. Volunteers can even give you hints and tips about how to stay safe online (see back page) or how to make the most of the internet. There are lots of options available for you locally, whether you are a total beginner or someone looking to improve your skills. For information about sessions and support available please contact Laura Wigby from Norwich City Council, on (01603) 212770.

# After the Fire

In April, vandals burned down the fantastic Saxon Long House in the Grounds of West Earlham Junior School. But in true and typical style, the children, staff and local community have rallied together and

vowed to re-build. Letters and generous donations have been received from local individuals and businesses and even from as far away as Holland! The children would like to thank everyone for their help and support and are looking forward to starting the re-build in the autumn.

# Big Friendly Read



Libraries in Norfolk are celebrating 100 years of the world's favourite storyteller – Roald Dahl. The Big Friendly Read, Summer Reading Challenge 2016 is the chance for children in Norfolk to join in the celebrations! Sign up at West Earlham, Earlham or Norwich Library and get a

free collector folder to keep your special Big Friendly Read cards. The cards include Quentin Blake illustrations from some of Roald Dahl's best-loved stories – children can collect all six cards as they read any library books of their choice. It's fun, it's friendly and, best of all, it's

totally FREE. Come and make some new friends at your local library this summer on The Big Friendly Read. For more information pop in to your Library or go to [www.bigfriendlyread.org.uk](http://www.bigfriendlyread.org.uk) or visit [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries) For your nearest library call 0344 800 8006.

# Earlham Centre Praised

Earlham Early Years Centre celebrates receiving national recognition for their own "Bookstart Corner"

Bookstart Corner was designed to promote a love of reading and sharing stories for families with young children. At a recent event, Outreach



Workers, Tom Mills and Sonia Tanner, were praised for the way the new programme is delivered using rhymes, songs, puppets, and other resources to share the wonder of books with young children and their families. The approach is now being used as a model of best practice for other

children's centres around the country. For more information call 01603 454271, or drop in to the Centre on Cadge Road.

**Mary Powell and Rita Shanley**

*The Henderson Trust reports the sad news of the recent deaths of Mary Powell and Rita Shanley. Mary and Rita were true community champions who made significant contributions to local life and who were closely involved in the NELM Development Trust.*

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

# A Nature Reserve Right on Your Doorstep?



For years, the Friends of Earlham Woods have been campaigning and protecting the local environment.

Now they are hoping that Norwich City Council will declare Twenty Acre and Bunkers Hill Woods the City's 9th local nature

reserve. The community group has held regular litter picks and events in the woods to help raise the profile and protect the beautiful area and its amazing wildlife. Noel Debbage, of the Friends of West Earlham Woods said: 'We are excited that the woods could be the City's next Nature Reserve. We are very lucky to have an area of such natural beauty and one that is so rich in plants and animals right on our doorstep. It would be a terrible shame to see it become neglected and ruined over time. We hope that local people will

become proud to protect the area for future generations to come.' There are regular litter picks at the woods which are not just about picking up rubbish that other people have dropped, they are great fun as well! There is a Fungi Foray on Saturday 15th October, meeting at 10.00 at the West Earlham Community Centre. For more information, to volunteer or to donate to help towards the upkeep of the woods so that everyone can enjoy them for years to come, email [friendsofwestearlhamwoods@gmail.com](mailto:friendsofwestearlhamwoods@gmail.com)



## Top Tip For Tip Top Health

Talking about your feelings with people you trust can help you stay in good mental health and manage when you feel tired or anxious.

# On Her Bike for Ireland

At the Henderson Herald we know that she is great at her job.

But recently, we have also discovered that our very own Henderson Business Centre Business Admin Apprentice, Katie Adams, has a hidden talent. After years of training, she has been chosen to ride for Ireland in the Cycle Speedway Home International and Celtic Cup competitions. Katie, whose Grandad was from Ireland, has been riding and training in the evenings and almost every weekend since she was just 12. Now, all the hard work has paid off as she will head off to Hull for the top-notch international meeting on July 16th. On a well-earned break from practice, Katie explained: 'I was so happy when I was called-up for



the Ireland team. Cycle Speedway is a really exciting and competitive contact sport which many people have never even seen. I am a member of the Heathersett Hawks Cycle Speedway Club, which celebrates its 50th anniversary this year. We are holding a number of activities over the summer that will give people a chance to experience what a great sport it is. If you want to get a taste, there are loads of great examples of Cycle Speedway on YouTube - but they don't really show how intense the competition can get. You can find out when and where the next local race day is by contacting my club at [www.facebook.com/hethersetthawkscsc](http://www.facebook.com/hethersetthawkscsc)



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# Hay Fever's not to be Sneezed at

Sneezing, runny nose, itchy eyes?

If this sounds like you, the Henderson Herald GP, Emmanuel Ighomereho of the Wensum Valley Medical Practice has some tips to avoid the summer sniffles and enjoy being outside. 'It's great to enjoy the warmer weather but if you suffer from hay fever it's a time of year you probably dread. The high levels of pollen in the air from late



Spring through to early Autumn can really affect your quality of life. Fear not, Although there is no cure here are my top five tips to ease the symptoms:

- Wear wraparound sunglasses, they may not be cool, but might just stop pollen getting in your eyes

- Take a shower and change clothes after being outdoors
- Avoid drying clothes on the washing line outdoors as pollen can get trapped in the fibres
- If possible avoid going outdoors and keep windows closed when the pollen count is high - [www.metoffice.gov.uk/health/public/pollen-forecast](http://www.metoffice.gov.uk/health/public/pollen-forecast)
- Apply a small amount of Vaseline to your nostrils to trap the pollen before it gets into your system.

Your local pharmacist can advise you on over the counter treatments such as antihistamines, nasal sprays and eye drops – these treatments can be very effective. If your hay fever is still really bad, you can contact your GP.



## Don't Be Scared

## - Get Savvy


### *Computer and online tips to stay safe. By Norwich City Council*

1. Online shopping tip: If you buy something online, make sure the website is safe and secure. Check the website address bar. If it has an (https – often accompanied by a green padlock) it is secure, and you should be able to buy with confidence.
2. When searching health information online, make sure you go straight to NHS Choices, which is a trusted source of information - [www.nhs.uk](http://www.nhs.uk)
3. When using a shared public computer, make sure you log-out of any website at the end of your session. And when using public

Wi-Fi (such as at a café) avoid logging into websites where there's a chance that someone could capture your passwords or personal info.

4. Phishing is a type of spam email where scammers con you into thinking the site is from someone genuine (such as your bank for example). The emails are attempts to steal your passwords, bank codes and money. NEVER click on a link and enter your password from a spam email - no matter how genuine it looks, instead call or visit your bank.

**For information about how to stay safe online, contact Laura Wigby on (01603) 212770.**



### bee a regular saver

**Save each month with West Norwich Credit Union and then if you need a loan, just let us know how much you would like to borrow.**

#### Save


- Your account comes with FREE life insurance up to £5000\*.
- A share of any profits will be paid back to you as a dividend.
- You can access your money quickly and easily.
- We are covered by the Financial Services Compensation Scheme (FSCS), so your money is safe.

#### Borrow


Whether you're looking for a loan to help with your household expenses or for a larger purchase such as a car or a holiday, we've made it easy to borrow, from as little as £250, at an affordable rate (26.8% APR).

- Repayments are agreed with you to suit your individual circumstances.
- We offer FREE loan-protection insurance.
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## Kids Love to Do Stuff!

Maths doesn't have to be boring

Try a number hunt e.g. 'By the time I count to ten, find (how many?) pencils, toys, spoons, books etc'. Ask your child to help sort the washing and get them to match pairs of socks. Count with your child how many steps are there up and down the stairs? There are lots of number songs to sing together: like 10 Green Bottles and Once I Caught a Fish Alive.

You can boost your child's understanding of money by letting them help you pay for shopping with change. When cooking, your child can help measure and weigh the ingredients. Playing with numbers helps to make your child a happy and confident learner.

Supported by Little Sparks Preschool. Call 01603 740677 or check out the new web page [www.littlesparkspreschool.co.uk](http://www.littlesparkspreschool.co.uk) or [www.facebook.com/littlesparkspreschool.co.uk](https://www.facebook.com/littlesparkspreschool.co.uk)

A dark blue speech bubble with a white border, containing the mathematical equation '1+1=2' in white text.

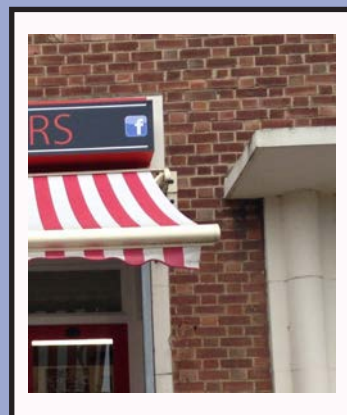
## Where is this?

**Tell us and you could win a £10 voucher!**

**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 24th June 2016**

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

### Small print

**The Henderson Herald**

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