

Henderson Herald

Free
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- New Henderson Trust Team Member- and lots more from your community**
Spring 2018


Goodbye Green Grocer

Local residents reluctantly bid a fond farewell to Phil's Top Shop.

The Green Grocers, based in West Earlham Shopping Centre, has provided great quality fresh fruit and vegetables to the local residents for over 38 years. The shop was bought by Nick and Yvonne Clarke in 1979 and run as a family business. Their son, Phil,

joined the team in July 1986 to help with the high demand and busy workload and has been serving customers with a smile ever since. He subsequently took over the shop on their retirement in 1993 when the name was changed from The West Earlham Fruit Store to Phil's Top Shop. And it's evidently in the blood... Phil's Grandfather had previously owned a local Green Grocers on Gordon's Avenue. In addition to this a recent family discovery of an old marriage certificate dating back to 1895 recorded Phil's Great Grandfather's occupation as a 'Green Grocer on Ketts Hill'.

Phil's seen a lot of changes to the centre itself over his 31 year residency in West Earlham Shopping Centre, including the addition of a doctor's surgery and chemists, a dental surgery, a local library and new student housing. As they say though all good things must come to and an end and unfortunately Phil's Top Shop is no exception. There has been a huge shift in shopping habits over recent years and despite maintaining a loyal and happy local customer base, it has become increasingly difficult for the shop, like so many other small independent shops, to compete with the larger retailers and supermarket

chains in the area. Whilst it is obviously sad to see the shop close it is clear that for many years now Phil has been a familiar and friendly face at the heart of West Earlham community and will continue to be so.

He said "I would really like to thank all the fantastic local people for all their custom over the years. They are like family to me so a great big thank you to them all". We wish Phil all the best in his future endeavours!



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

Community Projects Update



Henderson Trust currently runs a number of community projects. This includes Girls4Real, a group for girls aged 11-16yrs at the West Earlham Community Centre. We are grateful to Santander for funding this invaluable project.

The Youth Drop In will also be starting again soon on Thursday evenings 5-7pm at the West Earlham Community Centre - look out for posters around the community. This has been funded with a grant of £5939 from Thomas Anguish's Educational Foundation. In addition The Norwich Freeman's Charity have awarded a grant of £1188 for new equipment including a WiiU, bean bags, a 4 in 1 games table and a brand new TV! As before there will be various activities you can try including animation, Wii, craft, cooking and music. There will be free food and drink at each session. If you want to talk to someone the staff are always on hand. We enjoy trips when possible; in the past we have gone to the cinema, biking in Thetford Forest, horse riding, High Altitude and bowling to name just a few. To help develop our Drop-In we are inviting young people aged between 13-17 yrs to come along to West Earlham Community Centre on Tuesday 20th March 5pm -6.30pm to enjoy some food, just chill and talk about what you would like to see at the new club. See you there! If you want any more information about the projects and clubs or would like to meet our new Youth Support Worker Caitlin (see back page for official introduction) call her on 07535 476004.



ANGUSH'S
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A Poplar Decision

In recent strong winds one of the nine Lombardy Poplars on the Community Park was blown down. Thankfully nobody was hurt and no damage was done. However in order to reduce the risk of this happening again the remaining eight trees have been reduced in height and thinned out. David Jackson, Project Manager of Henderson Trust said, 'these trees are not subject to Tree Protection Orders but we want to ensure they remain as safe and attractive as possible as well as giving the dog walkers some shade in the summer!'

MABS To Close

Norwich Money Advice and Budgeting Service (MABS) to close after funding is stopped.

MABS, which has been a valuable part of West Norwich Credit Union since 2008, will be unable to offer a service for the community from the end of March as they will no longer be eligible for funding from Norwich City Council.

The service was based on three key inter-related elements:

- 1) money advice providing on-going support
- 2) budgeting and creditors repayment
- 3) access to credit union loans unrestricted by standard loans policy, in the event of an emergency

Over the last nine years MABS has dealt with over £4.5

million of debt, providing a lifeline for people struggling to meet their credit obligations. It was innovative in its approach as no other agency offered such a complete and comprehensive service for its clients. It was community based and the partnership with West Norwich Credit Union helped to build a foundation for clients to take financial control, while giving access to accumulated savings or a structured affordable loan in times of need or emergency. The unique MABS approach has helped people to regain control of their finances and, by removing anxiety, eased health issues brought on by

financial burdens. People were able to 'get on' with their lives without the feeling of despair and the worry about debts that can affect them and their families.

There is no change to the service offered by West Norwich Credit Union which continues to offer savings and low-cost loans. For more information and opening hours go to www.wncu.net.



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

Henderson Trust Announces...

Following discussions with Norwich City Council, Henderson Trust has agreed to take on the management of Cadge Road Community Centre. Scott Porter, programme manager at Henderson Trust said, "the role of community centres has changed significantly in recent times but they still have an important part to play and we hope that Cadge Road will continue to be used for the delivery of services and activities in the area." Watch this space for more news on what's happening at Cadge Road.



Lego Fun

Children in West Earlham can come together to create fantastic Lego creations. The brand-new Lego Club at West Earlham Library runs on the 1st and 3rd Saturday of every month, 11.00 - 12.00. The club is ideal for children aged 7 - 12, any children aged under 8 must be accompanied by an adult. The club is run by volunteer Gemma Larkins who sets the children a fun new challenge in every session. Children might be competing to build the tallest building, or working together to create the strongest bridge; another

week everyone will produce a self-portrait in Lego-form. Elena Judd, Community Librarian said "As well as firing up their imaginations and starting to think like engineers, children will be developing their co-ordination and communications skills as they learn to build together. Working in a group helps children learn to take turns and share and having a theme each week will really stretch their creativity." For more information about the Lego Club call West Earlham Library on 01603 451881.

Foodbank Update

Norwich Foodbank has seen another rise in the number of referrals received.

They provided 9,836 food parcels (each containing 3 days-worth of food) in the calendar year of 2017. This is a 9% increase on 2016 and an 11% increase on 2015.

Whilst this remains a depressing situation, the good news is how generous the local community is in supporting the work of the charity with donations – these have increased year on year also! In 2015 just over 103 tonnes was donated (the majority being food but toiletries are also included in this figure), in 2016 over 111 tonnes was received and redistributed and in 2017 over 114 tonnes went out of the charity's warehouse on Ivy Road. 18% of all donations in 2016 were given in December alone. Part of the 2018 plan includes the idea of a mid-year campaign around the 25th June, as this is typically when donations are at their lowest.

Project Manager Hannah Worsley said "We are amazed and delighted that we have continued to remain in the community's hearts and minds, despite moving into our 6th year of serving those in need. The amount and variety of support from churches, schools, businesses, groups and individuals is really encouraging as is their generosity in giving food, time and money to support our work.

If you are planning a large collection this year we would love to hear from you so we can plan best use of our warehouse space and give you an idea of our most needed items." The most recent campaign, to bring in specific donations to make up nutritionally balanced food parcels, as approved by Trussell Trust, was a great success with the warehouse experiencing a huge increase in donations. Over 5 tonnes came in through the 'Reverse Advent Calendar' project in December alone – over twice as much as the campaign's first year in 2016. The 'Reverse Advent Calendar' asks for people to give one item to Norwich Foodbank every day for 25 days between 6th November and 1st December.

November also saw the launch of a new project, in conjunction with Norfolk Community Foundation and Age UK Norfolk, to

support foodbank clients with gas and electricity vouchers. The charity saw people who were either unable to cook the items they were being given or who had to choose between heating their house and heating their food. During a trial period, running until March 2018, a fuel voucher can be issued alongside a foodbank voucher by a select number of the foodbank's partner agencies, with the aim to roll the scheme out across Norfolk if funding can be secured. Both Cromer and Kings Lynn Foodbanks have similar schemes in place already. Norwich foodbank's FISH project, Food (and Fun) In School Holidays, continues to serve the community regularly in five different areas around Norwich: West Earlham, Queens Hill, Wymondham, Thorpe and Lakenham. The clubs link with local schools to ensure the families who would most benefit from the support on offer are included and offer a free hot meal (with pudding!) and lots of fun activities. Since FISH launched in 2014 over 6,800 meals have been served with just under 300 different children attending at least once. The Foodbank has provided support and advice to other areas across the UK who are looking at implementing similar projects.

For more information visit www.networknorwich.co.uk

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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Norwich Foodhub At The Heart Of The Community

Norwich FoodHub moves into Cadge Road Community Centre.

Norwich FoodHub is a local project dedicated to tackling the tough issues of food waste and food poverty in Norwich by collecting surplus food from retailers and redistributing it to local charities and community

groups who directly help those most in need.

The project took off in 2016 after concerned individuals from the community decided to take the issues of waste and poverty in Norwich head on; at least 1,000 tonnes of edible food is wasted in Norwich every year.

Despite the growing awareness about food waste it can typically be very difficult for organisations to partner up with retailers in order to redistribute perfectly good food that would otherwise be wasted. Since retailers often require the

partnering organisation to be Food Safety Approved this can drastically limit the number of organisations who are able to get this valuable resource to those who need it most. With this in mind Norwich FoodHub acquired space to operate from Norwich City Council, which has a five star Food Safety approval rating, and have subsequently used this to great effect!

To find out more about this brilliant project and how you can get involved go to www.norwichfoodhub.co.uk or visit the Norwich FoodHub facebook page for regular updates.



Welcome To The Team

Introducing Caitlin Arthur the new Youth Support Worker at Henderson Trust.

Caitlin will be working across our Community Projects, SORTED and Not About The Bike. She will help with planning and delivery and will also provide support and encouragement to the young people who come along to the various projects.

Caitlin can meet with young people and give guidance on a range of topics or just

provide a friendly, listening ear. If you want to talk to someone about anything that is on your mind including school, what your options are in the future, home life, health, friendships, what activities are happening and how to access them or any ideas you have for our projects, why not speak to Caitlin and arrange to meet up. If you need more specialist help she can point you in the right direction and help you access the right service.

Caitlin will also be joining the Not About The Bike Drop-Ins and the 10-16yr old SORTED trips in the holidays.

New Parking Restrictions

Following a recent consultation recommendations have been agreed regarding the parking restrictions to be introduced in the West Earlham area.

There was a reasonable response to the consultation expressing a variety of views however those residents who lived closer to the areas of proposed change were generally in support of the new restrictions.

Once finalised the following changes to parking are due to take place;
Implementation of a10am to 4.00pm, Monday to Friday, Permit Parking Scheme in Ambleside Close, Buttermere Road, Crummock

Road, Earlham West Centre, Edgeworth Road, Enfield Road (part), Grasmere Close, Hemlin Close, Keable Close, Pitchford Road (part), Rockingham Road, Scarnell Road, Wakefield Road and Wordsworth Road (part).

Those directly affected will be notified by letter in due course but in addition do make sure to keep an eye on the appropriate roadside restriction notices.



Henderson *HERALD*

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

info@lyndongreen.co.uk

Ladies Self- Defence Classes

Norwich Choi Kwang Do Self-Defence Class is ideal for women of all ages and abilities and will introduce you to a range of defence techniques in a friendly and safe environment.

No previous experience necessary.

Classes are held at St Elizabeth Church, Cadge Rd, Norwich NR5 8DG on Tuesdays 7pm – 8pm and Fridays 6pm – 7pm. First session is free then £2.50 per session (Plus £10 one-off Membership/Insurance payment)

For more information on Ladies Self-Defence classes or Choi Kwang Do for adults or children visit www.nckd.co.uk or call Eric Tuvey on 07765 371690.