

Henderson Herald

Free

INSIDE - Henderson Trust's Summer Activities - WEA Courses - The Matthew Project - Norwich FoodHub - Norwich Foodbank - and lots more from your community...

Autumn 2020



West Earlham Woods, including the Twenty Acre Woods and Bunker Hill, became a great refuge during lockdown, with many people making the most of the fresh air and beautiful surroundings.

Whilst the good weather and cabin fever encouraged many new ramblers to the woods, lockdown also meant that The Friends of West Earlham Woods were not able to meet up to litter pick, get involved with conservation work and generally continue to keep the woods thriving. Fortunately people generally showed a great level of respect for the woods and its wide variety of native flora and fauna, with some even borrowing litter pickers, made available from Friends of West Earlham Woods, collecting any litter they came across during their walks. Without the regular meetings of the dedicated volunteers, who tackle the necessary conservation work and general maintenance of the woods, some of the paths have become very overgrown and areas that were previous cleared for planting woodland flowers

have also become thick with brambles and stinging nettles. Since lockdown was relaxed Friends of West Earlham Woods have been able to meet again, in small groups of up to 6 people, to litter pick, clear paths, weed clearings and generally give the woods the attention and love it needs. These sessions provide volunteers with the opportunity to get back to nature and socialise with friends all whilst helping to preserve the local woodland and the group have lots of great activities to get involved with. As well as woodland rambles they recently planted two rescued oak trees and also took part in The Big Butterfly Count, a nationwide survey that helps to access the health of the environment by counting amounts and types of butterflies seen. For more information or results of this annual survey, including an interactive map

that shows how all the local data collected has contributed, go to www.bigbutterflycount.butterfly-conservation.org. There are lots of future activities planned too by Friends of West Earlham Woods including the planting of native woodlands flowers, such as bluebells, wood anemones and wild garlic and a night trip to the woods to check out the various native moths and bats. During the autumn they plan to run work days every second Wednesday from 10am to 1pm and litter picks are due to take place

on the first Saturday of every month from 10am to 2pm. All care will be taken to make sure that the volunteers are working safely and in accordance with the current government safety guidelines. The Friends of West Earlham Woods would be very glad to welcome new volunteers to join them. For more information and a list of all events go to www.westearlhamwoods.wordpress.com, email friendsofwestearlhamwoods@gmail.com or call Emma on 07920 205467.



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.

Tackling Food Poverty With Norwich FoodHub

Prior to the COVID-19 pandemic an estimated 8.4 million people in the UK struggled to access a healthy and reliable food source, all whilst tonnes of good quality food continued to be wasted by food retailers nation-wide.

The pandemic has further exacerbated this issue by adding an unprecedented strain on people's ability to source healthy, affordable food. In just the first two weeks of lockdown there was a huge surge in foodbank use as the demand for food support grew substantially. Throughout this period Norwich FoodHub continued its surplus food collections, helping support the work of numerous charities and organisations tackling food poverty in our city.

Food poverty has affected many members of our community including children who lacked free school meals, individuals living on the street and older people unable to shop or prepare meals without additional support.



Alongside reducing food waste, one of Norwich FoodHub's key aims is to fight hunger in our city. They aim to ensure those considered vulnerable and at-risk have access to a reliable food source by collecting surplus fruit, vegetables and bakery items from numerous food retailers. The surplus food, all collected by volunteers, is then redistributed to charities and organisations helping children, families and adults who are 'food insecure' in and around Norwich.

Norwich FoodHub have adapted their operations by introducing new safety procedures to maximise the safety of all volunteers, staff members and partners so as to be able to continue supporting the growing need in the community.

In June of this year they were very pleased to have been awarded the WRAP 'COVID-19 Emergency Food Grant' to help cover the vital costs of obtaining surplus food and its onward distribution to local organisations and charities.

While the coronavirus has self-isolated thousands of people in our city, it has also prompted many others to lend

a helping hand and volunteer. With the help of their dedicated volunteers Norwich FoodHub have managed to prevent tonnes of food from perishing. In just one day they collected over 500 kilograms of perfectly edible food that would've otherwise gone needlessly to waste.

Norwich FoodHub would like to thank all the hard working volunteers for their tremendous support and generosity during the last few months and, as we adjust to our new normal, urge people to continue supporting our community by sparing an hour a week to volunteer. Although restrictions have eased and lockdown has ended, food poverty is very much still a daily reality for many who live in our local community. Join Norwich FoodHub to help relieve food poverty and reduce food waste in our city. To volunteer email info@norwichfoodhub.co.uk or visit www.norwichfoodhub.co.uk



West Earlham Library Still As Busy As Ever

A quick walk around the Earlham West Centre would have told you that the Library has closed its doors over recent months throughout lockdown.

Whilst this was physically the case they have continued to provide lots of great online activities, events and services over the summer including the Summer Reading Challenge, Friday 'Show Nights', weekend Boredom Busters and online chat mornings.

They are also still running lots of their regular events and groups like Knit and Natter, Bounce and Rhyme sessions and Tiny's Time Posts with sensory activities for tiny tots. You can stay up-to-date with all available events, activities, library opening hours and even access the increasingly popular Digital Reminiscence Kits on their Facebook page. Make sure you check out all available activities and events so you don't miss out.

Go For It Jack!

On Friday 23rd October Jack Mollicone will be running an ultra marathon, an incredible 134km, to raise money for Norwich based charity The Matthew Project.

The Matthew Project provides support to young people, veterans, people in recovery and the family and carers affected by substance misuse. They have started a campaign to assist Jack in this huge endeavour. They are looking for donations, runners to join Jack on 5K portions of the route and plenty of sharing to get the word out.

Jack, who has been training since June, said "I've been interested in furthering my challenge into ultra-marathons with the first being the Norfolk Coastal Path. I've decided to run this event for The Matthew Project as running was my way of distancing myself from the life I used to live. I'm really passionate now about helping others realise there is more to life than your past and The Matthew Project is a great establishment which has the same ethos." You can learn more about Jack's upcoming ultra-marathon, donate or sign up to become a support runner at www.matthewproject.org/getjackto10k.

To find out more about The Matthew Project and the wonderful work they do helping to support and empower people impacted by drug and alcohol related issues visit www.matthewproject.org.

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

At The Hub Of The NR5 Community



NR5 Community Hub have been without the use of their usual base at the Cadge Road Community Centre during lockdown but the team of hard working volunteers haven't let this get in the way of providing the community with lots of much needed help and a huge variety of local support during isolation.



Rainy Waller and her volunteers have provided thousands of free breakfast baps for the local community with their Food To Go sessions. These are run every Monday, Wednesday and Friday between 8.30am and 10.30am from the church hall at St Elizabeth's on Cadge Road. They have also made up over 250 healthy lunch boxes for older people within the community, delivered meals on wheels to those in need during lockdown, given out hundreds of free personal hygiene packs, activity packs, back to school pencil cases and stationery packs and even introduced the 'give or take' community shelving. They have also supported several other charities and organisations providing food, services and support across the community during lockdown bringing help to those most in need. Visit NR5 Community Hub on Facebook for more info.



Together We Can

HT Summer Activities

Over the holidays Henderson Trust was working with a number of partners to ensure there was something exciting for young people to do every day and enough food to eat if this was needed.

The COVID-19 pandemic has had a lot of impact on everybody and life has changed for all of us. Unfortunately this meant that Henderson Trust's normal summer activities could not be delivered and all of our project work has been suspended until further notice. Despite this Henderson Trust and other local organisations got together to make sure some activities could still happen and be delivered to the local community. The Trust was lucky enough to receive funding for some of these activities and we are grateful to Norfolk Community Foundation, Norwich City Council and BBC Children in Need for their support. We are also grateful to



Norwich Theatre Royal, The Garage, St Thomas's Church, the Sainsbury Centre and many others for coming up with some great things to do including street dancing, graffiti wall painting, open-air theatre and sports. A drop-in youth café was also open at Cadge Road Community Centre offering free

refreshments and games for young people. Sally Fox, Henderson Trust's outreach manager, said "This summer was always going to be difficult for many local young people so I'm glad that we were able to work in partnership to help make some great activities available in the area."



WEA Adult Education Courses Now All Online

WEA are the UK's largest voluntary sector provider of adult education with over 50,000 students a year across 8,000 courses.

Due to coronavirus and lockdown they have stopped face-to-face teaching for the time being and have moved their provision to the new online learning platform so courses can still be delivered to everyone. "We feel this is imperative as we want to support individuals and communities suffering from isolation, health and well-being issues and the results of Covid19 and offer a positive alternative to what we have recently experienced."

All of their courses are being delivered online through their Canvas learning platform and Zoom and they currently have over 150 courses for this autumn term that cover a broad range of subjects and topics including: Health and Well-Being, Digital Skills, Employment Mentoring, Helping in Schools, Community Interpreting, ESOL, Arts and Crafts, History, English and Maths. For a full list of available courses go to www.wea-norwich.org.uk.

Like us at www.facebook.com/hendersontrust

You Can Count on Norwich Foodbank



At the beginning of lockdown Norwich Foodbank moved to a 100% delivery service to protect both their volunteers and clients. This has worked well taking referrals and delivering direct to people's homes.

They have continued to do this across the whole of the Foodbank's geographical patch helping almost 7,000 people since the end of March and delivering over 3,000 food parcels.

In previous years, they have also run FISH - Food (and Fun) In School Holidays meeting in various locations across Norwich to offer a free hot meal and free fun activities to families in the local area. As 'gatherings' were not allowed this summer, they have adapted and joined up with a few other groups enabling them to still be able to offer food and fun, just in a takeaway format, all supported by Norwich Opportunity Area (NOA) funding.

Twice a week, from the end of July to the beginning of September, Earham Parish churches (St Thomas and St Elizabeth's), Henderson Trust and West Norwich Helping Hands all came together with Norwich Foodbank as the 'West Norwich Partnership', providing boxes of ambient food. A huge thanks to Smurfit Kappa and Meltemi for the boxes which included bags of fresh items such as eggs from Anglia Free Range Eggs Ltd, bread from Bread Source, potatoes from Buxton Potatoes and various other items from Norwich FoodHub and CAN-Allot. Frozen meals were also provided by Kings Church and lots of activities

were made available by a host of providers including Festival Bridge, UEA, Sainsburys Centre for Visual Arts, Norfolk Libraries, Norfolk County Council and NOA funding to provide these craft packs, games and activities. Whilst ongoing food support is unfortunately always desperately required many people in the community are also in need of the social interaction that has been missing over these past few months. Approximately 84 local families have benefited from this support and the feedback has been very positive with many cards and messages of gratitude such as "Thank you for your support it has meant so much... we are very grateful".

Plans are being made for ongoing and future provision in the area but at the moment it isn't possible to know what, if any, restrictions will be lifted or put in place for October half term so watch this space for what happens next! To find out about help that is available for those who need it most, to discover how you can get involved with this amazing charity and group of volunteers working in your area or simply to find out more about Norwich Foodbank and the great work they do for the local community call 0300 365 1123.



Latest from Wensum Valley Medical Practice

Covid-19 Update

We have changed the way we work. For all illness requiring a GP or Nurse Practitioner you can book a telephone appointment. If the clinician needs to examine you an appointment will be made for a face to face appointment. If you have any symptoms of Coronavirus and no complications you will not be able to be seen face to face until 10 days post infection. If you have symptoms of Coronavirus and have complications we will make arrangements for you to be seen in a safe environment. On our website you are able to ask the surgery a question which enables the surgery to prioritise you depending on your need. This may result in a telephone call, a video call or a face to face appointment – please try this out as an alternative to telephoning the surgery. Nurse clinics are still going ahead with a mixture of face to face, telephone and video calls; you are required to wear a face mask and have your temperature taken prior to entering the surgery. We no longer allow walk-ins and have an intercom at the door. Unfortunately this will continue until the pandemic is over or a vaccine is introduced.

Flu Vaccinations

Our flu vaccine for the over 65s has arrived and you will have received a text or letter regarding this. Our vaccine for the under 65s is not due to be delivered until October and you will receive a letter or text with more information nearer the time.

NHS Cancer Screening

The NHS has national screening programmes for the early diagnosis of breast, bowel and cervical cancers. However, in Norwich, our Surgery has the poorest uptake of screening.

Bowel Cancer Screening - About one in 20 people in the UK will develop bowel cancer during their lifetime.

Breast Screening - About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime.

Cervical Cancer Screening - Cervical screening is available to women and people with a cervix aged 25 to 64.

Early detection can significantly increase the chances of successful treatment and recovery rates so please ring the surgery if you have concerns or want to book a screening test and we will be very happy to organise one for you.

Families Get Active

Until December 2021 WEA have funding to help families in Norwich get more active together.

Come join the free, fun, engaging and creative courses we have running or let us know what activities you would like to do or try with your family and we will help to arrange it for you. This is a programme led by you and your family.

Not only will signing up with us get you free access to all our courses but you will also get one-to-one support from our Project Co-ordinator to help you and your family achieve your goals.

As part of the Families Get Active campaign WEA will be running lots of events, activities and challenges that you can get involved in such as Couch to 5K and Halloween Dance in the Park in October and the Movember Man Games in November. For a full list of activities and courses, or to sign up, email pcoles@wea.org.uk, text or call 07920 450908 or join our group on Facebook – Families Get Active Norwich.