

Henderson Herald

Free

INSIDE - Henderson Trust News, Events & Activities - Friends of West Earlham Woods -
Norwich Foodbank - Local Councillors - and lots more from your community...

Spring 2020



NR5 Community Hub Bring & Take

NR5 Community Hub, based at Cadge Road Community Centre, have a huge array of activities and events designed to bring the community together.

Alongside their monthly community meals where locals can attend and enjoy free food, a hot drink and some good company, NR5 Community Hub decided they wanted to help the many families and households on our doorstep who are struggling to afford to buy all the things needed for the home and family. The Young People's Community at NR5 Community Hub were discussing these issues, and which local charities to support and donate to, and decided to put on a free event where locals could donate any unwanted clothes, shoes, books and toys. Everyone in the community was welcome to attend the event and, as well as a bowl of soup or bacon roll and a cuppa, have a rummage through all the donated items and take anything they needed free

of charge. The event was extremely well received, with over 150 people attending who were able to get what they needed free of charge whilst helping others in their neighbourhood. NR5 Community Hub received hundreds of donations with nearly all of it being gratefully taken to a new home. The feedback following the event at Cadge Road Community Centre was so positive that it had a second running at the beginning of March and may well become a regular feature in the future. In addition to their monthly drop-in sessions, where people can get together and receive hot food and refreshments free of charge, NR5 Community Hub have many activities and events currently on offer at Cadge Road Community Centre. To find out more about these

events or to book a place visit the NR5 facebook page or contact Rainy Waller on 07471 156198.

Building Blocks:

Every Friday
12pm to 2pm
Cadge Rd Comms Centre
£1 entry
Stay & Play
(for children and parents)
Children's Soft Play,
Sensory Play and Music
Free refreshments
and snacks
Training Courses and advice
available or parents
welcome to just come and
have a cuppa and a chat

Kids Hub:

Every Friday
4pm to 5.30pm
Cadge Road Comms Centre
FREE ENTRY
Games, Crafts, Sports, Music,
Cooking and much more

Youth Hub:

For school students 11+
Every Friday
6pm to 7.30pm
£1 entry
Sports, Crafts, Games, Music,
Hair & Beauty and more

Adult Education

Courses:

Weekly Adult Ed Courses
Thursdays
Friday sessions are available
for those who have
preschool children
attending the Building Block
Stay & Play group

CANCELLATIONS

Please check with individual organisations if their courses, groups, meetings and events promoted in this edition are being cancelled or postponed in light of the current situation with COVID-19.

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

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.

How Much Do You Know About Henderson Trust?

★ What is Henderson Trust?

It's a local charity doing community development work in the North Earlham, West Earlham, Larkman, and Marlpit areas of Norwich.

★ What does it do?

It manages land and property, it delivers services and activities and it provides support to other organisations working in the area.

★ What land does Henderson Trust own?

It owns and manages the Henderson Community Park which used to be the Bowthorpe Road School playing fields. It costs £30k per year to cut the grass and maintain the equipment on the park. The park has nothing to do with Norwich City Council although they do hold events on the park from time to time.

★ What property does Henderson Trust own?

It owns the Fire Station on Ivy Road which is leased to Norfolk County Council. It owns the industrial units at the end of Ivy Road. The units are leased to many different types of company. Henderson Trust also uses two of the units to deliver its bike project. It owns the office block on Ivy Road. The building works as a business centre with offices for many different companies. The money earned from these buildings is used to support the work of Henderson Trust including the delivery of the Sorted programme, Not About The Bike and other projects.

★ Does Henderson Trust own the community centres?

No, but Henderson Trust does manage Cadge Road Community Centre and supports the work of West Earlham Community Centre.

★ What projects do Henderson Trust deliver?

Henderson Trust delivers the following activities locally:

Sorted – subsidised family days out over the school holidays

10 – 16 – trips and activities over the holidays for older children

Not About The Bike – community-based bike building, repair and maintenance

Girls Group – activities, food and a safe place to talk for girls only

Youth Hub – activities, fun and food in a safe place

Reach – confidential support for young people aged 11- 24

Connect – working with Y5 pupils and parents at West Earlham Junior School

★ How is Henderson Trust managed?

Henderson Trust has a board of directors, most of whom live in the area, and a small staff who manage the business and deliver the services. Many of the staff live locally too.

★ How can I help?

Henderson Trust is always happy to hear from people who want to volunteer to help us in any way but being aware of who we are and supporting our work is just as important.

Using our website, facebook site and through our community paper we try and keep you up-to-date with events, activities and projects in the local area run by Henderson Trust and many partner organisations so do try and get involved.



Henderson Trust will be hosting the Summer Sorted programme as normal during the summer holidays.

We are keen to get those of you who are interested in signing up to do so as soon as possible and ask that you complete and return a membership form which can be found on our website at www.henderson-norwich.org. Please complete the form in

full and return it to us as soon as possible. Booklets with more information about the trips will be sent out over the next couple of months which will give details of the specific trips and instructions on how to request trips and how to make payments. We look forward to having some Summer Sorted fun with you. Due to the ongoing COVID-19 situation there will be no Easter Sorted activities this Easter. We are sorry to cancel these events but we hope that you will understand why. At this time we are still planning for Summer Sorted and 10-16 activities but do keep an eye on our website and facebook pages for up-to-date information on all activities, groups and events.

TV Licences For The Over 75s

Over the next few months there will be some changes to the current scheme of free TV licences for the over 75s.

Under the new scheme Free TV Licences for everyone over the age of 75, funded by the Government, will come to an end and will only be available

to those over 75s also receiving Pension Credit. Anyone aged 75 or over, who is also in receipt of Pension Credit will be eligible to apply for a free TV Licence. You need to be receiving Pension Credit in your or your partner's name. If you are over 75 but not receiving Pension Credit, either in your name or in your partner's name, you will now need to pay for your next TV Licence.

If you turn 75 before these changes you can apply for a free TV Licence and you will get a short-term licence to cover you until your 75th birthday. This lets you pay for the months you have left until you turn 75. You'll then receive a free over 75 licence to cover you until these changes take effect. To find out more about how these changes may affect you or to apply for a TV licence go to www.tvlicensing.co.uk.

Wash Your Hands

We are sure that you are all fully aware of the current situation regarding CoronaVirus/COVID-19. Henderson Trust would like to ask everyone to take good care, keep washing your hands and think about the most vulnerable within our communities. Most importantly follow the most up-to-date advice. For all accurate and up-to-date guidance go to:

www.gov.uk/guidance/coronavirus-covid-19-information or

www.nhs.uk/conditions/coronavirus-covid-19

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

West Earlham Library West Earlham Woods

Springs Into Action

The library was the place to be over the half term holidays.

Alongside the usual array of events and groups West Earlham Library ran a bird feeder craft session where the community were able to make and paint beautiful feeders all from recycled materials. The library also ran its second Lego 'Stop Motion' film-making event at the beginning of March following the very popular and fully booked initial event.

They also run a range of regular fun and creative activities in the Library. These include The Adult's Reading Group, every first Tuesday of the month, and the Reminiscence Group on the second Tuesday of the month,

giving the community an opportunity to share memories of life experiences over an afternoon cup of tea or coffee. On a Thursday morning the Knit and Natter group regularly met and on Thursday afternoons the tiny tots come to the Library for Bounce and Rhyme 2-2.30. Community Communications Champions also ran drop-in sessions during February and March for children aged 0-5yrs. The Library Service will be hosting various special events for Digifest 2020. Events will include a number of free coding and digital activities for children in several libraries across the county.

To be kept up-to-date with these and future events like Card making, Easter Crafts, Story Walks and other fun activities feel free to pop in for a friendly chat, check out the West Earlham Library's Face Book page or call the library on 01603 451881.

Your Community Needs You

Are you worried about your child? Are you concerned about their safety when they're out and about in the local community?

West Earlham and surrounding areas have set up a parent support group which comes together once a month to talk about issues such as how to keep young people safe in the community when they are out

and about. We plan to hold future meetings attended by Henderson Trust, The Police and Youth Offending Team. These events will be held at the West Earlham Community Centre. We'd love to hear from you so come and share a cup of tea or coffee and join the parents who are trying to make your area a safer place to live. For further information and dates contact Sally on sally.fox@henderson-norwich.org and keep an eye on our website.



The Friends of West Earlham Woods, having secured funding through The National Lottery and Pledge Norwich for Twenty Acre and Bunkers Hill Woods, kicked off the West Earlham Woods Community Project with the installation of a new sign.

The project, designed to help with the conservation of West Earlham Woods, which dates back to the 18th Century, will include regular conservation tasks and events in the woods as well as forest school activities.

The new sign features pictures from pupils at West Earlham School of the local inhabitants found in the woods including Muntjac deer, hedgehogs and five different species of bat. The funding will allow the Friends of West Earlham Woods to work with The Conservation Volunteers and The Norwich Fringe Project to



hold family events such as fungal forays and bird walks, and to run practical tasks to increase habitat diversity and structure, encouraging local wildlife.

The Friends of West Earlham Woods encourage everyone to join them for practical days in the woods and they hold monthly Community Task Days, every 2nd Wednesday from 10am to 1pm, where you can take part in lots of different outdoor activities from tree planting to coppicing and creating steps. There's lots to help with and they are always looking for new members who want to learn new skills, meet people and do something positive for the local environment. Anyone over 18 years old can join, whatever their abilities and capabilities. You can work at your own pace, having a chat

and a laugh while you work, and there is even a tea-break halfway through.

You can also join The Friends of West Earlham Wood for a litter pick on the 1st Saturday every other month between 10am and 12pm and The Great British Spring Clean on Saturday 4th April between 10am and 2:30pm.

Emma Cross, Project Officer for The Conservation Volunteers said "It's really exciting to be working with the Friend of West Earlham Woods. We'd like to encourage anyone local to come along to an event or join us on a task day; as well as helping to improve the woods it's also a great way to get healthy and meet new people." To find out more email friendsofwestearlhamwoods@gmail.com or call Emma on 07920 205467.

Get To Know Your Local Councillors

Ward: Bowthorpe

Sally Button
01603 569996
s.button@cllr.norwich.gov.uk
Mike Sands
01603 594995
m.sands@cllr.norwich.gov.uk
Sue Sands
01603 594995
s.sands@cllr.norwich.gov.uk

Ward: University

Beth Jones
0344 980 3333
b.jones@cllr.norwich.gov.uk
Roger Ryan
07831 337088
r.ryan@cllr.norwich.gov.uk
Matthew Fulton-McAlister
07772 371682
m.fultonmcalister@cllr.norwich

Ward: Wensum

Kevin Maguire
01603 452540
k.maguire@cllr.norwich.gov.uk
Martin Peek
01603 479713
m.peek@cllr.norwich.gov.uk
Erin Fulton-McAlister
07736 354042
e.fulton-mcalister@cllr.norwich

All local councillors can be reached c/o City Hall, Norwich, NR2 1NH

Like us at www.facebook.com/hendersontrust



Plug In And Rock Out

On December 20th, Cadge Road Community Centre played host to another popular Plug-in event.

The Garage Youth Forum, in collaboration with Henderson Trust's youth activities, have hosted regular events giving the opportunity for up-and-coming artists to display their band and show off their musical talents.

In December the audience were entertained by lots of inspiring acts who performed throughout the event: Hannah Birtwell, a pop singer/songwriter, Broken Catalyst, an indie singer and guitar duo, Black Rose, a heavy 4-piece rock band, and finally the Renadenes, a pulse-racing, adrenaline-pumping rock trio who saw out the night in style. The quality of the performances were absolutely fantastic and all of the acts provided top quality music and a great atmosphere. The atmosphere at the Community Centre was really friendly, which made the whole event more enjoyable for both performers and audience members and it was a brilliant

night for all involved. The Youth Forum really enjoyed the change of venue and the audience feedback was very positive. The night was spectacular and the acts had the whole room up and dancing to the incredible local talent on show. Tom Francis, Youth Arts Worker at The Garage, said "The chance to organise an event away from The Garage is an exciting challenge for us and we would love to do it again at some point in the near future". Keep an eye out for further Plug-In events at Cadge Road Community Centre brought to you by The Garage and Henderson Trust as you really won't want to miss out!

Your Youth Café

Looking for somewhere to meet up with friends or for something fun to do? Wednesdays 4.00pm-6.30pm Youth Café at Cadge Road Community Centre for 11-16yrs. Try something new or just come and chill out on our comfy sofas. There are lots of activities to get involved in such as gaming on the Nintendo Switch, crafts, cooking, sports, games and trips and even food and drink... and everything is free! To find out more about the Youth Café and all the activities and facilities available please contact Bec on 07535 476004.

Girls4Real Group

Girls Group gets continued funding for another year. Henderson Trust has been awarded a grant from the Norfolk Community Foundation 'Together for Women' fund. Girls4Real runs fortnightly on Mondays 5-6.30pm at Cadge Road Community Centre for girls aged 11-16yrs. It started in 2016 when girls from the youth club asked if they could have a group just for them as they didn't want to speak about certain things in front of the boys. The group is small, with up to 8 attending, so that people can get to know each other and feel comfortable. Call Sally on 07932 589068.

Bye-Bye Butcher

Sands Butchers, based at the West Earlham Shopping Centre, has closed. The local shop has been providing customers with great quality meat for decades. Mark Sands, who took over the running of the shop for the last 7 years, introduced new services such as home deliveries, bbq packs and a range of low-fat sausages. Mark said he has really enjoyed his time at West Earlham Shopping Centre and is grateful for all the custom and support but was glad to have more time to spend with his family. Good luck on your next challenge - whatever that may be.

Foodbank Hits Double Figures

Norwich Foodbank marks 10 years of helping to fight hunger.

Whilst such an occasion would usually be a celebration Norwich Foodbank are keenly aware that the continued need for such a service to exist in today's society is no cause for celebration but instead want to thank the 180+ volunteers for their amazing dedication and giving their time to make the various areas of the foodbank work day in day out. They would also like to acknowledge the incredible generosity of so many individuals, churches, businesses, schools and local groups who give food, toiletries, financial donations and their support. During 2019 Norwich Foodbank distributed 12,087 food parcels, each providing the recipient with 3 days of food and lots of additional extras such as toiletries, treats and fresh items thanks to fellow charitable organisations such as FareShare and Norwich FoodHub. Hannah Worsley, Project Manager of Norwich Foodbank says "This figure is a 22% increase on the figures from 2018 which is

very distressing and sadly something many foodbanks across the UK are seeing. More and more people are experiencing poverty and hardship and we are grateful to those who can give to support those in need who are referred to us. We are continually looking at ways we can better support people who come to us and to try and reduce the need for any future visits where possible." In December 2019 the local community responded brilliantly to the Foodbank's Christmas campaign and over 300 food parcels were packed with donations. These were then distributed alongside a further 800 parcels in December alone. The donations that came in from this campaign and those received in early 2020 have enabled Norwich Foodbank to keep up with the current demand however they are always grateful to receive donations and have particular use for items such as tinned meat, tinned vegetables, long life fruit juice, long life milk, shampoo and shower gel. Norwich Foodbank is among a small number of charities and groups who have been awarded a 'Bishop's Garden' event on Sunday 5th July 2020 1pm - 5pm. The afternoon is an opportunity to explore the beautiful gardens, enjoy delicious food and find out more about the Foodbank and its associated projects so save the date!

