

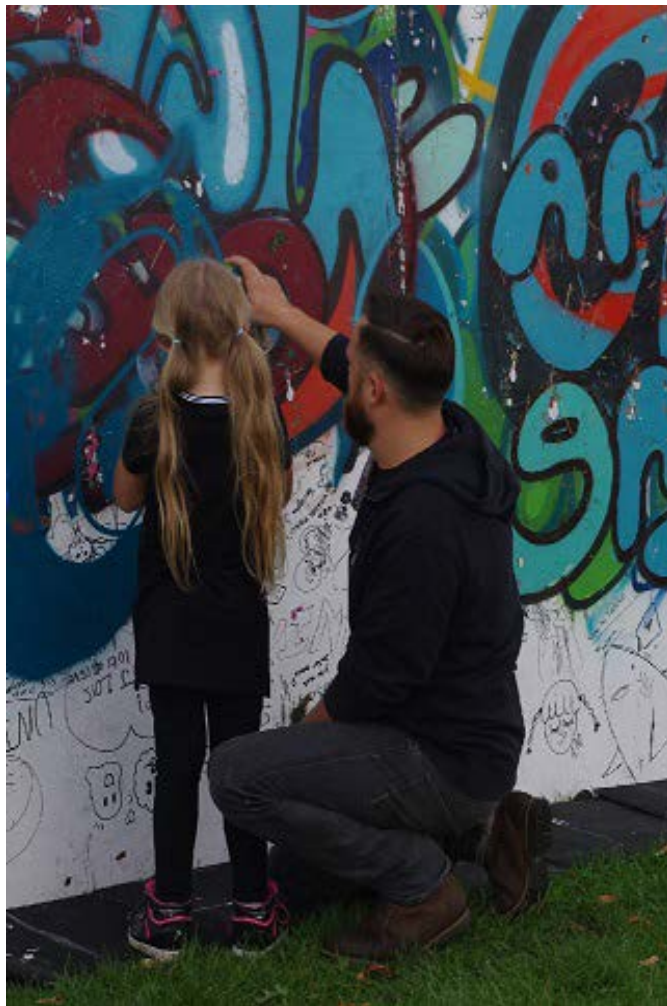
THE

# Henderson Herald

Free

**INSIDE** - UEA Good Neighbour Scheme - 3 Peak Challenge - Funding Update -  
Latest Sorted Adventures - Foodbank FISH Clubs - and lots more from your community

**Autumn 2017**



## A Big Day To Remember

**Community comes out in force to enjoy the fun activities and stalls laid on for them at the third and biggest Henderson Trust Big Day yet.**

The event was packed with stalls, entertainment and activities for the whole family. There were lots of trade and community based stalls who all braved the bad weather in the morning to set up their pitches. Luckily the sun came out to join us and by the afternoon it was absolutely glorious. Throughout the day there was lots of free entertainment and activities on offer. The graffiti wall proved to be as popular as ever and the circus skills workshop continued throughout the day welcoming anyone who wanted to have a go. There was a large soft play area for younger children and several bouncy castles. Punch & Judy were also in

attendance and provided lots of laughs for all the family.

There was loads of entertainment going on in the arena throughout the course of the day. Families had the opportunity to work off their burgers and ice creams with fun activities and watch the amazing demonstrations and presentations from the Norwich Choi Kwang Do team and Popercise Norfolk Allstars. The arena also had the All Stars Dance Academy and Jezza King's Mascot Show which got everyone up and joining in. Entertainment and PA services were provided by NES, Norfolk

Event Services.

The Big Day closed with a raffle raising money for the Make a Lunch Club, a great project supported by Norwich Foodbank that provides hot meals for children and families in the school holidays, and Earlham Scout Group who offer a wide range of activities for local children aged between 5 and 14. The Foodbank will put the donations received towards the cost of running the ever popular and necessary Make a Lunch Club and The Scout Group plan to put the money towards equipment for the Beavers, Cubs and Scouts groups.

1st prize, won by local resident Hannah Barnes, was a Love To Shop voucher worth £100, with a Kindle Fire going to the lucky second place winner.

A massive thank you to everyone who helped to make this the biggest Big Day we have ever had. Lots of work goes in to the running of such a large event and it simply wouldn't be possible without all the help from our dedicated staff and volunteers. And thank you to the local community who came to join us for all the fun!

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



# Everybody Needs Good Neighbours

**UEA Students add a lot to the local community from volunteering for charities, being Scout leaders or simply giving custom to local businesses and shops.**

The UEA are keen for students to succeed both in their studies and in life during and after their time at university. So much of what the Student Union does is about looking beyond what students study and the Good Neighbour Scheme has been developed to help students to have a positive impact on the world around them.

Josh Clare, Head of Campaigns & Policy for UEA Student's Union, states "Our belief is that everyone should be proud of where they live and their community and so we want to work with everyone in Norwich to make it a great place to live, study and work. In years gone by your neighbours might have had a key and popped over every other day for a cuppa and whilst we know things have changed a little we also know that your neighbours are still an important part of your life.

We want student neighbours to be some of the best you've ever had and so we've put something together to help with that."

There are ten principals that form the student Good Neighbour Scheme:

1. Litter and Bins: Know your bin collection day.
2. Bicycles: Keep your bike locked up safe in a secure place away from alleyways.
3. Disruption: Be considerate when holding parties or coming in late.
4. Become part of the Community: Students are an important part of the community so get involved in local activities such as charity groups.
5. Music Control: Keep your volumes at a reasonable level and let neighbours know they can tell you if it's too loud.
6. Tidy Home: Keep your garden and communal areas tidy and clear of rubbish and obstacles
7. Know your neighbours: Make an effort to get to know the people you live next to.
8. Moving in and out: Be considerate when moving in and out and try not to block the street.
9. Lock it: Make sure your house is locked and secure at all times.
10. Report issues to the relevant authorities: If you see something happening in your community, report it to the relevant authority.

The UEA encourage feedback so please do make sure to get in touch with any comments or issues or to find out more information about the Good Neighbour Scheme.

# Take A Peak At This It's No Small Feat!

**A lot has been happening at the West Earlham Dental Practice since we met up with Dr Gautam Sharma for the spring edition.**

When we spoke to him last he was mentally and physically preparing to tackle the exciting Three Peaks Challenge to raise money for local charity Nelson's Journey.

Dr Sharma's personal journey began last year when he met a volunteer collecting money for the local charity. After finding out about the brilliant work Nelson's Journey do, providing support and counselling to local children suffering the bereavement of a parent, Dr Sharma was moved to help. "It struck a chord with me. I made a donation but wanted to do more than that for this charity."

The Welsh Three Peaks Challenge, otherwise known as The National Challenge, involves climbing three peaks in Wales: Snowdon (in North Wales), Cadair Idris (in mid-Wales) and Pen y Fan (in South Wales). The 'walk' is a total of 17 miles

including a climb of approximately 5,000ft.

When asked how he prepared for such a challenge Dr Sharma said "Training was varied and involved improving my diet, cardio training and specific weight training. It's quite hard to train for this sort of event in Norfolk." I can only imagine how Snowdon must compare to Mousehold!

Dr Sharma took on the three Welsh giants in July and successfully completed the gruelling task in less than 15 hours raising over £500 through sponsorship for Nelson's Journey. "Having done the challenge I am immensely proud that as a team the Practice has raised over £500, which is enough to cover the support of a child through the whole of their journey. I would like to personally thank the fantastic team and patients at West Earlham Dental Practice for all their help and donations to this wonderful cause. I would

not have been able to do it without them."

Far from being deterred by this exhausting feat Dr Sharma is already looking for his next challenge. The West Earlham Dental Practice are currently taking any suggestions for fund raising challenges you may have and the best idea will be chosen.

We look forward to meeting up with the team again in a future edition to find out what the next challenge will be and also hear about how the Practice has teamed up with The Earlham Early Years Centre to promote their Teeth For Life programme, a campaign taking positive steps to educate patients and children in the local community.

Contact West Earlham Dental Surgery to register as a patient, find out more about the Teeth For Life programme or to make suggestions for future fund raising activities.



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





# Funding Boost For Henderson Trust

**Henderson Trust has received £5000 to fund a girls project for 11-16yr olds based at the West Earlham Community Centre.**

The donation was provided by the Santander Foundation which offers Discovery Grants to UK registered charities for projects that help people in local communities.

Girls4Real offers support and new opportunities in order to build confidence, self-esteem, promote healthy relationships and to reduce the risk of exploitation for young women in the area. It is a safe place to come, socialise, take part in activities and to have a meal together. The group runs fortnightly on a Tuesday from 4pm until 6pm.

Sally Fox, Outreach Manager at Henderson Trust, said "This grant means that we can continue our work, the girls themselves are all so pleased that their group will carry on for another year, meaning we can continue to support them to make positive choices and discuss some really difficult and sensitive issues in a safe space. This group is entirely led by the girls and their needs."

Sally went on to say "We applied for the grant locally. Amy Slack, Manager at the Santander Foundation, told us the fantastic news that we had been awarded the grant."

The Santander Foundation is at the heart of the bank's community activities, providing grants to small charities and social enterprises working with disadvantaged people to fund skills, knowledge and innovation projects across the UK.

Amy Slack said "Santander Foundation makes hundreds of donations every year to good causes throughout the UK. Our branch is committed to playing a key part in the community and we are delighted to be supporting Henderson Trust and hope the donation makes a real difference to local people."

Henderson Trust has also secured funding through Norfolk Community Foundation (NCF). Through NCF The Norfolk Youth Fund provided Henderson Trust with £1728 and Healthy Norwich awarded the Trust a Health & Wellbeing Innovation Grant worth £4665. This will be used to deliver 4 courses on sex and relationships aimed at young people between 11 and 16 yrs due to take place over the next academic year. For more information contact Henderson Trust.



# Food For Thought

**There are many reasons people can find themselves struggling to make ends meet and when families have no financial safety net a crisis such as bereavement, benefit delay, redundancy or illness can leave them unable to feed themselves or their families.**

Norwich Foodbank helps local families through the provision of vital food supplies. They work closely with schools and local care organisations to identify and support those in crisis and provide nutritionally balanced food boxes that cover the needs of individuals or families for 72 hours – the critical time

gap before other services can kick in.

How does it work? Local organisations and care workers identify households that, for any number of reasons, have found themselves on the edge of disaster, and provide them with a food voucher. They are then referred to their nearest Distribution Centre where they are met with a friendly welcome, a hot drink and a food box. The Centre also provides a listening ear and help finding relevant professional services that can assist with the underlying issues that have contributed to financial hardship.

Hannah Worsley, Project Manager at Norwich Foodbank, explained how FISH – Food (and Fun) In School Holidays was started as a result of seeing an increase in the number of families being referred to their services during the long school holidays. She said "We wanted to be proactive and do something to address this

obvious need rather than just upping the number of food parcels being distributed." They currently have 10 FISH clubs across Norwich and have provided 500 meals to local families during this summer holiday alone. Hannah went on to say "We're pleased to have the support of so many amazing volunteers as well as supermarkets and businesses that donate food and staff time".

For details of where to get food vouchers, a list of local distribution centres and a search facility for free or low cost services and activities in the area go to [www.networknorwich.co.uk](http://www.networknorwich.co.uk). You can also find lots of information on the brilliant services provided by Norwich Foodbank and suggestions of how you can help to support those in need in your community.



## Small print

Every effort has been made to ensure that the information provided within the Henderson Herald is accurate. 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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# Fun In The Sun

Summer Sorted 2017 has just wrapped up the fantastic programme of activities with a great time had by all.

Summer Sorted 2017 provided over 3,200 subsidised places on trips for children and adults of all ages who live in the local community. There was a trip arranged for almost every day of the Summer Holidays including visits to Colchester Zoo, Pettits, the Dinosaur Park and many of Norfolk's marvellous beaches, where many enjoyed a swim despite

the British weather. The programme ended with a great trip to Lego Land. Activities for older children included days out horse riding, go-karting and trampolining. Sorted gives people from the area the opportunity to get out and about during the holidays, make new friends and have a great time. For many young people this can boost confidence allowing them to play and support other children. Transport is provided for all of the trips and Henderson Trust contributes towards the cost of the trips to help make them more affordable. Scott Porter, who runs the project for Henderson Trust said "This Summer has been our busiest yet with plenty of new people

coming on the trips as well as many familiar faces. The staff and volunteers for the Sorted Trips put a lot of work in to make sure everything runs as smoothly as possible and it's great to see so many people getting involved and having fun. I don't think Colchester Zoo knew what hit them when over 260 people from Norwich arrived on their doorstep!" Sorted is available to anyone who lives in the area and runs trips in the Summer, Christmas and Easter holidays. If you are interested in taking part in future activities and outings simply call 01603 251766 or email Scott on [scott.porter@henderson-norwich.org](mailto:scott.porter@henderson-norwich.org)

We look forward to visiting West Earlham Junior School later this year to find out about all the new facilities and projects taking the pupils by storm.

They are keen to show us the new pond and garden which are the ideal space for students to enjoy learning outdoors with a variety of activities and classes designed to make the most of these great facilities. We are also excited about the opportunity for a guided tour around the newly resurrected Anglo-Saxon longhouse; not something you get to see very often! And last but by no means least we can't wait for the chance to meet and hear the newly founded orchestra - this is a great project that is being developed alongside Sistema, a charity founded by Julian Lloyd Webber, which aims to transform the lives of children, young people and their communities through the power of music. Watch this space!

## Top Tip For Tip Top Health

The changing weather and shorter days can often make us feel a bit glum!

Eat healthy seasonal food to boost your immune system in preparation for winter

Make sure you get some exercise and fresh air to help feel less sluggish

Get lots of sleep to maximise your energy



# ZUMBA

*Come and join me for a fun way to get fit, lose weight and make new friends!*

**Mondays 9.45am – 10.45am**

**West Earlham Community Centre**  
 Wilberforce Road  
 Norwich, NR5 8ND

**Michelle Linney - 07554 426873**

## Henderson HERALD

**To tell us about your events and projects or to advertise your business or group here please contact**

**[info@lyndongreen.co.uk](mailto:info@lyndongreen.co.uk)**

# 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 15th December 2017**