

# Henderson Herald

Free

**INSIDE** - Meet The Trustees - Grow Update - Doctors' Accreditation - Big Day - New Park  
- School Procession - Cadge Road Update - and lots more from your community

**Summer 2018**

## All Aboard At EEYC



**Children from Earlham Early Years Centre take a special trip to Norwich Train Station.**

The outing was arranged following the interests and questions about trains from one of the two year olds. As a result a small group from the Otter Class took a bus to the Station where they received a full tour.

The children had a fantastic day. They learnt about the different trains and train tracks and were allowed to explore a train from top to bottom including sitting in the drivers cab and using his telephone - they even got the chance to announce the trains arriving at the platforms over the PA system. All the staff at Norwich Train Station were extremely friendly and accommodating and the children had an amazing day out. Earlham Early Years Centre, based on Cadge Road, take children aged between 2 and 5. As with the trip to the Train Station many of the activities are driven by the interests of

the children. The wonderful facilities, amazing outdoor space and great staff to child ratio means that the children enjoy a free flowing range of fun and varied activities both indoors and out. They go on lots of trips and outings, such as to the castle or the Henderson Community Park to enjoy the play equipment and have a picnic. They made crowns, dressed up and had 'afternoon tea' to celebrate the Royal Wedding and even had an exhibition at the Sainsbury Centre which displayed a collection of clay buttons made by the

children.

The Centre has a large garden and outdoor area where the children can make the most of the facilities such as a vegetable plot where they are learning how to compost and grow potatoes, a pond where they can go pond dipping, a campfire with storytelling circle and even a camera obscura. There are also two chickens that live in the garden and some chicks just about to hatch. The Centre runs a Campfire Day in the school half term holidays for the students and their parents to enjoy the garden facilities with campfires and storytelling. They also have a new Forest Friends Group every Friday (during term times only) which is open to under 5s with their parents in the community. This group will take place at the Centre making use of all the varied outdoor facilities and will include pond dipping, beast hunts and garden play. It is a great opportunity to learn about nature, make new friends and have fun together in a safe but exciting environment. This group is limited to 20 families so if you are interested in joining please contact the Earlham Early Years Centre to book a place.

For more information about Earlham Early Years Centre or to book a place on the Forest Friends Group call Reception on 01603 454271.





# Meet The Trustees



**Lynda Wilkinson** 

Lynda was 'born and bred' in Norfolk and has lived in West Earlham for over 26 years. She is married with three children and four grandchildren who keep her almost as busy as she was before she retired from the Civil Service. Lynda is a co-director of A.W.Electrical Services (Norwich) Ltd and has worked as a volunteer on boards including the West Norwich Partnership and the West Norwich Credit Union. She takes her role at The Henderson Trust very seriously, firmly believing that those involved now really believe in the Henderson ethos. Lynda's aim is "to change other peoples' perceptions of this area, especially the media, because there is so much to be proud of!" Lynda is the Chair of Trustees.

 **Jenny Chambers**

Jenny has lived and worked in Norwich for nearly 30 years and moved to West Earlham three years ago. She is a chartered accountant and currently works part time as an editor for a web-based service that provides knowhow for the legal profession. Jenny is a relatively new Trustee but is looking forward to working with the community and fellow Trustees to bring about positive change in the area. In her spare time Jenny loves the outdoors, enjoys playing tennis, cycling, reading and spending time with family and friends. She has two grown-up daughters and a baby grandson..



**Christine Brown** 

Christine has lived and worked in Norfolk since 2000 and has been a Trustee with Henderson Trust since 2010. Her professional background is that of a Careers Guidance Advisor and she has worked as a Practitioner and Senior Manager and a Director at Easton College responsible for the Student Services Department. Christine also volunteers as a Panel Member with Norfolk Youth Offending Services and is a Governor for Ormiston Academy. She enjoys all her volunteering responsibilities as they all involve supporting families and young people in Norfolk. Her other interests include pilates, walking her two Boxer dogs and visiting interesting places as a member of The National Trust.

**... meet the rest of your Trustees in future editions.**



## Mixed Martial Arts Classes For All

**Tiger Mixed Martial Arts (TMMA)**  
**Hanmudo School is running regular classes at the Marlpit Community Centre.**

Hanmudo is a martial art based around learning self defence techniques and is a great way for individuals to increase confidence, gain respect for themselves and others and learn self discipline.

Instructor and Master Nicholas Emerson has been studying Hanmudo for 28

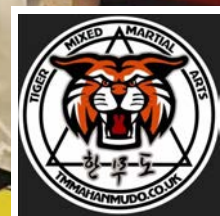
years and is a 5th degree black belt, soon to grade for his 6th Dan. He has been running the school for about 4 years and recently moved into the Marlpit Community Centre holding classes on Tuesday and Thursday evenings with separate sessions for adults and children.

TMMA PA and student Rebecca Eames said "We've just starting running our classes at the Marlpit Community centre and whilst we already have a small committed student base, we're keen to grow our school, particularly within the local area." She went on to say "I've been going to

classes for about 9 months. Everyone is really friendly and helpful. Going to class is a great workout and it is fun learning how to defend yourself".

Hanmudo is suitable for members of all abilities and ages from 6 years and upwards. Master Emerson is a great instructor who encourages a relaxed and supportive ethos in all his classes. No previous experience of martial arts or self defence is necessary.

To find out more about TMMA Hanmudo School or to sign up for classes at the Marlpit Community Centre call 07825 461628 or email [tmmahanmudo@gmail.com](mailto:tmmahanmudo@gmail.com).



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





The Grow Organisation  
Mow & Grow

# Grow & Flower Show

In partnership with The Princes Trust, The Grow Organisation and Mow & Grow are excited to be taking part in Sandringham Flower Show.

They have been given a large plot on which to design and exhibit their garden and are offering young people aged between 16 and 25 the opportunity to get involved in creating the 'young person's journey to wellbeing' show garden.

The garden will incorporate several features ranging from bug houses to willow obelisks and those involved will help to create, construct and plant the garden whilst benefitting from a free 7 day training course. The programme runs from

Friday 20th July to Thursday 26th July but places are limited. The Grow Organisation have lots of big plans for continuing to maximise on the already diverse garden at The Grow Hub and recent additions include native hedging all donated by South Norfolk Tree Wardens and Willows and 30 species of fruiting trees for The Dell donated by Greener Growth and Orchard East. The Community Hub is also home to several free groups and drop in sessions...

**Growing Stronger Together Drop In:**  
Mon & Wed 10.00 - 3.00  
Work as part of a small and well-supported team learning and refreshing practical skills in basic woodland and horticulture. Sessions are open to all. Funded by Norwich Consolidated Charities.

**Veteran Drop In:**  
Thurs 10.00 - 1.30  
Welcomes serving military, veterans and emergency services personnel from

across Norfolk and Suffolk. Bring your families or dog and enjoy 'Brew, Bacon and Banter' in great company and a beautiful setting. Funded by the East of England Coop Funeral Services

**Weekly Social Group:**  
Fri 10.00 - 12.00  
A friendly social group that enjoy activities such as art & crafts, poetry, storytelling, table top games, knitting and gentle Tai Chi with their tea and cake. If you are interested in joining any of these activities email [hub@thegroworganisation.org](mailto:hub@thegroworganisation.org) or call 01603 740107.



## FoodHub Disco Soup

Norwich will celebrate the first Disco Soup in Cadge Road Community Centre organised by Norwich FoodHub and FoodCycle. Disco Soup is open to all and will serve a free meal and pudding made of great ingredients that would otherwise have gone to waste – and all to a funky soundtrack. The event is due to take place at the end of July so keep an eye on Henderson Trust website and facebook page for updates.



## We're Good

Wensum Valley Medical Practice were awarded a rating of 'Good' after a full inspection from the Care Quality Commission.

The Practice, which includes West Earlham Health Centre, has made significant improvements and the new improved rating shows that it was worth all the effort. Practice Manager Jan Hardinge said "We are extremely proud of this achievement... Thank you to our staff and patients for all of their support."

### 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.

Like us at [www.facebook.com/hendersontrust](http://www.facebook.com/hendersontrust)



# Safer Accreditation

**Henderson Trust is committed to the safety of staff, volunteers and the children and adults who use our services.**

We have recently updated our Safeguarding Children policies, procedures and training in line with the Safer Programme to ensure that we promote a secure and inclusive environment for children and young people. We now have a designated Lead Officer and Deputy who are trained to give guidance

and deal with any concerns or issues identified by staff or volunteers so they can be dealt with efficiently and in the best interest of the child. Our Safeguarding and Child Protection Policy can be found on our website or let us know if you would like a paper version and we would be happy to send you a copy.

## Residents Have Their Say

**On May 16th residents were invited to Marlpit Community Centre for a tea time open day event and the opportunity to vote for what they would like to see happening in their local area.**

During the drop in session the local community enjoyed tea and cake with the centre volunteers and other residents and visited a range of stalls from local organisations and groups such as Marriott's Way Heritage Trail, Age UK, Rivercare and the Sustainable Living Initiative, Marlpit Arms

Pub and Angelica's Rainbow. Voting was open to the public throughout the event and booths were set up around the community centre where residents could read about several possible options and vote for which facilities and services they thought should be prioritised when planning the future focus of the Marlpit Community Centre. Options for the centre included a kitchen revamp, recycling facilities for users, better links with Marriott's Way, solar panels, new signage outside, new notice boards and displays, health events, a website, social media development, a recruitment drive for committee members and employing a caretaker and book keeper.

The event finished at 7pm when votes were counted... The most popular option, receiving a large majority of 96 votes, was Solar Panels followed by 47 votes for events promoting health and wellbeing. The development of better links to Marriott's Way came a close third in the poll with 46 votes and a kitchen revamp with new cooker received 40 votes. The Marlpit Community Association held an AGM following the vote and will incorporate these projects, as chosen by the local residents, into the heart of their future plans for the centre. We hope in due course to be able to put the full schedule of activities and events at Marlpit Community Centre on our website and will update our facebook page.

## West Earlham Junior School Proceed To Get In On The Action

**Students from West Earlham Junior School will parade alongside the Lord Mayor's Procession on 7th July.**

The theme is based around The Circus and Year 5 & 6 have been using the opportunity to learn all about Barnham and Bailey Circus's history, physical feats and performances, art, costume design and amazing menageries.

The Year 5 students will be marching along the route of the parade in traditional costumes and silks that have been specially made for the occasion, whilst the Year 6 students will be performing as a Samba Band. Both groups have been working really hard in practice and are looking forward to being part of the big day. Why not go down to The Lord Mayor's Procession and see them in action!

## Get 'Sorted' This Summer...

**SORTED**

Henderson Trust's Easter Sorted recently came to the end of its programme of events.

Sorted is a programme of heavily subsidised activities and days out that take place during the main school holidays for families and young people aged between 10-16 years.

During Easter we filled over 300 spaces on our trips. The families enjoyed days out to the Circus at Great Yarmouth,

The Spring Fling at the Showground and the Museums in London while the 10-16's had a day at Eaton Vale Scout Centre, Extreme Archery at the UEA and went to the Cinema and Nandos in Norwich.

The team of staff and dedicated volunteers are busy planning the next packed programme of activities and are looking forward to a fun Summer Sorted.

Sorted is one of several community projects that Henderson Trust runs and is available to any family living in Henderson Trust's catchment area.

To sign up for the Summer Sorted mailing list or find out more about the exciting trips taking place over the summer school holidays contact Scott on [scott.porter@henderson-norwich.org](mailto:scott.porter@henderson-norwich.org) or call 01603 251700.



## New Path For Community Park

A new path has been built on Henderson Community Park starting near the car park and linking up some of the outdoor gym equipment. This will enable more people to access the new equipment and running track making it easier to get out, keep fit or simply enjoy some fresh air.

## What Next For Cadge Road?

It's been a couple of months since Henderson Trust took on the management of Cadge Road Community Centre. Some things have changed and some things haven't. The centre is still at the heart of the local community and offers a great space to be used by groups and organisations: dancing, lunches, crafts, self-defence and much more is going on. Before taking on the centre, Henderson Trust were told by Norwich City Council that a fence would be put up to make the centre more secure and safer to use. This fence is now up and with a bit of shrub-planting it will soon look like it's always been there. Get in touch to see what's happening and how you can make the most of the centre.