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**INSIDE - Meet The Trustees - Norwich FoodHub & Norwich Foodbank at Christmas - Children's Centre Consultations - and lots more from your local community**

**Winter 2018**



## FoodHub - Christmas - Foodbank

### Help fight food waste and reduce hunger with Norwich FoodHub.

In Norwich alone at least 1,000 tonnes of food is wasted each year. Norwich FoodHub was set up in early 2016 to help find a way to stop this food from just heading to the bin. They partner with suppliers who would otherwise throw out surplus food so as to get it to those who might struggle to feed themselves and their families.

Volunteers are the lifeblood of Norwich FoodHub. Community members volunteer their time to collect food from partner stores and return it to the FoodHub unit. All the food is then weighed, sorted and distributed to the partner receivers. Norwich FoodHub

has collected over 12,000kg of food waste in 2018 so far thanks to all the hard work of the volunteers.

Norwich FoodHub give the food to several different groups that help in the community such as Norwich Foodbank, Leeway Domestic Violence & Abuse Services (running women's refuges in Norwich & Norfolk), Anon Street Team Norwich (a group feeding the homeless on Sunday nights in the city) and many more.

This year Norwich FoodHub moved to a brand new unit based at the Cadge Road Community Centre. The new space has allowed them to collect even more food and expand the great work that they do. The new unit enables them to run events and host meetings with groups that coordinate fighting food poverty across Norwich, such as The Norwich Food Alliance. They have also been busy establishing new store partnerships,

such as with the Coop on Earlham Road, meaning there are more places to collect perfectly edible but otherwise wasted food from across Norwich.

Christmas is a really busy time for most, including Norwich FoodHub, as sadly the festive season sees a lot of people go hungry and a lot of food waste. That's why they need even more volunteers to save the surplus and feed those who otherwise would not have a good Christmas.

Volunteering is easy and flexible. You simply sign up to do collections as and when you can via the online booking system. Collections usually take under an hour and you can either use your car or pick up our bike and trailer from the unit. If you would like to get involved simply visit [10to8.com/book/norwichfoodhub](http://10to8.com/book/norwichfoodhub) to sign up and get stuck in.

For more information visit [www.norwichfoodhub.co.uk](http://www.norwichfoodhub.co.uk) or join the fight at [www.facebook.com/NorwichFoodHub](http://www.facebook.com/NorwichFoodHub).

### December is the busiest time of the year for Norwich Foodbank.

Like many families preparing for Christmas, this local charity who have been operating since 2010, also needs to carefully plan to ensure supplies are available at the right time and place. This enables those who need this support the most to be able to access it at this festive time.

Hannah Worsley, Project Manager says "We get such a lot of generous offers of support – both volunteering and donations – around December, but what is really helpful is when people ask 'what do you need' and we can then suggest what is most urgent at that time. People often want to get involved with projects on Christmas day itself and we've seen social media posts about

taking donations to the Foodbank on Christmas Eve. But we have to work well ahead of schedule as most of our distribution centres will be closed on the bank holidays and we want Christmas goodies to be getting out to people in need throughout December, not just Christmas week."

Norwich Foodbank will be running the Reverse Advent Calendar campaign for the third time this year. The scheme aims to encourage donations of the items most needed and to get them in as early as possible to give time to process, pack and get them out to the 10 distribution centres it serves. Top 8 wish list for donations: Long life fruit juice, long life milk, long life sponge pudding, rice pudding, tinned tomatoes, sweets & chocolates, shower gel & shampoo and financial donations. For more information join them on facebook or visit the website at [www.norwichfoodbank.co.uk](http://www.norwichfoodbank.co.uk)



# Merry Christmas

## Henderson Trust

2018 seems to have passed by in a flash – and what a year it's been. Thanks to the help of our volunteers we have been able to deliver a really good programme of trips and activities through our Sorted programme and our 10 – 16 trips. We will be delivering more of the same over Christmas too!

We have also invested in the Community Park making it more accessible and putting in new pieces of equipment. It's sad that some people want to spoil other people's enjoyment of the park but, if we all work together, we can reduce litter and pointless vandalism. We also did some work on the trees... Who can remember how tall the poplars used to be? But look how smart they look now.

At this time of year it's important to remember the work being done by partner organisations and community groups, especially those who are engaged in the sourcing and distribution of food such as Norwich Foodbank and the FoodHub. These organisations are reducing food waste and ensuring families and individuals can eat, not just at Christmas but throughout the year.

As budgets are reduced, and there are changes to the services being delivered locally, we'll all have to be more aware of the help and support that is available to us and how it is being delivered. There is no doubt that organisations will be working closer together to provide services in the coming year meaning that much more use will be made of community locations. Hopefully this will all be for the better.

Whatever happens Henderson Trust is looking forward to another year of challenge and success.

Happy Christmas from The Henderson Trust Team!

## Meet The Trustees



**John Bryce**

John is originally from Norwich where he trained as an accountant. After training he moved to London where he worked for a number of professional and commercial companies in a variety of roles including that of Company Accountant and Financial Controller. In 2000 John and his wife returned to Norwich and gained lots of experience in several roles and industries before retiring in 2004. John feels 'singularly honoured' to be asked to become a trustee of the Henderson Trust and looks forward to continuing working with the Trust to provide a great service to the local community.



**Catrin Parry-Jones**

Catrin is the Head teacher of West Earlham Junior School and has taught in different schools in the area for over 10 years. She lives in central Norwich and has great working knowledge and many connections in the local community having worked and previously lived in the area. Catrin is very passionate about education and the work done by the Henderson Trust. She particularly enjoys working with people of all ages to help them create enterprises for themselves which, in turn, benefits the local community. Catrin has three daughters, two at high school locally and one who is a student nurse.



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

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



# Open At Christmas

**Nobody needs to be alone or hungry this Christmas 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 27 years ago to give the homeless respite from the cold, a warm meal and the opportunity to celebrate Christmas Day with others. Since then this fabulous 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 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 but 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 below.

The fun starts at 11am with free refreshments all day and lunch is served from 12.30pm until 2pm.

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.

For more information about Norwich Open Christmas go to [www.openchristmas.org.uk](http://www.openchristmas.org.uk) or call 01603 624877. Please call Karen on 07500 260924 to make arrangements for transport to and from the venue on the day.

# Christmas Is A Time To Remember



**Christmas is always an exciting time at the library with lots of festive activities and the new stock of Christmas books.**

The West Earlham Library's annual Christmas Fair will also be taking place on Saturday December 22nd. The event will run from 10 am until 12 noon and will feature a whole host of activities including tombola, a guess the weight of the cake competition, a book and DVD sale, refreshments and lots of other festive fun. No Christmas event would be complete of course without a visit from Santa and he'll be taking time out of his busy schedule to meet all the children and make sure every child receives a gift. The money raised from this event, run by the Friends of West Earlham Library, will be used by the Friends group in their invaluable efforts supporting the library and helping to ensure that it continues to be the hub of the local community.

The local library is a hive of activity and a welcoming place open to all. Stuart Preston, Library Manager,

said "At West Earlham library we are always striving to be a vibrant and essential part of our community. Not only do we offer a large selection of the latest books, e-books, magazines and DVDs, but we also have free internet access and an increasingly wide range of groups and activities in our library."

One such group is the Knit & Natter ladies who come to the library every Thursday morning. Recently they created two wonderful cushions which now adorn the sofa in the children's area in memory of Winnie & Trudi, a couple of highly valued and loved members of the group who sadly passed away. The ladies used wool donated by their families and each member knitted a rectangle to create this fitting memorial. Now there's a permanent reminder of how much they meant to everyone at the library and how much the library meant to them.

If you've not visited West Earlham Library recently pop in and see what they are up to. If you're not already a member it's free to join and books are free to borrow - that really is the gift that keeps on giving!

# Health Screening

**Screening is the process of identifying individuals who appear healthy but may be at increased risk of a disease or condition.**

The uptake of screening in this area is very low and Wensum Valley Medical Practice urges you to respond to the invitation when called.

Cervical screening saves 4,500 lives in England every year. NHS cervical screening is available to women aged 25 to 64. Women aged 25 to 49

receive invitations every 3 years whilst women aged 50 to 64 receive invitations every 5 years.

Breast Screening saves up to 1300 lives each year in the UK. The NHS offers screening in order to find breast cancers at an early stage, when they're too small to see or feel. Screening in England is offered to women aged 50 to 70 every 3 years.

Bowel cancer screening could save more than 2,500 lives every year but many more deaths could be avoided if people could overcome their embarrassment. Although the disease is the second most common cause of cancer related deaths after lung cancer many people are too embarrassed to go

to the doctor.

NHS Healthchecks are available to people in England, between the ages of 40 and 74, who do not already have a cardiovascular disease. The health check consists of an appointment with a healthcare professional at which people are asked about their family history and lifestyle and have their body mass index, blood pressure, and cholesterol measured. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older we have a higher risk of developing these

conditions. An NHS Health Check helps find ways to lower this risk.

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# NCC Digital Inclusion

**We live in an increasingly 'digital' world with more public and private services being accessed online. This may provide many of us with a more efficient and flexible service but others do not find it so easy to make the most of these services.**

Norwich City Council have worked closely with Citizens Online to identify the groups of people who are likely to

need high levels of support in order to use the internet, and have put together a Digital Inclusion Strategy and Action Plan to best support everyone to access and use the internet.

For those who are already online, Christmas can be a great time to use the internet for shopping from the convenience of your home at any time so Norwich City Council have put together a few tips so that you can be safe and secure whilst spending your hard earned money online...

1. Use trusted companies and brands with a good reputation.
2. Make sure the website is secure – you want the web address to start with [https://]https://. It's the 's' that is important.

3. Take care when using public Wi-Fi. Even with a password using your network data or waiting till you get home to use your own broadband is more secure.

4. Don't give away all your secrets -- use a good quality password when setting up a new account and only give the minimum required information to make your purchases.

5. Using secure online systems, such as Paypal or Google Wallet, is safer when buying online.

For more information about staying safe online or to find out what help is available for using computers and the internet contact Laura at Norwich City Council on 01603 212770 or visit [www.norwich.gov.uk](http://www.norwich.gov.uk) for all the latest news and services.



## Little Sparks...

### Another year full of fun activities at Little Sparks.

The children at Little Sparks Preschool have been taking part in weekly music sessions where they can play different instruments, learn new songs and listen to banjo and cello recitals. They've gone to look at the shops and businesses around them, created maps of the local area and joined the mobile library. They have also had lots of encounters with nature, learnt how to look after the preschool pets and, as part of a bird project the children were doing, got to see and learn about several birds. They've enjoyed lots of walks in the Marlpit Woods collecting natural materials for projects and observed the changing seasons. Other seasonal activities have included learning about height, weight and estimating by measuring various pumpkins and celebrating Remembrance Day by painting lots of poppies and talking about what it was like in the past for their parents and grandparents.

One of the highlights this year was a visit from two local policemen who came to talk about their jobs. The children learnt how radios are used and even made a call out to the control room. They had demonstrations of how to use handcuffs and all had the opportunity to investigate the police car to see, and hear, the lights and siren working. They were also shown how to make a 999 call in an emergency for police, ambulance, fire services or coast guards. The children had lots of questions including what a judge is like, whether they were in attendance for the Royal Wedding and what it is like to be in prison.

Christmas is always a really exciting time with lots of fun activities on the go. And even with the Christmas festivities in full flow the children at Little Sparks are still learning and enjoying finding out all about working in the kitchen as they eagerly help to prepare for the Christmas dinner.

Little Sparks Preschool take funded and fee paying children from 2 years up. To find out more about places available in 2019 contact 01603 740677.

## Consultation For Children's Centres

**Families in Earlham and Marlpit may be aware that Norfolk County Council have been having a consultation about the future of Children's Centres in Norfolk.**

With ever decreasing budgets from central government the current service is under threat. Earlham Early Years Children's Centre have been encouraging staff, partners and families with children under five years to contribute to the consultation and expect to be able to share what the new service will be in the New Year. Any changes will not take place until after 31st

September 2019 so don't forget to look out for the Children's Centre programme on the Earlham Early Years website or drop in to the centre for a copy. Please note that Earlham Nursery School will not be affected by these changes.

Here are just some of the benefits you can get from the Children's Centre...

- \* You can get a FREE goody bag from the centre when you have a new baby.
- \* You can borrow a bicycle to get to appointments or for family days out...for FREE!
- \* They have FREE food to give away every week from Waitrose, Sainsbury and Tesco.
- \* They have a FREE weekly Stay & Play on Wednesday mornings with access to a garden and sand pit.
- \* They have FREE finance and

legal support drop ins.

\* They have pre loved clothes with every item washed and only 10p each!

\* You can complete a food hygiene course FREE at the centre.

\* You can use their FREE telephone for important calls.

The Earlham Early Years Children's Centre is also very excited to announce that Father Christmas will be dropping in to the centre with goodies just before he starts his busy worldwide tour.

Happy Christmas from everyone at The Children's Centre Team!

For more information visit [earlhamearlyyearscentre.wordpress.com](http://earlhamearlyyearscentre.wordpress.com) or join the Facebook page at <https://engb.facebook.com/EarlhamEarlyYears> to stay updated about the consultation.

