

Henderson Herald

Free

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- Global Healthcare Mission - Sorted - and lots more from your community

Autumn 2018

Scouts & Cubs Do NORJAM



NORJAM International Jamboree camp at the Norfolk Showground brings together Scouts & Guides from around the world.

The Earlham Scouts, who had never attended the weeklong jamboree before, were made up of 18 local Scouts, 11

boys and 7 girls, and 3 Leaders all of whom were very excited to set up camp and get stuck in with all the activities.

The theme for NORJAM 2018 was 'Through The Decades' and the various groups from around the world were divided into 7 sub camps, each one representing a different decade. Earlham Scout Group were placed in the 70s camp alongside a group from Ayrshire, Scotland. 'Neckers' were exchanged and the groups very quickly set about getting to know their camp neighbours.

Earlham Scout Group, who had only ever camped over a weekend previously, made the most of the donations they had recently received from Henderson Trust's Big Day Raffle to purchase a gas powered fridge, a gas powered urn and several other camping essentials for

their weeklong adventure. The scouts took part in a number of different activities during the day such as go-karting, quad biking, bush craft skills and drum workshops, and were able to make the most of all the great facilities including the Craft Warehouse and the Bounce & Rebound inflatable zone. There was even a fun fair on site with an 'end of the pier' arcade with everything from fairground stalls to Punch & Judy. In the evening NORJAM provided entertainment in the main arena, with talent competitions, shows from The Happy Circus and performances from local and international groups. Each evening ended with a DJ taking to the stage and the children were able to dance and have fun until the music ended at 10.30pm when the exhausted groups headed back to their tents to ready themselves for the next day's excitement.

NORJAM 2018 extended across the vast 150 acre site and was host to 4,200 Scouts and Guides from 21 different countries. The jamboree also

invited Cubs and Brownie groups to come and spend a day enjoying all the activities. 6 Earlham Cubs made the most of the opportunity to get a taste of what NORJAM is all about in preparation for the next event when they will be Scouts and able to attend the whole weeklong event. Over the course of the week the camp provided 228,000 hours of varied activities and used 2000 volunteers, 24 large marquees, 1 km of lighting strips and 130 miles of toilet roll to put on the fun packed event. Unfortunately, towards the end of the event, a sickness bug emerged meaning that the 70s sub camp were unable to go on the 'Out and About' trip to Pleasurewood Hills. The scouts were initially really upset that they couldn't go but were soon busy enjoying the amazing on-site facilities again. The closing ceremony saw each sub camp dressing up in clothes relating to their decade and the main arena

was packed out with everyone enjoying the last night of the jamboree with all their new found friends from across the globe. The ceremony ended with the Norjam flag being lowered and a wonderful firework display.

Kelly Ward, one of the leaders who attended the event with Earlham Scout Group, said "It was a successful week spent with 18 amazing young people who showed what scouting is all about; by working together, supporting each other, making new friends from all over the world and most importantly having fun!"

The Earlham Scout Group had an amazing time at NORJAM and are already looking forward to 2020 in Essex.



Meet The Trustees



Sam Earl



Sam is a newly appointed resident trustee, living with his wife just off Dereham Road in the North Earlham area. He has lived in Norwich all his life and has family members who have resided across West Earlham, Larkman and North Earlham. He currently works for Norwich City Council and was previously employed by Charles Clarke MP as a caseworker to support constituents. He is particularly interested in promoting all measures to improve social inclusion across the community and is well aware that these are difficult times for many who live locally. He is very enthusiastic about the work carried out by the Henderson Trust to support children, families and community groups and has already seen the significant positive differences such activities are having. Outside of his work he enjoys gardening and sailing together with serving as a Justice of the Peace and Mental Health Act Hospital Manager for the Norfolk and Suffolk Foundation Trust.



Kim Clipsham

Kim moved to Norwich in 2006 and was lucky enough to find a lovely house in the Henderson Trust area. She has never regretted the move and is very proud of the beautiful county of Norfolk and the local environment. As an ex mental health nurse she is very aware of how our environment helps us all with our wellbeing and so decided to join the trust as a Trustee to help maintain the local area and inspire and encourage us all to take ownership and responsibility for this lovely place we all live in. She looks forward to working with you all.



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

Join The Food Fight

Norwich FoodHub joins the fight against food waste and helps to fight hunger in Norwich.

Their overarching aims are to reduce the amount of unnecessarily wasted edible food in Norwich and to redistribute that food to the local community in the most impactful way.

Many retailers needlessly throw away food because it is past its sell-by date, the tin is dented or simply because too much has been ordered. Whilst this is happening there are people in Norwich who are experiencing severe food poverty. Norwich FoodHub strongly believes that something should and could be done about this, particularly as these problems are happening in tandem. In 2015 Norwich FoodHub established a relationship with Greggs on Colman Road and arranged the first collection of food, still in perfect condition, due to just be thrown out. Since then they have continued to receive food from Greggs and have subsequently expanded to include collections from massive retailers such as Tesco, M&S and Waitrose. They have also partnered with several other food waste charities so as to best redistribute their surplus food most efficiently to those

within the local community. Norwich FoodHub has recently moved to a new and bigger location based in Cadge Road Community Centre. This larger set-up will enable even more food to be collected, temporarily stored and redistributed. This work would not be possible without the volunteers who help collect and drop off the food to those most in need. Norwich FoodHub is grateful to everyone who has helped to make this initiative as successful as it has been to date and hope to encourage more people to join the fight in saving food waste. If you want to join the mission to save food and fight hunger on your doorstep you can sign up as a volunteer at the Norwich FoodHub website www.norwichfoodhub.co.uk or get in touch via the Facebook page www.facebook.com/NorwichFoodHub.



What A Waste!

A lot of time, effort and money was invested in the park to make it a more attractive place for visitors over the school holidays. New benches were installed, steps were put in to improve access to the running track and other fixtures were given a tidy-up and a lick of paint. It's great to see the park being used and enjoyed but it is disappointing that a minority of visitors are still dropping litter or not picking up after their dogs. Litter and dog mess is dangerous, unsightly and costs Henderson Trust to clean up. Even worse the roundabout in the toddler's play area was recently destroyed. A replacement will cost at least £10,000 to buy and install. Chair of Henderson Trust Lynda Wilkinson said "It's sad and frustrating that this has happened. The fact is that if we are to replace the roundabout we will not be able to deliver some of our other programmes like Sorted. £10,000 is equivalent to two weeks of Sorted trips and the money has to come from somewhere."

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

Way To Go Dr Sharma!

Dr Gautam Sharma from West Earlham Dental Practice has joined a global healthcare mission to provide free dental care to displaced Syrian families on the border of Lebanon.

Dr Sharma first went out to the refugee camps in Lebanon at Easter as part of an initiative called Miles For Smiles, a global project that works with The Dental Mavericks Charity and several other dental specialists. The team provided much needed dental work for the displaced families and children living in the over populated refugee camps and also brought donations and gifts. Gautam said "I was humbled by the response I received to all the small gestures that I had managed to take with me. This is a community of people who have been through so much, and faced such horrific circumstances in recent

times, so being handed a toy or a Norwich City t-shirt meant so much to them." More donations have been made to the charity following the positive coverage and increased awareness after the successful initial visit and Dr Sharma, having been made Lead Clinical Consultant working on the Lebanon project for The Dental Mavericks, is due to make a return trip to the camps in October. Whilst out there he will be teaming up again with Miles For Smiles to perform a follow up study and to look into whether this successful initiative could be used globally. Dr Sharma has been busy raising funds and collecting donations in readiness for his next visit, determined to make the most of his 23kg baggage allowance. We look forward to catching up with Dr Sharma to hear all about his latest trip and the positive impact the volunteers and donations are having.

To find out more or to donate contact a member of the team on 01603 250583.



Talk About A Great Reception

Children returning to Norwich Primary Academy in September can enjoy the benefits of a new outdoor classroom and playground.

Installation of the revamped Early Years space took place at the end of the summer term with final touches being put in place over the summer break.

The new playground has a 'wild wood' theme, with features including a den, a crawl tunnel, a climbing frame with balance boards and a story telling area. There is also a covered area to allow pupils to keep out of the sun or the rain as well as artificial grass to help with outdoor learning and play throughout the year.

Norwich Primary Academy Principal Damian Weare said: "Our pupils really enjoyed getting an early taste of the new playground

at the end of term and I'm sure both new and returning pupils will love using it from September. It has areas for both outdoor learning and play and is a real boost to what we can offer to our younger pupils."

The new playground is part of continued investment in the school on Clarkson Road by the Inspiration Trust which, in recent years, has also included a new library, new classrooms and several refurbishments.

NCC Get Together Grant

Fuss-free grants are available to community groups or groups of residents wishing to undertake small projects or activities that support people getting involved in their neighbourhood. If you are a small group looking to have a neighbourhood meet up around a specific issue, would like to canvas neighbours on joining a new community group or simply want to hold a street party to bring people together, Norwich City Council's **Get Together** grant can offer you £50 to help make this happen. This can be used to hire a meeting venue, to provide refreshments, pay

for road closures for street parties or other small costs. There is no form to fill in and you do not need to be a formal community group with a bank account as the team will deal with the purchasing on your behalf. You simply need three or more residents wishing to make a difference. In addition to the £50 funding the team can help you access equipment to borrow such as gazebos, games, flip charts or other things your event might need to work well. If you've taken that next step and decided you want to start a community group **Get Started** grants are also available to help you cover your start-up costs.

A short application and a chat with one of the team could help you access £300 which can cover meeting or training costs, insurance and other expenses which can sometimes seem like a barrier to getting started. You'll also get help to create all the documents you may need and an introduction to similar groups who can share their experiences. You don't need to submit a budget - all you need to know is what you're trying to achieve for your local community and Norwich City Council can help you work out the rest. If all goes well in year one they'll even invite you to apply for a further £500 for your next project.

Contact the Community Enabling team on community@norwich.gov.uk to apply or find out more.



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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A Big Day For Everyone

Henderson Trust's Big Day once again proved to be a great opportunity for the local community to get together and enjoy lots of varied entertainment and activities for all the family.

The annual event, held over the summer holidays, was officially opened by the Sheriff of Norwich and welcomed families and residents from around the Henderson area to

make the most of the local stalls, free workshops, activities and food providers throughout the day.

The graffiti wall was available and as popular as ever and children were able to try their hands at circus skills, get their faces painted and even have their photos taken with an Ice Princess.

The main arena was packed with lots of entertainment throughout the day including performances from Glopop Kids, Norwich Choi Kwang Do and Abbotts Dance Academy with Jezza King providing the PA services and keeping the crowd laughing and dancing from start to finish.

The raffle was a huge draw and first prize, an Amazon Echo, was won by local

resident Chantelle Feavayer. The raffle successfully raised £600 and this year all profits from this were shared between Earlham Scout Group and NR5 Community Hub.

Henderson Trust look forward to seeing you all at the next event.



WNCU Volunteers

BE A CREDIT UNION VOLUNTEER
It takes a lot of hard work to run West Norwich Credit Union but it's worth it. Helping people to save wisely and borrow responsibly is a rewarding challenge.

We could not do it without our volunteers who help us with both the day-to-day running and behind the scenes operations. We are looking for more community-spirited volunteers to join our friendly team. It doesn't matter whether you would like to use existing skills or receive training to learn new ones. If you have an interest or skill in the following areas we would love to hear from you, even if you can only

spare just a few hours each week.

- * Secretarial
- * Cashiering
- * Bookkeeping
- * Administration

"I have found working with the Credit Union has boosted my confidence immensely as well as improving my mental health. I enjoy the 'social' aspect and love to chat with and help clients. It was a massive step for me to take but I am so pleased I took it." Jo, volunteer since 2015.

If you are interested in volunteering at West Norwich Credit Union you can request our Volunteers Form by contacting the shop or alternatively you can download it from the Volunteering page on our website at www.wncu.net.

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Summer Really Was Sorted

Another six weeks of summer fun was enjoyed by hundreds of local people as they jumped, swam, zorbed, cycled and visited their way through the holidays thanks to Henderson Trust's Sorted programme.

Scott, Caitlin and Michaela put together one of the best programmes of activities yet and the fantastic team of

volunteers helped everybody have a good time. The Red Arrows display at the Cromer Carnival will be the highlight for many people and we all got a bit more than slightly damp at the Dinosaur Park – not that that slowed us down too much. Chelmsford Zoo was a record-breaker in many ways, not least because over 250 people made the trip this time! Scott will be planning the Christmas Sorted programme of events soon.

Wensum Valley Medical Practice Flu Vaccinations Notice

This year the Department of Health has decided that patients aged over 65 years of age, who would like to be vaccinated against the flu virus, must be given a flu vaccination called "Fluad" due to it containing an adjuvant which will give a higher amount of antibodies and longer lasting protection.

Practices in Norfolk, through no fault of their own, will not receive their supplies until the beginning of November. Consequently patients over 65 years of age will not be able to have their flu vaccination at the surgery until November. For patients under 65 years of age the vaccine will arrive at the end of September.

We will have more information regarding this in due course. Thank you for your patience.

Henderson HERALD

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

maggie@lyndongreen.co.uk