

THE

# Henderson Herald

Free

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Norwich Foodbank - New Cycle Hub - and lots more from your community...

**Autumn 2019**

## Bring On The Dignitaries



### Norwich Primary Academy's first ever Arts Week.

The colourful event was opened by Mayor Vaughan Thomas, the Lord Mayor of Norwich.

Attending the exhibition were students, families and friends who all came to enjoy the premier Arts Week by Norwich Primary Academy and view the artwork created by the children. The pieces were inspired by famous artists such as Mondrian, Munch, and Kandinsky covering a range of styles from Impressionism to Pop Art.

The school's Arts Week saw pupils unlock their creative talents with a series of art lessons and workshops, experimenting with materials and techniques and learning about different artists and genres of art.

Vice principal Heather Denny said: "Our Arts Week was a huge success and we are so

proud of the work the children produced. They really engaged with the workshops and learned an immense amount about art, which is a vital part of their education and cultural enrichment."

In other exciting news for the school Norwich Primary Academy has recently been recognised as a Heritage School for its work in exploring and celebrating local history. Historic England's Heritage Schools programme was introduced to help schoolchildren develop an understanding of their local heritage and its significance whilst inspiring a sense of pride in where they live. And it's certainly done just that!

Several young and budding historians from the school worked on a project about the Norwich Union Workhouse, located close to Norwich Primary's present-day site, which housed poor families in the 19th century. Using resources such as census data from Ancestry.com the pupils at History Club, led by Miss Craven, pieced together the story of the Haze family who spent time in the Norwich workhouse in the late 1800s. They also visited the Norfolk

Record Office to see the originals of some of the documents and to find out how the office preserves important historical paperwork. The pupils then built a website collating all the information they had gathered for the project and explaining the stories they had discovered on their historical journey.

The History Club were presented with certificates and given a plaque by Kate Argyle from Historic England in recognition of all their hard work.

Norwich Primary Academy will be hosting four opening mornings for new reception admission and any other prospective parents who would like to attend. These will be held between 9.30am and 10.30am on Tuesday 24th September, Thursday 17th October, Tuesday 19th November and Thursday 16th January. Call 01603 454423 or contact the school via email on [office@norwichprimary.org.uk](mailto:office@norwichprimary.org.uk) for more information or to book a place.



### Earlham Nursery celebrated its 80th birthday in style this summer.

The Nursery held a big party for the children, parents, staff and helpers and also invited local community projects, residents from Ivy Court Care Home, the Lord Mayor and the Sheriff of Norwich to join them in commemorating the occasion with activities through the decades.

The event was crammed with loads to do and see with each room set up to celebrate a specific era and hosting a variety of activities for the children to try. With rooms representing decades from the 40's to the present day the children could experience tailored décor, clothes, music, food and games like marbles, scrabble

and pick up sticks. The children were also able to enjoy painting around the works of Picasso, singing and dancing to the music of The Beatles, an 80's Neon party in the sensory room and making potions and wands to cast spells in the Harry Potter zone.

And the party didn't stop inside! Everyone was able to enjoy the beautiful weather in the gardens accompanied by a great picnic and lots of cake. The Lord Mayor planted a new cherry tree, donated by B&Q for the event, and the Sheriff of Norwich helped the children to bury a time capsule with writing and drawings from the children and a newspaper from the Nursery's birthday to be discovered by students in many years to come. The children also enjoyed picking gooseberries and dancing around the maypole. The event finished with afternoon tea and a great day was had by all the children, staff and visitors.







## Animal Encounters

**Angelica's Rainbow, based on land at The Marlpit Pub on Hellesdon Road, is looking for a new home.**

The not-for-profit organisation take in a variety of animals who not only find a safe place to live but a renewed purpose as well. In return for board and lodgings they provide a wealth of educational and therapeutic opportunities for the local community.

The organisation attends community events bringing 'animal encounters' to the general public. They also visit residential homes and educational establishments so that the children and elderly members of the community can benefit from interacting with the animals. During a recent outing to a local care home one resident remarked on how much she looked forward to holding the rabbits as it reminded her of her childhood.

As well as taking the animals out into the community the organisation encourages people to come and see the animals at home too. Visitors can see the animals in their natural environment and learn how they are fed and cared for. This can be a really exciting way to learn whilst spending time with animals that they may not otherwise get to see

or, in some cases, talk to; one young visitor, who struggles with verbal communication and often goes for long periods of time not speaking to anyone, recently struck up a great friendship with one of the sheep and was seen happily nattering away to his new pal much to his parents amazement and delight.

The organisation also run a weekly craft group where members of the community can make products from their sheep's fleece to sell and raise money to help support the project.

Angelica's Rainbow are currently fundraising for a new permanent base where they can house the animals, provide local work experience opportunities, welcome visitors and run local groups and workshops for the community.

If you are interested in finding out more about the organisation or want to get involved call 07423 907447 or visit their facebook page.



# Were You Sorted Over The Summer Holiday?

**Henderson Trust's Summer Sorted programme has just finished providing over 3,000 subsidised spaces on days out for local families.**

Sorted is Henderson Trust's programme of activities during the Summer, Christmas and Easter Holidays. This summer Sorted offered something every day for either families or older children giving the

community the opportunity to get out and about and create some great memories during the school holidays.

The most popular trip of the season was to Colchester Zoo which had over 250 attendees all eager to get a look at the new-born tiger cubs. Sorted also provided trips to the beach, a BBQ at Thetford Forest and days out to local attractions such as Pettits and Pleasurewood Hills for families. The 10-16 year olds enjoyed Laser Tag, Snow Tubing and a range of activities at Cadge Road Community Centre. Scott Porter, who runs the Sorted project, said "It's been

another great summer with lots of fun had by all. We rely heavily on our community volunteers to help deliver these trips and would like to take this opportunity to thank all those whose hard work has gone into making this another great summer."

To sign up visit Henderson Trust website where you will find all the latest on future trips and activities and all the necessary booking forms and membership forms.



## Foodbank Hampers

**Norwich Foodbank will be rolling out their new Christmas Hamper scheme this year.**

The Foodbank are expecting to distribute approximately 1000 food parcels in December and have put a new scheme in place to help reduce the amount of time, resources and storage space needed this festive season. They are always

thrilled at the support and donations received over the Christmas period and plan to take some pressure off the warehouse at this busy time by asking members of the public to help with some of the preparation and deliveries this year. Those who volunteer will be provided with a starter pack, some stock from the foodbank to get things going and instructions on how to put together a nutritionally balanced box ready for distribution. This means parcels

can go directly to those who really need it rather than donations being stored, sorted and packed at the warehouse.

If you would like to get involved and help those in need in your local community call 01603 251733 or email [admin@norwich.foodbank.org.uk](mailto:admin@norwich.foodbank.org.uk) to sign up to the scheme and they will arrange a date in November for you to collect your box and starter pack.



**Plug-In Live Events At Cadge Road**  
Following the last successful collaboration Henderson Trust and The Garage are pleased to announce that Plug-In Live is back!

The Garage's Youth Forum will be bringing Plug-In Live back to Cadge Road Community Centre.

Friday 20th Dec  
7pm - 9pm.

This will be a free event for young people & families. Children under 10 need to be accompanied by an adult. We look forward to seeing you at this fantastic event!

### FLU SEASON:

West Earlham Medical Practice are already preparing for the flu season and will soon be holding their flu vaccinations.

Vaccinations for the over 65s are due to start arriving week commencing 9th Sept and vaccinations for the under 65s are due the week commencing 7th Oct.

Make sure you support the practice by attending your appointments and keep an eye out for updates on this and other services available at West Earlham Medical Practice.

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





# Fly Away Home

**Pupils at Little Sparks Preschool have been busy observing the life cycle of the butterfly this summer.**

The children at Little Sparks, based on Knowland Grove, have been learning about the various stages of development and watching the insects transform from little green caterpillars into beautiful Painted Lady butterflies displaying colourful orange wings with black tips and black and

white spots. The children released the butterflies in the preschool's garden and were very excited to hold them and watch them fly free. As well as getting up-close to nature the children have also been involved in a variety of fun and educational activities such as taking apart a clock to see all the different pieces required to make it work. They get very excited about their trips to the Norfolk County Council Mobile Library, which stops at Woodhill Rise, eagerly looking forward to finding a new book to borrow. For more information about Little Sparks Preschool visit [www.littlesparkspreschool.co.uk](http://www.littlesparkspreschool.co.uk) or call 01603 740677.

# Big Day's Little Brother

**Henderson Trust's new Community Showcase, Big Day's Little Brother, saw Cadge Road Community Centre bursting at the seams with a whole host of activities and attractions available to the community.**

The free event was really well attended and members of the whole family were able to enjoy a range of fun activities, such as the very popular Ride-on Safari, a BBQ and even had the chance to make a smoothie on the 'Smoothie Bike' run by Norwich FoodHub. Lots of local charities and organisations were also in attendance providing stalls with information and interactive activities aimed at

# A New Year At The UEA

**It's that time of year when The UEA's Students' Union will once again be welcoming students to the university with a celebration where they can meet new people, join clubs and societies and participate in new experiences with their fellow students.**

The transition into university life can be daunting for new students but The UEA have implemented a peer-to-peer Student Union scheme Buddy (su) to help all students overcome any initial nerves or anxieties they may have. In the scheme returning students are paired with new members to guide them through university life and integrate the students into the community introducing them to the city and all it has to offer. The Students' Union feel "Our students bring so much to the local community from volunteering for charities to supporting local businesses. We are dedicated to maintaining our students' relationships within the community via our Good Neighbour scheme which was introduced to keep friendly neighbour relationships and ensure students become a part of the community."

all the family, fundraising and promoting their services. Henderson Trust were really pleased that so many local residents came along to this new event and hope that everyone enjoyed the event as much as they did! Keep an eye on the Henderson website and in future editions of The Herald for more Henderson Trust news, events and activities coming to your local community.

# West Meets East

**West Norwich Credit Union (WNCU) has announced its recent merger with Great Yarmouth-based Cobholm Island Credit Union and there are benefits all round!**

For WNCU it increases their financial base, grows membership, offers products to a wider community and helps to establish strong local community bonds. For Cobholm Island it guarantees the continued provision of savings plans and low-interest loans as well as introducing members to free lifesavings insurance, access to new technology and extended opening hours. WNCU'S shop in Earlham West Centre opens five days a week and members can call in to add to their Savings or Christmas Club accounts and apply for loans. Recent investment and changes to the

online banking services mean that members are now able to register to view their balances on their mobile phone or computer 24/7 and apply online for a loan from the comfort of their home. WNCU have also negotiated a new household and electrical goods purchasing scheme with John Lewis so members can select their product, apply for a loan to cover the cost and then just sit back and relax as The Credit Union make all the necessary arrangements including purchasing and delivery. The Credit Union have extended their special offer of a £25 bonus for new members who join before the end of November and make three regular deposits over a three month period. Membership is just £2 a year. Go to [www.wncu.net](http://www.wncu.net), call 01603 501301 or visit the shop in Earlham West Centre for more information.



# Connect Project

**Henderson Trust is working in partnership with the Norwich Opportunity Area to deliver Connect, a programme of tailored activities, at West Earlham Junior School.**

This project, exclusively for Year Fives and only at this school, will have pupils and parents working together to explore their futures and learn the skills necessary to achieve success. The programme will include trips and fun activities with some great prizes to be won over the course of academic year. Visit [www.henderson-norwich.org](http://www.henderson-norwich.org) for all the latest Connect news.

# Congratulations To...

Nicholas Emerson, (right) Instructor at Tiger Mixed Martial Arts based at the Marlpit Community Centre, who recently passed his 6th degree black belt in Han Mu Do. Nicholas was awarded the certificate by Han Mu Do Martial Arts Founder and creator Dr He Young Kimm at a recent seminar having worked incredibly hard to achieve this high level of accomplishment.







## Not Just Bookworms

**West Earlham Library has been crawling with activity over the school holidays.**

Activities for children included sessions with Botley the coding robot and the Code-a-pillar who showed the under 6's how much fun computer coding can be. Local children also had the opportunity to take part in making spaceships and rocket packs and enjoy the very popular space slime event. Local residents were invited to come and enjoy two Maths Mayhem sessions

with Gordon Burgin, author of 150+ Challenging Numeric & Logic Puzzles, which focused on a love of numbers, maths and puzzles. As well as these special events West Earlham Library also run regular support groups to help with education and child development, such as 'Tiny Talkers', a drop-in session for adults who have children who need a little help and encouragement with language skills and a Home Education Group run for students and educators. Don't miss out on the new Card Making group running from September every other Thursday between 2-4pm. Pop into the library or call 01603 451881 for more information.

# Sit Back & Enjoy The Ride

**Community Centre launches cycle hub. The new cycling hub, based at The Marlpit Community Centre, offers help and support for everyone who rides a bicycle for transport, exercise or fun.**

The aim is to offer bicycle checks for safety and legality, support to those returning to cycling or taking it up for the first time and help for children learning to ride. It even offers help to those who have an unused bicycle or those without a bike but would like to try cycling. Lucy Galvin, Chair of Marlpit Community Centre, said "With support from Cycling UK we have held two events and started regular short rides with qualified leaders to encourage riders who are nervous about cycling, including a women's riding group, which goes out twice

a week on a Wednesday and Saturday, and is free and open to all. Everyone's welcome so join us for fun and fitness exploring the Marriott's Way and local area."

If you are interested in joining this local community driven group, losing weight and gaining friends, just call 01603 749894, go to the Marlpit Community Centre or visit the Facebook page for more information.

In association with;



## Under New Management

**Henderson Trust is now responsible for the management of two community centres in the area; Cadge Road Community Centre and West Earlham Community Centre.**

Building on the great work of the volunteers at both centres, Henderson Trust is now looking to make further improvements to the range of services and activities on offer at the centres. Sally Fox, Outreach Manager at Henderson Trust, commented "We want to create a safe and welcoming place for young people at

Cadge Road. They can drop in and get something to eat, play games or just chill out. We'll be open on Mondays and Wednesdays from 3.30 to 6.30 pm starting on 18th September, so swing by and give us a look."



## Norwich Notes For You

**Norwich City Council have launched Norwich Notes, a token economy, in West Earlham.**

Norwich Notes is a Council scheme which rewards local people for giving up their time to community activities in the area. The notes are a paper

currency that are earned for time and support given on an hourly basis and can be spent in a variety of local businesses and partnering organisations who offer all kinds of goods and services that can be exchanged for the currency. The scheme is designed to encourage people to get involved with what is going on in their local neighbourhood and lend a helping hand. The Council are keen to find out what people are good at and utilise these skills where needed and believe everyone has something to offer.

Norwich City Council will find you the right volunteering roles, including things like supporting local events, designing flyers, making bookings, delivering marketing material or making teas and coffees. If you are an individual interested in volunteering some of your time, or a business who would like to get involved in the scheme, go to [www.norwich.gov.uk/norwich-notes](http://www.norwich.gov.uk/norwich-notes) or email the council at [community@norwich.gov.uk](mailto:community@norwich.gov.uk) for more information.



## Congratulations To...

**Dr Gautam Sharma who recently took on and conquered The Lake District Three Peaks Challenge to raise money for charity.**

Dr Sharma, who runs West Earlham Dental Practice, completed the gruelling physical challenge in just over 12 hours raising £250 from patients and colleagues for local charity Norfolk & Norwich Association for The Blind.

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