

Henderson Herald

Free
**INSIDE - It's Not About The Bike - Future Education - West Earlham Junior Magazine
Big Day's Little Brother - Clubs, Activities and lots more from your community**
Summer 2019

Hold The Front Page...



Norwich Primary Academy takes over the news for world premiere festival show.

A team of young reporters from Norwich Primary Academy presented the world premiere of a very special news programme as part of this year's Norfolk and Norwich Festival. Broadcast live from the stage of the Norwich Playhouse on Saturday May 11th. *News News News* featured reports written, filmed and presented by the children about issues that really matter to them.

The Year 5 pupils visited community groups and organisations across Norwich to film reports tackling issues such as food poverty and homelessness. At the headquarters of the Norwich Foodbank Sophia, Cayden, and Iysha spoke to staff and volunteers about how the scheme helps tackle hunger in the city. Cayden explained: "We decided to come to the Foodbank because they help people in our community who don't have enough money to go to the supermarket." The pupils also visited City Hall to interview Norwich City Council leader Alan Waters and find out what the council is doing to help families in our community. The festival show was the culmination of weeks of work with London-based artists Andy Field and Beckie Darlington, with the aim of enabling the children to take part in discussions on the same level as adults. The pair ran workshops at Norwich Primary Academy to help the children explore the purpose of the news,

identify the issues they want to speak out about, and develop their reporting skills.

Andy said: "The children have been amazing – they have very strong opinions and their own unique perspectives about the issues that matter to them, along with massive enthusiasm." Norwich Primary Academy Vice Principal Heather Denny has noticed the positive impact the project has had on the children involved saying, "Their confidence has grown so much since they've been working with Andy and Beckie. Our school is part of a really caring community where everyone looks out for each other and the children are really excited about showing that off." The show received a glowing review in *The Times* newspaper, with arts correspondent Sam Marlowe concluding "There's plenty to be depressed about in the headlines but children like these are already writing new stories for our future.

And that can only be good news."

Norwich Primary Academy is part of The Inspiration Trust and is one of the largest primary schools in the area with about 350 children and two classes per year. They provide a strong academic focus on subjects like English and Maths and incorporate a Read Write Inc. programme which uses phonic techniques to help develop the children's reading and writing skills. As well as offering informative and fun trips the school has a large outdoor area on site with lots of fun equipment, a playing field for sports and games and even a woodland

area where the pupils can investigate nature, wildlife and the changing of the seasons. The school also offer an extended day for pupils in Year 3 to Year 6 where they provide a variety of free activities for the children to enjoy including cookery, music classes, drama, football, science club, dance and much more. These sessions run from the end of the school day until 4.30pm on Tuesdays and Thursdays. To find out more about Norwich Primary Academy or to arrange a visit to see the academy for yourself call 01603 454423.



The Future Of Education

Future Education, based on Motum Road, is an Independent Special School for boys and girls aged between 13 and 16 years that have been excluded from mainstream education and may require specialist teaching, facilities, resources and additional adult support.

The school's mission is to give a balance of vocational, academic and personal education to pupils with special educational needs and disabilities, engaging them in learning, inspiring them to achieve and nurturing them to go on to be successful adults. Future Education, which can accommodate up to 44 pupils from across Norfolk and Suffolk, provides a range of additional services in education, training, outreach and family support to help enable pupils with social, emotional and mental health needs to thrive. They offer lots of opportunities to take part in group activities, such as the recent 3 night adventure on the sail boat Excelsior, designed to teach new skills whilst developing social skills and boosting confidence. Future Education believes in providing a supportive

environment where pupils with diverse needs can re-engage with learning on an individual basis, enabling everyone to have the same opportunities through treating each person as an individual with individual needs. John Butcher, Head Teacher at Future Education, has many years' experience not only in teaching but also as a qualified Mental Health Social Worker bringing the perfect mix of education, understanding and support.

For more information, to enquire about available spaces or to see how you can get involved go to www.futureeducation.org.uk.



Meet Bec Hart

My name is Bec Hart and I started working as a Youth Support Worker for Henderson Trust in March this year. I have worked as a support worker for 21 years, 16 of which have been spent working with young people in supported accommodation helping them to gain confidence, self-esteem and the skills needed to move on to independence. In my role at Henderson Trust I am working across all of the projects running for young people including Not About The Bike, SORTED and the Reach youth groups.

Although a lot of my time is spent working within these groups I can also offer one-to-one support. This could include help with finance, housing, health, education and employment or just be a safe place to talk. I can also meet up with young people to introduce them to the different groups available so that they feel comfortable coming for the first time. In my spare time I enjoy going to various gigs, listening to music and following my favourite football team.

West Earlham Words

Some of the students at West Earlham Junior School have started a magazine club which meets every Thursday and Friday lunchtime.

Earlham Words Public Relations Officer which we think was written so well we are going to share it with you in full...

Press Release:

My name is Charlie and I am the Public Relations Officer for West Earlham Words. West Earlham Junior School has launched its own magazine: West Earlham Words. West Earlham Words, or WEW, is packed full of stories and articles written by a dedicated team of journalists from Years 3-6. The first issue celebrates the school's Science Week which took place in the spring. As well as a double page review of the fantastic experiments and activities that took place during Science Week the magazine covers a wide range of topics.

There is a fascinating Arts page with articles exploring the huge variety of art and music activities that take place in the school. A fashion column takes a fun look at children's style, green-fingered pupils can find advice in the 'In the garden

Shed' column and keen cooks can find regular recipes that will tempt the taste buds. Sport is very important to the children of West Earlham so a team of dedicated sports reporters cover fixtures and write match reports, profile popular sports and the regular column My Sporting Life explores individual pupils' sporting activities. There is even a problems page addressing issues that may concern pupils and, to top it all, a mind bending, super-tricky puzzle can be found on the back page.

Mrs Parry-Jones, Headteacher of WEJS, said. "I am so excited to see the children's ideas in this absolutely fantastic magazine."

For more information about West Earlham Junior School go to www.wejs.co.uk



Our Big Day's Little Brother

In previous years our Big Day event has taken place on Henderson Park and families have enjoyed a fun day of activities, demonstrations, food and entertainment. This year we are planning a new and exciting community event. We want to have a community showcase and will be hosting a drop-in style event at Cadge Road Community Centre on Saturday 20th July from 12 until 4pm. The event is free

and will be open to all and we very much look forward to seeing you. There will be stalls from local organisations and providers and we hope visitors will enjoy food, games, local activities and much much more. So save the date and come on down to Cadge Road.



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



It's All About The Warehouse

Not About The Bike, or NAB, is a Henderson Trust bicycle repair, maintenance and recycling project based in the industrial units at the Henderson Business Centre on Ivy Road.

NAB offers a wide range of inclusive packages as well as tailor-made services and courses designed specifically for schools, training providers, social services and the local community. However as the name would suggest it's 'not about the bike'... whilst the sessions teach basic maintenance and bike repair skills to people of all ages and abilities, the aim

is to provide a safe and friendly environment for the community to get together, meet new people and increase confidence levels through individual and group work.

Graham Meads, Project Manager of NAB, said "Unit 9 had reached a point where it needed to be reimaged to provide a more functional, better equipped and more welcoming space for its various groups to build and repair bicycles." NAB has taken over an additional industrial unit to become the new and improved workshop. The work took a year from design to doors open but the results speak for themselves. The new space features half a dozen bespoke and colour-coded rolling tool stations with everything from a bike stand to tyre levers in addition to a double set of specialist tools. The space is

bright and inviting and allows people using the facilities to have their own work station with everything to hand. Furthermore the workshop has a huge inventory of good used bicycle parts, from rows of hanging frames to rack upon rack of boxes, tubs and trays of recycled spare components. Special thanks to Billy Fysh for all his help and colleagues at Henderson Trust for all their support. Go to www.nabnorwich.org.uk or visit the Henderson Trust website for more information on Not About The Bike and to see how you can get involved.



Henderson Trust Needs Your Help

Would you like to help out in your community and develop your potential at the same time?

The Trust runs various projects in this area including Sorted trips and activities, a youth club and our workshop-based bike project

Not About the Bike. And they could all benefit from a little help. You could get involved with helping to run our youth groups, supporting the sessions or maybe cooking for the kids. Perhaps you could help out with Sorted organising the activities or helping out on the trips? If admin is your thing then you could support us in the office. We can help you develop new skills and build on your

existing ones whilst boosting your CV and building confidence.

You will receive training for the role and have regular meetings with staff members to make sure you are happy and know exactly what you need to do.

Volunteers need to be 18 years and over and need to be able to make an agreed commitment to work. Henderson Trust is

committed to keeping all our staff and service users safe so all our volunteering roles will require a DBS check. If you are interested and want to come in for a chat please contact Sally Fox on sally.fox@henderson-norwich.org We look forward to hearing from you.



Trust Henderson To Sort You Out Over The Summer Holidays

Sorted, Henderson Trust's programme of subsidised activities provided over the school holidays, recently wrapped up its Easter programme. This included trampolining and a trip for the whole family to some London Museums.

The programme was a great success, with thanks going out to all the hard working volunteers, and the holidays finished off in style with a Fun Day and Easter Egg Hunt run in partnership with the NR5 Community Hub at Cadge Road Community Centre. Over 250 people attended the event and a lot of chocolate was eaten! The team are currently busy planning the Summer Sorted's packed programme of activities which will start on 29th July. Booklets should be arriving through members' doors by the end of June and the deadline for booking and payment is Friday 12th July. A member of

the Henderson Trust Team will be available at the Credit Union office at the West Earlham Shopping Centre between 10am and 1pm from 24th June until 12th July. We will be increasingly using our own Facebook page to let you know all about the key dates and trip information for our Sorted Programmes. Whether you are a Sorted regular or want to join our Sorted trips then please follow our Henderson Trust Facebook page for all the latest. If you currently only follow the Friends of Henderson Sorted Facebook page, which has lots of useful information but isn't our official page, you will also need to follow the Henderson Trust Facebook Page as well in order to ensure you have all the latest on Sorted. Sorted is free to sign up to and available to anyone who lives in the Henderson Trust area.



**Henderson
HERALD**

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

maggiesgaltd@gmail.com

Like us at www.facebook.com/hendersontrust

What's On At The Library

In partnership with Norfolk County Council Family Information Service, West Earlham Library has a drop-in session every Thursday between 2:30pm and 4:30pm called Tiny Talkers providing support and advice for parents with children aged 0-5 who may need an extra push with their speech and language development.

Also on Thursday afternoons, between 2pm and 2:30pm, the library provides a Bounce and Rhyme session; a half an hour session where parents and their babies or toddlers can enjoy singing songs and nursery rhymes. This is a fun way to develop communication skills and learn about language and numbers from an early age.

The annual Summer Reading Challenge starts at the beginning of the school summer holidays. This year's theme is Space Chase – an out of this world adventure inspired by the 50th anniversary of the moon landings. These are in addition to the other regular groups, such as Knit & Natter and Book Club.

Lunch With New Friends

In the last edition of **The Herald** we told you about an exciting new event which was a partnership between **The Silver Diners Club** and **Norwich Older People's Forum (NOPF)**. The event was supported by Henderson Trust and took place at The Cadge Road Community Centre. The event saw members from both groups enjoying physical activities together such as

seated Zumba and scarf exercise classes, which were very popular, hearing from a variety of local groups and individuals from the local community such as City Councillor Kevin Maguire, Beat Constable Geraint Hughes, Chris from Versus Arthritis (formerly Arthritis Care) and County Councillor Kim Clipsham, who is also a Henderson Trustee. Feedback from both groups was very positive with one member of NOPF reporting back "We had a very active

meeting with the Silvers Diners this morning. They made us and our information providers very welcome and Michaela, from Henderson Trust, worked very hard to keep everything going smoothly. They are a nice group." NOPF also wanted to take this opportunity to thank Henderson Trust for supporting this joint venture. Everyone looks forward to future events with a focus on older people's information and activities.

One Stop IT Solution Shop

We Solve All, based at the West Earlham Shopping Centre, is a one-stop-shop for all your technical needs.

The team of fully trained in-house technicians offer a range of friendly and professional services and can repair mobile phones, computers and laptops, iPads and tablets and games

consoles. They specialise in both Android and Apple services so you can get technical support for all your gadgets, regardless of manufacturer, under one very local roof. They even provide an emergency call out service for when you need support but aren't able to get down to the shop, and can deal with your technical issues at your home or place of work whilst you carry on with your day. As well as repairs they also sell and recycle old mobiles. Not only will you receive a good price for your unwanted phone but you can feel good knowing that your

old phone will be refurbished and sent to a developing country to help grow the economy and save the planet all at the same time. We Solve All has on-site printing and photocopying facilities, an Internet Café and will even assist you in Form Filling and CV Writing so this really is the place to go for all your IT needs. So whatever your technical requirement pop into We Solve All at the West Earlham Shopping Centre to make the most of the great range of services and facilities or call 01603 905905 to speak to a friendly technician.

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.

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

Is your child aged 0-5?

Would you like some help supporting their speech and language development?

Community Communication Champions

Liz Hughes
07452 931988
elizabeth.hughes3@norfolk.gov.uk
Megan Parsons
07452 931990
megan.parsons2@norfolk.gov.uk

We work with parents and carers in your local community. We can give you advice and tips to support your child at home. Contact us for more information.

 Norfolk County Council

Make Cadge Road The Place To Be

Help us to create a great space for young people and there is a chance to win a £25 Chapelfield voucher!

Henderson Trust will be making some exciting changes to Cadge Road Community Centre and we want your help to develop a great space where you and your friends want to come and enjoy a range of activities and groups designed specifically for you. We would love young people to tell us how they'd like to

make the most of the space by filling in a short survey. The closing date for completed surveys is 12th July at which point two lucky prize winners will be drawn at random and will receive a £25 Chapelfield voucher each. If you would like to enter please contact Bec Hart on becky.hart@henderson-norwich.org and she will send you the short survey and a stamped address envelope so you can post it back free of charge. Please note that if you are 13 years old or under you will need to get a parent or carer to consent and sign the survey too. We really look forward to hearing your views. Good luck!



Kemono Sports Club

Sessions every Sunday
5pm to 7pm

at The Marlpit Community Centre

Ju-Jitsu Bujutsu
Kobudo Japanese Weapons
Combat Tactics Self-Defence

For more info email
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