

Henderson Herald

Free

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Spring 2019

It's All Kicking Off At TMMA



Tiger Mixed Martial Arts, or TMMA, based at The Marlpit Community Centre, provides training in Han Mu Do for people of all levels of experience and ability.

The classes run on Tuesdays and Thursdays and are split into two groups; sessions for Little Warriors, for children aged 6 and over, are held between 6.30pm and 7.30pm and Adult classes run from 7pm to 8.30pm. Han Mu Do, which translates as The Korean Martial Way, is a form of mixed martial arts developed by Grandmaster and Martial Art Historian Dr He-Young Kimm to incorporate several different styles of traditional and modern Korean fighting arts. Han Mu Do helps to develop all areas of mental and physical balance. Classes focus on self-defence techniques and are a great way to meet people and have fun whilst learning self-discipline and improving your levels of fitness and confidence. TMMA was founded by Nicholas Emerson just over 4

years ago and the club has been going from strength to strength since its inception. One member commented "I've been going to class for about 9 months. Everyone is really friendly and helpful whilst also being supportive. Going to class is a great work out and it's fun learning how to defend yourself". The group all learn and improve together however the class size means that students can go at their own pace and get as much help and guidance as required. TMMA Instructor and Master Nicholas Emerson has been studying Han Mu Do for over 28 years and will soon be testing for his 6th Degree Black Belt at a seminar for instructors in May with fellow instructor Charlie Harkins testing for his 2nd Degree Black Belt. There are 13 different colour belts to

achieve before moving on to black and then 9 degrees of black belt. The students have also been busy honing their skills with lots of seminars and tournaments and have a packed events calendar again this year. These events are a great way to meet other aspiring Han Mu Do students and Masters and practice the skills and techniques learnt in class. Future events include a seminar in May where they will learn self-defence, kicking, punching and weapons techniques from Founder Dr Kimm himself. As well as local seminars TMMA are also looking forward to attending a two day European Seminar in Holland in October and have two kickboxing tournaments scheduled for May and October where students can compete in matches

consisting of three two minute rounds. Classes are suitable for people of all abilities and Han Mu Do is a great way to learn self-defence, get fit and meet new people in a safe and friendly environment. You don't need any previous experience. If you want to find out more about TMMA or would like to join email tmmahanmudo@gmail.com or call 07825 461628 for an informal chat.





Health Coach Volunteers

Exciting new opportunity for a Health Coach Volunteer.

Are you looking to get more involved with your local community? Will you enjoy helping people better manage their health conditions and wellbeing? If this sounds like

you then Voluntary Norfolk needs you to get involved! Voluntary Norfolk is offering you the opportunity, for a few hours a week, to help members of your local community manage their conditions and wellbeing. What does this involve? Key responsibilities may vary, depending on the individual/s the volunteer is visiting, but are likely to include:

- * Engaging in Health Coaching conversations with patients.
- * Supporting patients to feel

empowered and better manage their long term health conditions.

- * Supporting an individual to access social/support groups or healthy living services.
- * Reporting any concerns you have about individual patients to the Health Coaching Coordinator.

Training will be provided by Voluntary Norfolk so no previous experience is necessary. You just need good interpersonal skills, to be a good communicator who is

sympathetic and non-judgemental and care about bringing equal opportunities to those most vulnerable in the community. All applicants must be 18 years and over and have the ability to get to patient houses in the East Norfolk area of Thorpe St Andrew, Sprowston and Old Catton. To find out more about how you can volunteer and really help to make a difference go to www.voluntarynorfolk.org.uk/volunteering. Alternatively you can contact Joel Watkins via email at joel.watkins@voluntarynorfolk.org.uk or call 07384 113658.

**VOLUNTARY
NORFOLK**

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HERALD**

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

maggie@lyndongreen.co.uk

WNCU To Merge?

The West Norwich Credit Union (WNCU), based in the West Earlham Shopping Centre, is currently in discussion with another Norfolk based Credit Union about a possible merger. The specifics of the merger are still to be finalised but the proposed changes look likely to go ahead with a focus on providing the same level of great financial services and support to the wider local community.

We look forward to catching up with Ian Leather at WNCU to find out all about the merger, the changes this will entail and all the financial services and facilities that will be available to you at your local Credit Union.

For more information about West Norwich Credit Union go to www.wncu.net or call 01603 501301.



Meet The Trustees...



Freda Sheehy

Freda has been volunteering for numerous groups in West Norwich for over 35 years. She began volunteering for the original Community Partnership Board (which became NELM and then Henderson Trust) in 1998. Freda was awarded an MBE in the 2013 New Year's Honours List for services to the community which she accepted 'on behalf of all the other hardworking volunteers she had worked with over previous years'.



Norma Harmer

Norma has lived in the area for over 60 years and has been living on the same street for the last 45 years. Norma likens the area to the traditional East End of London where everyone looks out for each other and there is a real sense of community. Norma enjoys music and theatre and is involved in the local lunch club. She would like to see more facilities for older people living in the area and hopes her work with Henderson Trust will help to make this happen.



**Henderson
Trust**

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

Foodbank Lent Challenge

Are you planning to give something up for Lent this year?

Why not think about not only 'giving up', but also 'giving' to help other people in need in your local community.

In 2018, thanks to donations of food, time, money and extra items such as pet food and toiletries, Norwich Foodbank distributed over 9,300 food parcels to local people in crisis. The Foodbank "hear stories every week of people skipping meals to feed their families, or sitting in the dark to save electricity or going to bed really early because the heating is off and that's the only way to get warm. Just today, we were able to help a new mum with not only food, but nappies and wipes for the baby and bus tickets for her partner to get to work as he'd not gone in due to not being able to afford petrol."

Thanks to generous donations from the local community, charities and supporting businesses over the Christmas period many families were able to benefit from the vital services and support provided by Norwich Foodbank. And whilst Christmas may now just feel like a distant memory unfortunately the same cannot be said for food poverty and hunger so the Foodbank have come up with three challenges that you might like to consider taking on over the Lent period:

Give up and donate:

Give up a specific food or drink item (such as a coffee on the way to work, a chocolate bar with lunch or a weekly takeaway meal) for as long as you can this Lent and donate the money you would have spent to the foodbank.

Live on £1 a day:

For 5 consecutive days during Lent cover all your food and drink costs for £1 per day, without accepting help from

friends and family and without using anything you already having in your cupboards, fridge or freezer. You could then donate what you would have spent to the foodbank, enabling them to help families who are forced to live off this amount day in day out.

40p for 40 Days:

For the 40 days of Lent put aside 40p and at the end of the period you'll have £16 which you could donate to The Foodbank. If they can claim gift aid on this donation, they'll receive £20 which will help to support all those people who can't afford the basics, let alone the extra items or treats that so many of us enjoy regularly.

Why not keep a blog and share your Lent Challenge experiences with friends, family and colleagues whilst you 'give up' this Lent. For more information on the Foodbank and how you can help those in need go to www.norwichfoodbank.co.uk

Silver Service

The Silver Diners, a club that brings local people together to socialise with old friends and new over good food, will be joined by Norwich Older People's Forum (NOPF) on Tuesday April 2nd for a fun gathering at Cadge Road Community Centre.

The event will take place between 10.30am and 1.00pm and is open to members of the community who would like to go and join in for a morning of fun activities, such as Seated Zumba, and access to lots of information and advice from organisations like Age UK, Arthritis Care and Active Norfolk. They will also be serving lunch afterwards. If you would like to attend please contact Michaela on 07720345582 to book a place.



NOPF is a small voluntary group of older Norwich residents supported by the City Council, Age UK Norwich and Norfolk County Council. To find out more about the Forum and how you can stay up-to-date with local events, meet new people and have a say about Norwich and the issues that affect you contact Debbie Cronk for a chat on 01603 212378 or email debbiecronk@norwich.gov.uk

NOPF
Norwich Older People's Forum

Children's Centre Consultations

Following a public consultation in the autumn, Norfolk County Council have decided to increase the number of Children's Centres staying open across Norfolk from 7 to 15.

The details of the proposal are still being discussed but the new Early Childhood and Family service will be focused

on supporting families with children under five and in engaging the community to develop local activities. The service for Children's Centres will go out to tender this spring and are due to commence in October. Whilst there will be many changes to these services and how they are delivered Earlham Children's Centre on Motum Road will remain open and continue to be a hub for families with children 0-5 years. Donna Chappell,

Head of the Earlham Early Years Children's Centre, said "Obviously it is a great relief to know that the local community will still have a 'front door' to enable them to seek advice and support." Visit www.earlhamearlyyearscentre.wordpress.com to find out about the services and support available at the Earlham Children's Centre or go to www.norfolk.gov.uk for more information about the Children's Centre proposals.

Community Asset Transfers

Norwich City Council has decided to offer Cadge Road Community Centre to local organisations to find out how they would use it to benefit the area through a formal process called Community Asset Transfer. Currently the building is run by Henderson Trust which provides a wide

range of activities and events for the local community. The Council would like to reassure residents that these activities will not stop while the process takes place and they would very much welcome ideas from residents on how the centre could be used in the future. If you would like

to make a suggestion email community@norwich.gov.uk. Norwich City Council is committed to keeping this well-used and valuable asset in your community and we hope you will get involved in helping to choose a tenant who will deliver what you need from it.

What A Run!

Dr Gautam Sharma and Sophie Palmer from West Earlham Dental Practice recently took part in the Marriott's Way Half Marathon to raise money for local charity Hallswood Animal Sanctuary.

The Half Marathon took place in February and started at Whitwell Station and finished in Aylsham covering a distance of just over 13 miles. The annual event welcomed runners of all abilities and experience. Both practice members had trained hard for the challenge; Gautam completed the run in just over 2½ hours whilst Sophie smashed the course in 2 hours and 4 minutes.

Collectively they raised £250 from patient and colleague donations. Sophie subsequently visited Hallswood Animal Sanctuary to see the great work they are doing to protect the local wildlife and to present their donation to the charity which will be used to help house and cater for vulnerable animals.



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More Than Just A Library

West Earlham Library is not only a convenient place to borrow books but also a hive of activity for the local community.

The Knit & Natter Group meet in the library every Thursday between 10.30am and 12.30pm. The group is an extremely sociable gathering where members always enjoy good conversation and tea and cake whilst working on their woolly wonders. The group enables crafters to work on their own knitting or crochet projects or to collaborate on various larger community projects. Some

recent projects have included knitting poppies for the Poppy Appeal, knitting squares for premature babies in hospital and of course the wonderful memorial cushions that featured in the last edition of The Herald. The group have just finished brightening up the library seating area to make it more inviting and cosy by upcycling the chairs with new homemade seat covers with each member knitting a few rows. They are currently involved with raising awareness of dementia by using their skills to create beautiful woollen forget-me-nots. West Earlham Library also has a Book Club which meets in the library on the first Tuesday of every month

between 10.30 am and 12pm. This is a small and friendly group where members can enjoy reading and discussing books in an open and non-judgemental forum. It is a great opportunity to discover new books and authors and talk about the stories and writing in-depth with fellow book lovers. The club has just finished reading and reviewing their 100th book The Daughter of Time by Josephine Tey. If you would like to find out more about the services and activities available to you or are interested in joining the Knit & Natter Group or The Book Club call 01603 451881 or pop in to West Earlham Library located in the West Earlham Shopping Centre.

A Quality Mark You Can Trust

Henderson Trust has achieved the First Steps Ambition Quality Mark. Ambition Quality is a national accreditation to recognise and acknowledge good quality, safe youth provision.

Getting an Ambition Quality mark is recognition that the organisation's youth projects and activities are welcoming, give young people a chance to grow and develop social skills, and that there are policies and procedures in place to keep them safe. Achieving an Ambition Quality mark proves to funders and partners that we can deliver high quality services and demonstrates

The Trust's commitment to improving the services we provide for the young people that we work with.



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

Wensum Valley Medical Practice

Are you making the most of the available services and facilities at Wensum Valley Medical Practice?

Please ensure that your doctors' surgery has the correct contact details on file for you and let us know if you change your mobile number. How we'll use your number:-

- * We will text appointment reminders
- * We will text reminders for you to book annual reviews
- * We could inform you of any test results automatically
- * We will convey any urgent information to you

ONLINE ACCESS:-

- * Make and manage appointments
- * Request repeat medication
- * Send us messages
- * Complete questionnaires
- * Update your details e.g. change to address or number

SYSTEMONLINE APPS

The SystmOnline app is available for Apple and Android devices and can be downloaded free of charge. The app allows patients to manage any aspect of their healthcare all from one place. The app offers the same functionality of Online Access.

Youth Groups

Cadge Road Community Centre has lots of clubs and activities available to local residents including two groups designed specifically for young people.

Girls4Real is a small group for girls aged 11-16yrs which meets every fortnight on Mondays between 4pm and 6pm. There are lots of different activities available including crafts, cooking, music and sports. The group also go out on trips together and has visited places such as Pleasurewood Hills, have been to various outdoor activity centres and even attended a LUSH pamper party.

Girls4Real provides a regular safe space for the girls to make the most of the varied activities, sit down and talk and enjoy a meal together every session, often cooked by the group. For many of the girls this has really built up their self-esteem with one member reporting that "It has really helped to express how we are feeling without

people judging us" and a mother of one of the girls commented that she was 'really surprised' that her daughter was taking part as normally 'she is really shy'. There is also a Youth Club that is open to anyone aged 11 to 16 and meets every fortnight on Wednesdays between 5pm and 7pm. There are lots of things to do and try and they even have a Nintendo Switch, a multi games table, lots of board games and several outdoor games for when the weather gets warmer. There is also a meal provided at every session. The club is a very relaxed and friendly environment where you can just chill with your friends or make new ones. One member said "I feel less anxious when I am here" whilst another commented that "you can be whoever you are here".

Both groups are free and encourage young people to socialise whilst building confidence. REACH creates a safe and welcoming place to come where all members are made to feel valued and listened to. For more details call 07932 589068 or email sally.fox@henderson-norwich.org.