

THE

# Henderson Herald



Free

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Winter 2019

## Happy Christmas From All At Henderson Trust



Henderson  
Trust

Another busy year is coming to a close. While the directors of Henderson Trust can look back on a year of developing partnerships and lots of brilliant work with the community, there is also a sadness at the death of Freda Sheehy who worked so tirelessly for the area.

Henderson Trust is really pleased to have touched the lives of so many people through the delivery of its programmes. Whether learning how to put in a seat post at Not About the Bike, seeing all the animals at Colchester Zoo on a Sorted trip, learning problem-solving skills with Connect and West Earham Junior School, or just chilling and listening to bands at the Plug-In event at Cadge Road, we would like to think that there has been something for everyone to enjoy throughout 2019.

With the commitment and dedication of volunteers and, with the input of a range of partners, Henderson Trust is working hard to make Cadge Road and West Earham Community Centres even better places to be and we look forward to lots of exciting things happening at these venues.

Indeed 2020 promises to be a great year all round but before we get there the staff and directors of Henderson Trust would like to extend thanks and best wishes to volunteers and also to the community who have all contributed to making 2019 such a success.

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



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# A Helping Hand

**The Earlham Scout Group was recently given a great helping hand by The Prince's Trust, based at North Earlham Fire Station, as part of their interactive NEET project.**

NEET is a 12 week personal development programme designed by The Prince's Trust to give young people aged between 16 and 25 who are 'Not in Education, Employment or Training' the chance to gain new skills, complete a qualification and meet people through team-building activities and projects in and around the local area. One such recent community project took place at Earlham Scout Group's HQ which has been in desperate need of some attention but, due to limited resources, it was a task that the Scout group were struggling to undertake. The Prince's Trust young people spent a week at the grounds, clearing a large area, placing

an obstacle course for the scout group to enjoy, and, the icing on the cake, building a purpose built fire pit. The fire pit area included enough seating for each section of the scout group to all be able to sit around the fire and, if that wasn't impressive enough, they also built a new wood store!

The week after the work was completed the cub section spent a session around their new fire pit making smores and telling stories. The beavers, cubs, scouts and explorers based at the hut love the work that the Princes Trust have done for them and are very grateful for all their help, hard work and community spirit!

# A Brighter Way To Share

**LUMi is Norwich's latest online community resource to help people discover activities, places to go, things to borrow and much, much more.**

Hosted by Norwich City Council LUMi is easy to use and reveals an ever changing array of amazing community

activities. From community lunches, arts & craft mornings and drop in advice sessions to family gardening days and bike rides for beginners, there really is something for everyone. But what makes LUMi extra special is that it's designed to facilitate sharing too. If you are one of Norwich's amazing volunteers you can find available venues, skills to tap into and equipment to borrow. Residents, community groups and businesses are all able to share their space,

facilities, skills and resources to help make our community stronger. LUMi covers the whole of Norwich, as well as the Henderson Trust area, and many residents are already discovering great new activities for themselves. And if along the way you fancy sharing your skills or details with other groups in Norwich sign up to LUMi and let everyone know what's going on in your neighbourhood. For more information visit [www.lumi.org.uk](http://www.lumi.org.uk)

# Age Is A Number Not A Limitation

**Norwich Older People's Forum would like to send greetings to all for the festive season.**

Following the lively meeting at Cadge Road Community Centre with The Silver Diners earlier this year, their Annual Meeting took place in October at Blackfriars Hall. The theme was 'Celebrating Older People' and the event saw retired speakers from a variety of former occupations illustrating the range of activities older people are involved with. The highlight was Connie Adam who gave an inspiring account of her interests, having just given up Fencing at the age of 91 to take up badminton instead. Young people from

The Garage enacted a short scene about older people who had inspired them and what they hope to be like in their own later years. The meeting finished with the chance to visit the information stands, attend discussions and enjoy a buffet lunch together.

If you would like to stay in touch with NOPF for regular news items and updates on events they always welcome new members. It costs nothing to join and is a great way to keep up-to-date with issues of interest in the city and in your neighbourhood, helping the community to keep active and involved.

NOPF is a voluntary group supported by Norwich City Council, Norfolk County Council and Age UK Norwich. For more information or to sign up for the mailing list call City Hall on 01603 212378 or email Verity Gibson at [strategy@norwich.gov.uk](mailto:strategy@norwich.gov.uk).



**Henderson Trust has been managing Cadge Road Community Centre for just over a year now and, with the help of volunteers and various user groups, the centre is now being used a lot more and by a much wider range of organisations.**

Henderson Trust has also been busy giving the old bar area a makeover so it can be used to

deliver some of our activities aimed at young people. More recently we have been working with the committee at West Earlham Community Centre and we hope to soon be taking on the licence for that centre too. That means we will be able to deliver our activities from two local venues and through partnership working we will be able to increase the delivery of services locally. We are very grateful to colleagues at City Council and contractors who are helping to keep these centres in good working order.

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

# Volunteer To Bring Some Cheer This Christmas Time

How can you help save our planet and feed people who would otherwise struggle to afford food this Christmas?

Christmas is just around the corner and that means people will be gathering together and tucking into some wonderful festive food. But, sadly during this season, a lot of food is pointlessly thrown away wasting precious resources and filling up landfills. Norwich FoodHub exists to fight food waste and at Christmas this mission is needed more than ever. Volunteers collect edible, surplus food from supermarkets, which would otherwise be thrown out, and then redistribute it to their partners who work hard to

make sure people across the city can also enjoy some good food on Christmas Day. Last year Norwich FoodHub collected over 2.5 tonnes of food during December – that's approximately the weight of an Elephant – with 830kgs of that collected on Christmas Eve alone. They aim to make sure that no one goes through Christmas with an empty stomach and that food does not needlessly go in the bin. Could you help Norwich FoodHub in their mission to save food and fight hunger this winter? Doing a collection is simple and can take only 30 minutes of your time. They are always in need of regular volunteers but even if you can only offer one trip during the holiday season, it all helps! Visit Norwich FoodHub's Facebook page or visit <https://10to8.com/book/norwich-foodhub> for more information or to sign up and make a difference to food waste and the lives of people in our Fine City this Christmas.



## Freda Sheehy MBE

It is with great sadness that we report the sudden death of Freda Sheehy.

Freda worked tirelessly for the community and was a great friend and support to many. Freda's contribution to West Norwich Credit Union, Henderson Trust and before that the NELM Development Trust, as well as many other good local causes, will remain an inspiration to us all.

**Freda Sheehy**  
**1952 – 2019**  
**YNWA**

### 10 – 16 Christmas Party

**Date:** Monday 23rd Dec  
**Time:** 11am - 3pm  
**Venue:** Cadge Road Community Centre  
**Price:** £4

Come along and join in the festive fun. There will be lots of games with some great prizes to be won.

Old favourites like Pin the Nose on the Reindeer and others you may not have played before... think Pass The Sprout! We are also having a buffet with lots of lovely treats. Everyone will get a present to take away.

Booking is essential so please contact Bec on 07379 843366 to get your form.

It's going to be crackers so don't miss out!

**HO! HO! HO!**



## Taking Stock For A Great New Year

Despite being the smallest of the city libraries West Earlham Library is one of Norfolk's great assets providing a huge array of activities and events for the local community.

The library has just had a big revamp which has seen the addition of some fantastic new bestselling stock and an improved layout for ease of access and group activities. Life in West Earlham Library is full of fun and it's a far cry from the days where your local library was a place to just sit quietly and not interact with other users as it was in years

gone by. It's now the place where the local community enrich each other's lives and share each other's stories whilst attending one of the many events and groups held there. For many the activities at West Earlham Library are a real lifeline giving them the opportunity to socialise and be a part of the community whilst remaining a great place to find a new book to get lost in. Whatever your needs there is always a friendly member of staff waiting to greet you and help with enquiries. West Earlham Library also works closely with the local schools to help with children's literacy and increase their love of reading. There are lots of activities and groups on offer at the library throughout December with many more to come in 2020 so keep an eye out on their Facebook page for future clubs, activities and events such as Digifest coming in February.

### Library Opening Hours Over The Christmas Period:

**Tuesday 24th Dec - Closes for Christmas at 12:00**  
**Thursday 26th Dec - Closed**  
**Saturday 28th Dec - 9am and 1pm**  
**Tuesday 31st Dec - 9am to 1pm & 2pm to 4pm**

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# An Open Invitation To All On Christmas Day

**Nobody needs to be alone or hungry this Christmas Day 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 28 years ago to give the homeless respite from the cold, a warm meal and the opportunity to celebrate Christmas Day with others. Since then the 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 services 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 however prior arrangement is necessary if you require transport to or from the event. The fun starts at 11am with free refreshments all day. Lunch will be from 12.30pm until 2pm and there will be festive entertainment throughout the day. Later in the day clothes and food parcels will be available. 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.norwichopenchristmas.org.uk](http://www.norwichopenchristmas.org.uk) or call Karen on 01603 610751 to arrange transport.

## Plug-In Live Event is back with

The Renadeans  
supported by  
Black Rose Band  
Hannah Birtwell

Cadge Road  
Community Centre  
Friday 20th Dec  
7pm to 9pm

This is a free event for young people & families.

# Avoid Spreading The Flu Virus This Winter

The cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter months.

If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious.

Flu is very infectious and is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu use a tissue to trap germs when you cough or sneeze, regularly wash your hands with warm water and soap and bin used tissues as quickly as possible.

You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long-term health condition or are a carer. Children aged between 2 and 3 years are also eligible.

A pharmacist can give treatment advice and recommend flu remedies. Be careful not to use flu remedies if you're taking paracetamol and ibuprofen tablets as it's easy to exceed the recommended dose.

## How to check if you have flu...

Flu symptoms come on quickly & can include:

- \* a sudden fever
- \* an aching body
- \* feeling tired or exhausted
- \* a dry cough
- \* a sore throat
- \* a headache
- \* difficulty sleeping
- \* loss of appetite
- \* diarrhoea or tummy pain
- \* feeling sick & being sick

Symptoms are similar for children but they can also get pain in their ears and appear less active.

## How to treat flu at home...

### Get plenty of rest and sleep

Helps to boost your immune system

### Wrap up and keep warm

Helps you to fight the infection quicker

### Take paracetamol or ibuprofen

Helps to lower temperature and treat aches & pains

### Drink plenty of water

Helps you to stay hydrated

# Catch it. Bin it. Kill it.