

Henderson Herald

Free

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Winter 2017



Merry Christmas



The Spirit of Christmas

Norwich Open Christmas The Foodbank

Nobody needs to be alone or hungry this Christmas Day thanks to Norwich Open Christmas and their amazing volunteers.

Norwich Open Christmas takes place on Christmas Day and will be held at St Andrew's Hall between 11am and 5pm.

The free event was originally set up by Michael and Rosie Hope 26 years ago to give the homeless respite from the cold, a warm meal and the opportunity to celebrate Christmas Day with others. Since then the event has grown significantly in popularity and Norwich Open Christmas extends a very warm welcome to anyone who may otherwise find themselves lonely or hungry this Christmas. The team also run the same

event in Great Yarmouth which has been going for the last 23 years.

The Organising Committee of volunteers provide the full Christmas experience and guests can enjoy a whole range of free festive food and entertainment. Every guest will also be given a non-perishable food goodie bag to take home, warm winter clothes for those who need it and access to a hearing aid test and battery replacement service totally free of charge.

Norwich Open Christmas also offers a free transport service to and from the event for anyone living in the Norwich area that would like to join them but would otherwise struggle to attend. You do not need to book a place if you are thinking of attending and can just turn up on the day however prior arrangement is necessary if you require transport to or from the event. This can be done via the website or with the phone number provided below.

The fun starts at 11am with free refreshments all day.

Lunch will be from 12.30pm until 2pm and there will be festive entertainment throughout the day. Later in the day clothes and food parcels will be available.

Norwich Open Christmas gives everyone the chance to enjoy good food, good fun and good company on Christmas Day meaning that no one needs to be alone, cold or hungry on this special occasion. This event is made possible by all the local volunteers and organisations that kindly donate their time and money to bring Christmas to everybody, particularly those in our community who are in need of a little help or companionship. If you would like more information about Norwich Open Christmas or want to arrange transport to or from the event go to <http://www.openchristmas.org.uk> or call 01603 624877.

Norwich Foodbank experiences its busiest period in December.

The run up to Christmas is a very busy time for the Foodbank, both in terms of the number of referrals for families and individuals who are desperately in need of support and also the amount of generous donations received.

Christmas can be a very expensive time of year with family gatherings and seasonal celebrations really adding to the shopping bills. For many in our community Christmas can be a stressful and even depressing time of year as they struggle to afford the basics for a hot, balanced meal on Christmas Day let alone stretch to those extra festive treats. It is also a time for sparing a thought for those less

fortunate and this is definitely evidenced at Norwich Foodbank who has found that the level of vital donations received increases despite the extra financial pressures felt by all over the Christmas period.

Hannah Worsley, Project Manager at Norwich Foodbank said "Thanks to the generosity of our community, during the whole of 2017, we expect to give out close to 10,000 food parcels. However, this is a service we offer all year round so please don't forget us when the New Year comes!"

To find out more go to www.facebook.com/Norwich.foodbank or call 01603 251733 for a chat about how you can help this wonderful organisation continue to support those in need in our community throughout 2018.



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

Christmas Message



Elsewhere in this edition of the Herald you will see that we have been counting the cost of vandalism and anti-social behaviour in the community park. It is a terrible shame that the antics of a tiny minority of people can spoil the enjoyment of the park for the rest of us. I hope that one way or another we can stop this from happening in 2018. I for one would prefer the Trust's money to be spent on good things rather than having to make repairs or remove broken equipment.

Having said that, a new outdoor fitness trail has recently been installed on the park and we want this to be used as much as possible by as many people as possible. While we can't all be world-class athletes, it is important that we look after ourselves: even making small changes here and there can make a big difference to our health and how we feel about ourselves.

In these days of instant everything and social media it's also important that we remember to make time for others, especially older people or those who may be feeling isolated. Strong communities work for each other and Henderson Trust's staff and volunteers look forward to working with you in what is sure to be an exciting 2018!

On behalf of the Trustees and staff of Henderson Trust: 'Merry Christmas and Happy New Year'.

Lynda

Lynda Wilkinson
Chair, Henderson Trust

Trustees Wanted

Henderson Trust currently has exciting new vacancies for Trustees who live in the local area.

The Trust is a charitable company which manages various assets in the area and which delivers numerous projects for the community.

The Trust has meetings every two months and we would very much welcome any applications from members of the community who have the skills, background and desire to help us.

For more information and an application form please contact Nick Craig at nick.craig@henderson-norwich.org

New Website

Check out the new Henderson Trust website www.henderson-norwich.org and the sister site for the Henderson Business Centre www.hendersonbusinesscentre.co.uk



Well Done

West Earlham Infant and Nursery School receive an 'Outstanding' rating in a recent Ofsted report. The school, based in West Earlham, takes pupils from ages 2 to 7. It promotes a community focus and provides a nurturing and inclusive environment which encourages children to enjoy learning.

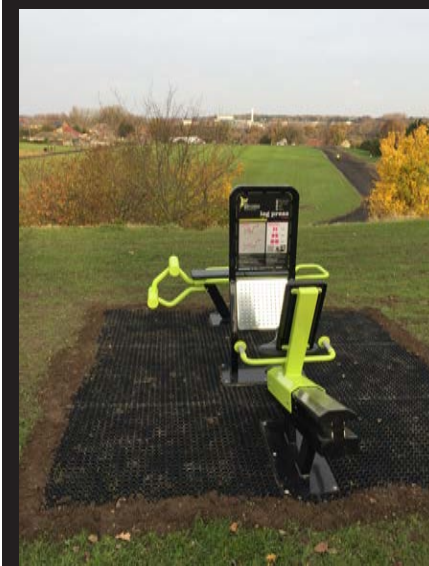
The report, following an inspection which took place in October, praised the school across the board from curriculum to effectiveness of outcome and complimented teachers, support staff, governors and pupils alike with particular mention of Head Teacher Mrs Neate-Evans' "strong moral purpose to secure the very best for her pupils". Congratulations to all involved.

If you are interested in finding out more about West Earlham Infant and Nursery School visit <http://www.weins.co.uk>.

Get Fit In The Park

After months of waiting, Henderson Trust is pleased to announce that new outdoor gym equipment has been installed in the Community Park. Thanks to funding received from Tesco and Sport England, several new pieces of equipment have been put in place near the running track. The equipment is for everybody to use although young children will need to be supervised by an adult.

Rachel Armes, who coordinated the purchase and installation, said "I've just started working for Henderson Trust and this was a great way to begin. The equipment adds a new dimension to the park and we will be working with the community to ensure it gets used as much as possible." More details of the official opening and organised activities will follow in a future edition of the Henderson Herald.



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



Congratulations to...

Jackie-Ann Parker who was awarded **Henderson Trust Volunteer of The Year.**

Jackie-Ann has been particularly involved with Henderson Trust's flagship project Sorted which provides subsidised trips and activities for families,

children and young adults in the school holidays. Scott Porter, Manager of Sorted, said "Jackie-Ann worked above and beyond the call of duty supporting the Summer Sorted activities and was one of the main reasons why it went so well this year." Henderson Trust is extremely grateful for all the hard work and support from their dedicated volunteers. If you would like to find out how you can get involved in helping your community please contact Henderson Trust via the website at www.henderson-norwich.org or call 01603 251700.



Give It A Rest



Vandalism and anti-social behaviour on the Community Park is on the increase.

Most recently one of the newly-installed picnic benches was set on fire and destroyed. Nick Craig, chief executive of Henderson Trust said, "Setting fire to this picnic bench was dangerous and stupid and wasted the time of the emergency

services who had to attend. It's important to remember that the park is run by Henderson Trust. We want everyone to enjoy the park and every year a lot of money is spent on keeping it safe and welcoming. However over the past few months extra money has had to be found to repair and replace equipment that has been vandalised or stolen. Spending money on repairs means that less can be spent on our other work like the Sorted trips. This means that the community loses out twice. What a waste."

Children In Need Supporting Your Community

Henderson Trust is delighted to announce that it has received a grant of nearly £83,000 from Children in Need.

The funding will last for three years and will help to employ a youth worker who will work with young people to improve their independence and well-being through participation in positive activities. Programme manager Scott Porter said, 'we're very grateful to Children in Need and we can't wait to get this new project started.' Earlier in the year Henderson Trust project Not About the Bike also

received funding from Children In Need for the After School Bike Workshop; an initiative that enables young people to access the services and facilities provided by Not About the Bike in regular supported sessions throughout the week. To listen to a recent interview with Radio Norfolk's Wally Web talking to Graham Meads, Project Manager of Not About the Bike, go to www.henderson-norwich.org/news.



Helping Hands

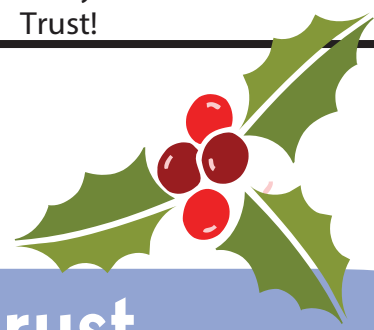
Volunteers from the Prince's Trust have kindly donated their time to tidying up an area of the Community Park.

They have also helped to install a new bench and a bird box in the park for everyone's enjoyment. They've done a great job - thank you all from everyone at Henderson Trust!

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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Good Health

Wensum Valley Medical Practice has recently welcomed two new members of staff and a whole array of new services available to you at the West Earlham Health Centre.

The Practice is pleased to announce that Jan Hardinge has joined the team as Practice Manager, she brings a wealth of experience. The Practice is also very pleased to welcome Vicky to the team. Vicky is a Practice Nurse who will specialise in Diabetes care. She also has expertise in asthma. From December 1st West Earlham Health Centre are offering free NHS Health checks to patients aged between 40-74 who have no current cardiovascular diseases. This involves looking at your lifestyle, BMI, blood pressure, your cholesterol and offers you intervention should you have a high risk of developing any long term cardiovascular conditions. Another new service available for children aged

3 1/2 years who are due for their pre-school vaccinations is a "School Readiness Check". This involves screening your child to ensure that they have all of the skills to equip them for starting school.

The Practice will also be introducing a 'month of birth' recall system for anyone with a long-term health condition. This will initiate an annual call on the month of your birth for a review of your ongoing condition. This is essentially so that your medication and condition can be reviewed for prescription purposes. In addition West Earlham Health Centre, as part of Wensum Valley Medical Practice, has been chosen to be part of a very exciting pioneering project focused on improving diabetes care within primary care. This will result in the practice contributing to national best practice guidelines. Find out more about these new services at West Earlham Health Centre by visiting www.wensumvalleymedicalpractice.nhs.uk or contact the centre directly on 01603 250660.

Be Scam Aware

Norfolk Trading Standards want all residents in Norfolk to help us in taking a stand against scams.

Scams take many forms and find many ways to catch people out. Telephone cold calls, Emails, Text messages and Doorstep callers are all approaches which can be used to get someone to give out their personal or financial information. These may be used to steal your money or to commit fraud and identity theft. Some scams use very common mass marketing approaches, such as emails that are sent to many people claiming their account information needs 'updating' in the hope of gathering data. Others can be more specific like targeting people on the doorstep claiming they can receive a 'free boiler replacement, but only if they receive certain benefits' and then asking

to see specific information. No matter what the approach our best weapon is making people aware of these sorts of scams and to get them to share it with family, friends, neighbours and more widely within their communities. This helps reduce the risk of them becoming the next victim.

Norfolk Trading Standards have put together some pointers to help you avoid scams.

5 Top Tips for Staying Safe:

- Never disclose security details even if they state they are your bank or the police. NEVER give someone your PIN number, pass code or online account passwords.
- Don't assume everyone is genuine. If you can't be sure it is genuine don't do it.
- Don't be rushed. Be very wary of claims that you need to respond immediately. Never be afraid to check it out by getting in contact with the organisation directly via a route you know.
- Listen to your instincts. If

it sounds too good to be true then it probably is! - Stay in control. If you're not sure if something is genuine be confident and tell them that you are not going to respond until you've looked into it further.

Norfolk Trading Standards also share information on specific scams that have been reported to them in Norfolk. You can learn more about these scams and how you can keep yourself and others safe from them by becoming a Friend Against Scams. Find out more about the scheme or take part in online training at www.norfolk.gov.uk/friendsagainstsams. To sign up for a weekly email informing you of all the latest scams visit www.norfolk.gov.uk/tsalerts or go to www.facebook.com/norfolktradingstandards. You can also report details of any scams you receive and get further advice via the Citizens Advice consumer helpline on 03454 04 05 06.

BeScam Aware

Note To Reader:

We were hoping to bring you news of West Earlham Junior School's exciting new activities in this edition but look forward to catching up with them in future editions.

Student's Walk

The students at Future Education have been busy raising money for charity.

Future Education work with hard-to reach groups empowering individuals to reach their full potential through a wide range of projects and services. Known for their work locally Future Education

has thrown the net even wider in the run up to Christmas. The students recently completed a sponsored walk for Children In Need. The walk took them on a 5 mile round trip around Sherringham Country Park and raised £65 for the children's charity. They also held a Coffee Morning raising £41.14 for Macmillan Cancer Support. To find out more about Future Education visit <http://www.futureprojects.org.uk>.

future
education

Refurb

Mount Mizar are working hard to improve their church on Larkman Lane; the first stage of renovations has been successfully completed. They are proud of the amazing work that has taken place and hope that the planned changes to the outside will encourage the wider community to help look after the surrounding area and also feel that little bit more pride in the neighbourhood as a result.



**HAVE YOU EVER THOUGHT ABOUT SELF-DEFENCE
FOR YOURSELF OR YOUR CHILDREN
WHY NOT COME ALONG AND LEARN
THE ORIGINAL JAPANESE MIXED MARTIAL ART**

Helps:-
Combat Bullying
Low Self-esteem
Teach Respect
With Fitness



Sensei Hayden Michaels
4th Dan Jiu-Jitsu
1st Dan Kobudo
Trained Body Guard/Instructor
DBS Checked
Fully Insured with the International Budo Federation

**West Earlham Community Centre Wilberforce Road,
Norwich**
Mondays Juniors 6pm to 6.45pm Adults 7pm to 8pm
Contact:- 07918713108