

Henderson Herald

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Summer 2020



Scouts Go Virtual

Earlham Scout Group, like so many of us during lockdown, found themselves in the awkward position of having to suspend all face to face meetings. With so many events taking place over the summer, including the annual Scout Camp, it looked like the isolation measures would take their toll on planned activities, but that hasn't stopped them from carrying on with a modern and adapted form of scouting.

Each section of the group has been running fortnightly Zoom meetings. In addition

to these video meetings the group also conducted their first ever virtual scout camp. Children were given a list of tasks to complete, including pitching a tent or shelter in their garden or house and creating their own coat of arms. Throughout the afternoon, evening and following morning, the group held short zoom meetings, with each section leader setting tasks for the children. These included a draw-along where the children drew sunflowers to put in their windows, story time, making Smores and even the traditional campfire sing along. The following morning the children were tasked with making breakfast for their parents. The camp was a great success and even the parents joined in with all the fun.

The scout group also took part in their own VE Day celebrations. The beavers and cubs cooked scones and the scouts & explorers made fruit cakes both using authentic recipes from war

time Britain. On St George's Day, as is tradition for scout groups up and down the country, the children and leaders all got together, virtually on this occasion, to renew their Scout Promise together. The day's celebrations closed with an enthusiastic '8pm clap' to show support and gratitude for the Covid-19 heroes who are working tirelessly and selflessly on the frontline. Kelly Ward, Cub Section Leader, said "We have had to change the way we work and, as we don't know when we will be able to meet in person again, for now, we are making the most of our virtual sessions. It is really good to see the children and their parents having fun and doing something a little different. The virtual camp was brilliant and we all had great fun taking part. It may feel like Covid-19 is ruling our lives at the moment but we are determined that it won't stop us from finding a safe way of doing what we love!"



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

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FoodHub Stores

Norwich FoodHub saves food from stores and businesses that would otherwise go to waste with the help of their amazing volunteers.

During this difficult time their mission to save food and fight hunger is as vital as ever since economic hardship and self-isolation makes access to food even more difficult for many individuals and families in Norwich.

Norwich FoodHub are delighted to still be able to carry on with their service and support the wonderful work of their partners. Between the 28th March and the 12th May alone they have saved a total of 8,256 kgs of food! Due to this incredible effort their partners have been able to supply food to those who really need it. Norwich FoodHub would like to thank all their wonderful volunteers for continuing all the hard work during lockdown. One of their partners, Food and Beverage Buddies (FABB), are dedicated to feeding the homeless in Norwich; this includes providing a hot 2

course meal, drinks, and sandwich bags for the next day. Due to the pandemic, they are no longer feeding people on the streets but continue to provide their vital service directly to these vulnerable people in the accommodation that has been provided to them. Carol, the organiser of FABB, states "The collections from Norwich FoodHub help us keep them off the streets and safe indoors. We are dealing with more requests for help than ever and rely on assistance from Norwich FoodHub volunteers to save food from going to waste, so we can get it out there quickly". One new volunteer said "It's a really good feeling knowing that we've saved the amazing amount of food being given by our partner stores and it can be used to help others. I would definitely encourage anyone who has the time and wants to give something back to consider volunteering". Due to COVID-19, Norwich FoodHub have also reassessed how their volunteers and partners collect food surplus by introducing new safety procedures to maximise the safety of all volunteers, staff members and partners. Email info@norwichfoodhub.co.uk to volunteer or, for more information, visit www.norwichfoodhub.co.uk.



NPA Donates

£70k donation has been made to the Inspiration Trust schools - which Norwich Primary Academy is a part of - to help with supporting communities during the coronavirus crisis.

Each of the 14 schools within the trust has received a donation of £5k. Rebecca Handley-Kirk, Principal of Norwich Primary Academy, said "We've been blown away by the donation - it will make such a big difference to our community during this difficult time. We are donating £2,000 to the Norwich FoodBank, £1,000 to East of England Ambulance Service NHS Trust Charitable Funds and £2,000 to the NR5 Community Hub for their Meals on Wheels service, who deliver free hot meals to

vulnerable people in the North Earlham, Marlpit and Larkman area. We hope this money will help to feed and care for the families in our community." On receiving their donation Rainy Waller, from NR5 Community Hub, said "This money will really help to keep us going - we asked our community what they needed and they asked for hot meals. We are helping 96 people, that's 20 families, already, and we can now continue and think about supporting more. Donations like this make a big difference to organisations run by the community, for the community." Norwich Primary Academy's teaching team were also surprised to receive a Kettle Chips gift box after being nominated for the Local Company's Community Campaign. Kettle Chips, based in Norfolk, have given boxes of Kettle Chips to local people, teams or organisations who have helped the community during the coronavirus outbreak. The team working at the school were pleased to receive the kind gesture.

Norwich School Cooking For Covid

Norwich School catering team have been working hard to provide meals for vulnerable people in Norwich in partnership with Henderson Trust.

Norwich School has been making and delivering meals to people in need in Norwich. The initiative, which is a partnership with Henderson Trust and NR5 Community Hub who are delivering the meals, aims to get food out to vulnerable people primarily in the NR5 area of the city. The idea came from the school's Catering Manager, Darren Fitzpatrick, who wanted to use the school's catering facilities to help the community during this difficult time. He is supported by the

school's kitchen staff and some pupils from the Norwich School Upper Six who are volunteering through the Norwich 8th Scout Group. Darren said "I am extremely proud to be a part of this team helping the most vulnerable in our community have a nutritious, hot and healthy meal. The Norwich 8th Scout group are working safely and incredibly hard with the Norwich School catering team to deliver almost 1600 meals a week in conjunction with Henderson Trust."



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

Tricky Period NR5 Meals On Wheels

Tricky Period, developed by Norfolk Library Service, aims to provide free sanitary products to the public, no questions asked.

Tricky Period also provide supplies for collection from mobile libraries and each library with access to a public toilet is given a basket of products to put out for people to use. Order forms are also available for people to request larger amounts to take away with them. The service started in libraries across Norwich in 2017 and has quickly expanded into all Norfolk Libraries. Public library services from other parts of the UK have also been in contact with the Norfolk Library Service and are keen to share the successful model.

During the Covid19 outbreak libraries had to close which resulted in the public not having access to library supplies however it was possible for stock at The Millennium Library to be accessed and distributed to those in need. Over the past few years people have donated money and fundraised for Tricky Period who have used this money to place orders for sanitary supplies for delivery to emergency food hubs in Norwich. We have been able to support 7 locations. While they are currently unable to directly process donations of supplies or money under present conditions they would like to encourage people to donate sanitary supplies to local foodbanks and food hubs as these supplies are so important and provide a necessary lifeline enabling them to get on with living.



Local Dentist Provides PPE

Dr Gautam Sharma, from West Earlham Dental Practice, has been using all of his contacts and resources to provide local care homes with much needed PPE equipment.

As the Dental Practice has been unable to stay open during the recent pandemic, Gautam has been making the most of their unused PPE stock and existing supply chain and is appealing for other Dentists in the area to do the same to help local GP surgeries, Care Homes and Care Agencies. The Practice will be implementing a phased return to reopening, initially just for emergency patients, and updates will be posted on their website at www.westearlhamdental.co.uk

Nursery Spaces Available

West Earlham Infant & Nursery School have funded spaces available for 2,3 and 4 year olds at their outstanding Nursery.

Spaces are available from September 2020.

Parents and Carers are welcome to call the school on 01603 451299 or email office@westearlhaminfant.norfolk.sch.uk to enquire about the Nursery or to register.



Throughout lockdown the NR5 Community Hub have made some changes to their services but have continued working hard to support the most vulnerable local residents through the pandemic.

NR5 Community Hub offers lots of varied support and activities for those in need in the area but have found it impossible to continue in normal fashion. However NR5 Community Hub have found new ways of delivering the much-needed help directly to where it is needed the most. As opposed to the usual regular sessions where the community are welcome to go along and enjoy some good company alongside free hot food and drinks the NR5 Community Hub Volunteers, led by Rainy Waller, have decided that if the community can no longer come to them they will go out to the community with the new



Meals On Wheels delivery service. The team of volunteers, working from Cadge Road Community Centre, have continued to make and deliver meals to the local community. They have currently served over 8000 meals, totally free of charge, including offerings such as lasagna with salad and meat pie with vegetables and even go the extra mile to include games and activities packages and even movie night boxes. Rainy Waller said "I am very proud of the team of

volunteers. Creating over 200 hot meals a day is no easy task while social distancing, from cooking, preparing the bags and having them all delivered." If you know any elderly or vulnerable people/families who would benefit from this service call Rainy Waller on 07471 156198 or visit the NR5 Community Hub's facebook.



Together We Can

A Great Big Thank You From Henderson Trust

Henderson Trust is hugely grateful to...

Norfolk Community Foundation and WRAP (Waste and Resources Action Programme) for providing financial support. The Norfolk Community Foundation have given just over £9,000 to allow us to work with partner bodies led by NR5 Community Hub, to use Cadge Road Community Centre as a local base for the production and distribution of food for

those in need. We would like to formally thank Anglia Catering Equipment Ltd who donated a large commercial fridge for the Community Centre. WRAP have also given £8,000 to support this work which has helped to buy equipment and materials to make sure the food collection and storage works as well as it can. More information about WRAP can be found at www.wrap.org.uk and about Norfolk Community Foundation at www.norfolkfoundation.com.

Many organisations and individuals have also kindly contributed to provide local support, especially with feeding the community. We are indebted to Norwich School who have given thousands of cooked meals for distribution over recent weeks but there are far too many more to mention. We give thanks to them all and also to the many volunteers as none of the work being done locally would be possible without you. Thank you!

Like us at www.facebook.com/hendersontrust



Changes For FoodBank

Norwich FoodBank normally operates with around 200 volunteers covering roles from staffing the office, warehouse and distribution centres, drivers collecting donations and delivering supplies to people helping run the clubs and community events throughout the year.

From the middle of March Norwich Foodbank lost over 70 volunteers through NHS shielding, age related

self-isolating and childcare issues however they also received many new volunteer applications from people who wanted to help and had a bit more free time. When lockdown was announced Hannah and the Trustees decided that keeping the 10 centres operating safely was no longer feasible so, with the support of Henderson Trust staff, as well as existing and new volunteers, a new charity phone number and rota system was set up to help the FoodBank respond to all the incoming calls and requests for help. Agencies were also signed up to the Trussell Trust's 'e-referral system' where electronic vouchers can be issued and added to the delivery database. New roles of 'route planning' and

implementing rotas for jobs such as manning the phones and afternoon deliveries were quickly created and filled and, on Monday 30th March, the first deliveries were made directly to people's homes. On that first day 19 drops were made and, by the end of the week, 208 deliveries had been safely and gratefully received. Norwich FoodBank are currently averaging around 200 deliveries a week and are feeding around 480 people locally with each parcel given providing enough food for around 4 days' worth of meals – that's around 5700 meals a week! Call 0300 365 1123 for more information on available help or how to get involved.



First Response Helpline & Kooth

The First Response Service is a 24/7 helpline offering immediate support to anyone with mental health difficulties. The free phone number will provide reassurance, self-help advice, support and signposting. This service is available to members of the public of any age, regardless of whether they are an existing NSFT service user.

First Response Helpline - 0808 196 3494

Young people can now access extra help to safeguard their emotional wellbeing and mental health with the new online counselling service. Norfolk and Suffolk NHS Foundation Trust (NSFT) has commissioned Kooth, which offers 11 to 25 year-olds across Norfolk and Waveney access to online counselling delivered by qualified counsellors, either on a drop-in basis or through bookable chat sessions.

The website also offers peer support and a wide range of self-help materials. Young people can seek support or advice on any topic they wish, from coping with the current pandemic, exam stress, or bullying to dealing with eating disorders, suicidal thoughts or sexual abuse. To find out more about Kooth visit www.kooth.com



Message from Wensum Valley Medical Practice

Thank you to all our patients for their support, kind words, gestures and respect and to all the volunteers and other Key Workers who have assisted during this pandemic. Coronavirus has affected the world with such devastation and many people have lost loved ones. We were all asked to "Stay at Home, Protect the NHS and Save Lives". We have all lived by this mantra and, in Norwich as well as across the country, there has been a fall in A&E attendances, GP appointment requests and home visit requests. This may well be because people are using our precious NHS much more wisely and, for that, a big thank you because NHS doctors and nurses are working terrifically hard right now. It may also be because people think the NHS is not there for them in the usual way. Whilst the NHS is still there for you we must all continue with this thoughtful behaviour. We are still here to help people, we do not want things to get worse and become serious, but please do

think twice before requesting an appointment should it not be necessary. We've all learned not to visit the surgery if you have something which may be contagious but many of our patients can receive our help over the telephone or by using our fantastic new interactive website which can be found at www.wensumvalleymedicalpractice.nhs.uk. This online resource is designed to help patients find help in exactly the way they would if they walked into reception. The home page of 'Foot Fall' is clearly laid out to help patients manage their health more easily and request advice from a health professional enabling them to get the help they need safely, quickly and conveniently. This in turn reduces the pressure on Doctors, Nurses and Surgery Staff helping them to manage their time more effectively and prioritise face to face appointment for those who really need it. Thank you once again for your brilliant support!

Henderson Trust Update

Sadly, because of the COVID-19 virus, we are unable to deliver any of our usual services.

This means that the Not About the Bike project is closed and the young people's groups that used to meet at the Cadge Road and West Earham Community Centres are suspended. We are working hard to find ways of getting these activities back up and running as soon and as safely as possible and we'll let you know as soon as this happens.

This year summer won't be sorted, or at least not as it has been in recent years. This is a terrible shame but it will be impossible to plan and deliver a safe experience for all you fun seekers. We hope that some exciting things will be possible in the area over the summer and we're working with partners to see what these things could be. Keep an eye on our website at www.henderson-norwich.org and make sure you follow us on facebook.



Money Advice Hub

Money Advice Hub have a new coronavirus advice hub for:

- Government guidance
- Government help
- FAQs
- Money advice
- Wellbeing and lifestyle
- Resources

For more information go to www.moneyadvicehub.org.uk

Be Scam Aware

Norfolk Trading Standards are keeping you up-to-date with Coronavirus (COVID19) related scams and issue alerts of any scams they are aware of through their email and social media channels.

Visit www.norfolk.gov.uk/scams to see recent scams or to subscribe to email alerts.