

Free

INSIDE - Henderson Trust Activities & Services - West Earlham Woods - Smile Shop - The Prince's Trust - Norwich FoodHub - and lots more from your community...

Winter 2020



Pupils also enjoyed daily music lessons to learn new songs and completed various activities looking at the life of Mary Seacole, Nelson Mandela and Barack Obama. Rebecca Handley-Kirk, Principal of Norwich Primary Academy, said: "We really value the teaching of equality and diversity due to its profound impact on the children's understanding of the world." Young artists at Norwich Primary Academy also recently celebrated the school's first ever Arts Week exhibition opened by the Lord Mayor of Norwich.

Adding Colour To The Classroom

Despite COVID the pupils at Norwich Primary Academy have kept busy and continued learning with a wide range of lessons, educational activities and special events.

Norwich Primary Academy is an accredited Stonewall Champions school and, as such, regularly celebrates different cultures, religions and communities from a range of backgrounds. As a member of Stonewall Champions, Norwich Primary Academy is part of a national network of schools and colleges leading the way in celebrating difference with expert-led training and resources to develop best practice in diversity and LGBT inclusive education. They recently celebrated School Diversity Week and had a programme of events for Black History Month. This included daily virtual assemblies during which staff read books about

diversity, equality and inclusion - favourites were Jabari Jumps by Gaia Cornwall, a tale about a child bravely overcoming their fears, and Ready Steady Mo! by Mo Farah, a comical rhyming book following a boy's exciting adventures with running. Black History Month is celebrated every October in the UK. It is an annual event that honours the contributions and accomplishments of the Black British Community. It celebrates both current and historical events and individuals and looks at the positive impact they have made to our society. Black History Month provides a great opportunity for schools to teach about

inclusivity, multiculturalism and diversity and the important contributions that everyone has made to help shape our community as well as highlight some of the key moments in Black British history. The theme is something that can be studied across lots of subjects and educational activities.



Pupils unlocked their creative talents with a series of workshops experimenting with different materials and techniques and learning about various artists and genres of art. Norwich Primary Academy has places available in Reception for September 2021. Every new child joining Reception will receive an Amazon Fire Tablet to support home learning. To find out more, or to arrange a tour, visit www.norwichprimaryacademy.org.

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

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Merry Christmas

Henderson Trust

2020 has certainly been the most unusual of years...

There can be very few of us who have not been affected by the COVID pandemic. Sadly many of us will have lost friends and relatives, many more will have lost jobs, been isolated from loved ones or had their lives changed in one way or another.

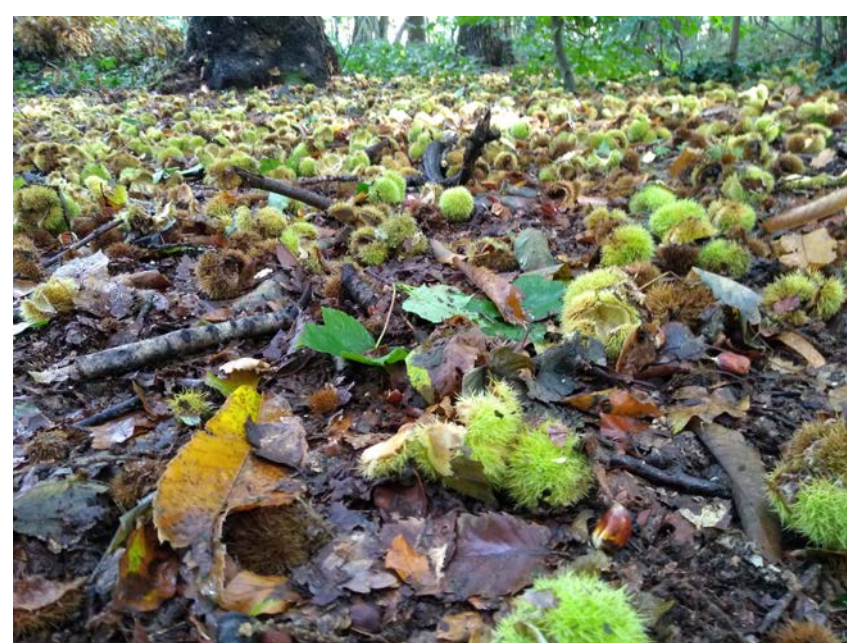
However, despite the hardship of two national lockdowns and various restrictions being placed on everyday life, it is reassuring to know that so many individuals and local organisations were prepared to help out in the community through the provision of support and really going the extra mile to help those in need.

Much of the work at Henderson Trust has been severely disrupted by the pandemic and, while some of our services are returning, there are many things that we are still not able to do safely in the current circumstances.

Looking towards next year it goes without saying that we all hope it will be better than 2020 and that we will be able to overcome and recover from the pandemic. Henderson Trust will also be reviewing its activities to make sure it can continue to provide support and other services which are of need locally.

**Wishing you all a Merry Christmas
and a happy and healthy New Year!**

Lynda Wilkinson (Chair of Trustees) & everyone at Henderson Trust



Winter Woods

West Earlham Woods are a great local asset and we are very lucky to have such a beautiful green space right on our doorsteps.

Friends of West Earlham Woods, who usually maintain, improve and make the most of the local flora and fauna with activities and events haven't been able to meet during lockdown. This means no clearing paths, tidying up fallen trees, or planting. They have lots of plans for the woods as soon as they are able to safely continue activities including litter picking, path clearing, coppicing and planting woodland trees and flowers. Why plant trees in a wood? A Friend of West Earlham Woods explains... "Well there are trees and then there are trees. West Earlham Woods is good for big mature trees such as oak, beech, chestnut and sycamore but they are rather lacking in smaller trees like hawthorn, holly, spindle and mountain ash". And why flowers? "The brambles and nettles have mostly taken over the open areas. We want to clear some of the brambles and replace them with flowers to attract lots of different birds and bees. We hope to plant snowdrops and lily of the valley, both of which are often found naturally in woods". The volunteers have a great collective knowledge of the woods and all its native inhabitants and have lots of fun and creative ideas for making the most of West Earlham Woods once Covid restrictions are eased. Their imagination is endless and, with the help of National Lottery funding, exciting plans are in the pipeline to share the wonders of the woods with the local community. They're looking forward to realising the Woodland Nature Trail where you can spot birds, squirrels and insects, identify a variety of trees and flowers and possibly even catch a glimpse of various magical and mythical woodland creatures such as mischievous gnomes on toadstools, the scary and locally infamous Woodwose, the ancient Celtic Green Man and maybe even a Teddy Bear's picnic. Keep up-to-date with activities and events at www.earlhamwoods.eventbrite.co.uk. And if you're green fingered, like to spend time outdoors getting your hands dirty or just want to get involved with other people doing something useful go to www.westearlhamwoods.wordpress.com or visit the facebook page. Alternatively email friendsofwestearlhamwoods@gmail.com or call Emma on 07920 205467 to learn more.

Get Active With WEA

Families Get Active is a project designed to get you and your family a little more active together. WEA are delivering free courses to families in Norwich until December 2021.

All courses are designed to get you and your family moving more together in a variety of activities including sessions that range from Active Art, to walking and dance. All sessions are free. As you increase your activity levels you will work your way up through Bronze and Silver certificates until you achieve the ultimate goal of 'Active Family' when WEA will send you your own Gold Medal. WEA are currently looking for suggestions of what activities families would like to see available for 2021. Activities can be arranged to suit your needs and abilities so why not tell WEA your interests as a family and they can source the

activities, tutors and equipment for you. Due to the recent Covid pandemic most of WEA's sessions are currently online with social media, phone and email support. As soon as it is safe to do so they plan to return to face-to-face sessions. This project is delivered by WEA with funding from Sport England. To get involved email Pippa on pcoles@gmail.com, call 07920 450908 or request to join the closed group at www.facebook.com/groups/FamiliesGetActiveNorwich.

WEA
Adult Learning Within Reach

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

The Smile Shop

The Smile Shop, on Bowthorpe Road, is a local Community Interest Company that run a community donations shop, to support children with special needs.

The not-for-profit organisation opened the Smile Shop only 4 days before the first lockdown and unfortunately, with the second lockdown restrictions in place, have had to temporarily shut the shop doors. Despite this huge setback Smile have already raised over £6000 for local projects, such as The Hamlet Charity, and the dedicated volunteers will be continuing their shop online until they are safely able to reopen. They are still taking donations and the online shop is open with a click

and collect service available. "Every special child deserves to Smile" and, as a group of volunteer's with special needs/disabled children, their aim is to give something back to the local community and services that help children and young adults with those needs. Smile raises funds with the donation shop and also help other organisations such as schools, charities and community projects. This support can range from doing raffles, raising funds and awareness about fundraisers and donating from shop sales. They also aim to provide people somewhere they can go to have a chat about issues they may have around their children's special needs. The group of dedicated volunteers all have lots of empathy and experience in the difficulties involved, such as accessing services, and welcome everyone with a 'SMILE'. For more information go to www.smileshopnorwich.co.uk or visit www.facebook.com/smileshopnorwich for the shop's online click and collect service.



In The Name Of Charity

On 23rd October Jack Mollicone ran his first ULTRA MARATHON. This was an incredible 85.5 mile run along the famous Norfolk Coastal Path which he completed in 13 hours and 28 minutes. He is the new record holder, officially running the route in the fastest recorded time, raising £6,805.75 for The Matthew Project.

The Matthew Project supports children whose parents have substance misuse issues, teenagers learning about the dangers of alcohol and drugs, young people engaged in moving forwards in education, training or employment, adults in recovery, parents whose children take drugs and don't want to stop, and veterans with PTSD.



Coming Up Roses With The Prince's Trust Team

The Norwich Prince's Trust team recently completed a community project for Earlham Scout Groups.

This is the second time that the Prince's Trust Team programme has chosen the scout group as their community project and this was an ideal time to complete the project with Covid restrictions as the scout hut was not in use whilst all the hard work was taking place. Prince's Trust Team175 took on the task of creating three separate raised vegetable beds for the Beavers, Cubs and Scouts in order to promote healthy eating and learn about growing food. They cleared the outdoor space before designing the new vegetable plots and even included a lovely herb patch. But the work didn't end there... They

managed to source a free shed, which they re-felted and placed next to the vegetable plot, and the group even installed a water butt which they connected up to the scout hut.

The 14 young Prince's Trust volunteers planned, fundraised and carried out all the work by themselves. Andrew Catchpole, Youth Development Assistant Team Leader, said "It was a great achievement for them to be able to complete the project, just a few weeks before the second lockdown, whilst still observing social distancing and adhering to the many restrictions brought about by the pandemic. The Team were really proud of their efforts and got lots of satisfaction knowing that their hard work will be really appreciated by all of the youngsters using the facility."

The Earlham Scout Groups are still unable to have face to face sessions at the moment but this will really give all the children something to look forward to getting involved with when they do return. Kelly Ward, Cub Section Leader for the Earlham Scouts, said "This community project has helped 2 sets of young people

gain skills; the young volunteers from the Prince's Trust programme and the children at the scout group who will get to grow their own vegetables to then use for camp-side cooking and other scout events. The scout group is extremely grateful to the Princes Trust and the young people that created this brilliant area for them to use". If you are unemployed and between 16 and 25 you can join TEAM for a chance to meet new people and gain new skills. Team is a personal youth development programme for 16 to 25 year olds not in education, training or employment. The 12 week course covers a range of team activities and projects designed to encourage new life skills, interaction in a group setting and building confidence through planning and achieving projects that benefit the local community. Team members will also gain an accredited qualification, an Emergency First Aid at Work certificate and lots of work experience to talk about in their next job interview. If you want to take part in the next Team group visit prince-trust.org.uk/team or call Andrew on 07920 792232.

Some Food For Thought

Food security has been in the press a lot over the last few months thanks, in no small part, to the campaign to extend free school meals to the school holiday periods.

Norwich FoodHub have been working hard over the last few months to support local groups looking to fill this need, with the equivalent of over 500 meals provided to Unite to support their free meal programme during school holidays.

As we have moved into a second nation-wide lockdown, Norwich FoodHub have continued their surplus food collections, distributing this to a range of local charities and community organisations that are tackling food poverty in our city. Since September they have collected more than 12 tonnes of surplus food from a range of local stores and businesses, including supermarket chains like Aldi, Marks & Spencer, Tesco and Waitrose. As a result, this food has been available to more than 15 different charities and local community groups that are providing a wide range of different services such as food parcel deliveries, free meals and community food banks. All together they have saved almost 52 tonnes of food from the bin during 2020 - that's the equivalent of 10 adult elephants.

The dedicated volunteers have

been instrumental in providing this food to those that need it in Norwich. With 15 new helpers joining over the last few months the FoodHub has welcomed nearly 300 volunteers since they set up 4 years ago. These volunteers have provided vital support across all activities, from developing marketing materials to admin support and collecting food from our partner businesses.

In recognition of the great and necessary service Norwich FoodHub provides for the community they have recently received funding from WRAP's COVID-19 Emergency Food Grant to help cover the vital costs of obtaining surplus food and its onward distribution to local organisations and charities.

To find out more about Norwich FoodHub or to get involved go to www.norwichfoodhub.co.uk.



Positive Encounters

Angelica's Rainbow provides sanctuary and opportunities for both animals and people in need.

Their Positive Encounters Programmes all promote therapeutic, educational and social skills development through interaction. Despite these difficult times Angelica's Rainbow are still working hard to find and fundraise for a new home for their animal sanctuary and to feed and look after all the animals in their care.

There are several schemes you can take part in including the Adopt the Rainbow Flock and Angelica's Rainbow Wish List. For a donation of £20 The Adopt the Rainbow Flock gives you the opportunity to adopt a sheep for a year. This makes for a great gift as

recipients get a certificate of adoption, a photo, a story about their sheep and a personal invite to a private event. They'll also receive a sustainably sourced felted sheep made from the rainbow flocks fleece, a biannual newsletter and the chance for a to meet and feed their sheep in person. AC Browne & Sons Pet Shop on Norwich Road are also running the Wish List scheme where the community can purchase items from the Christmas wish list and this will then be donated to Angelica's Rainbow to help with the feeding, care and upkeep of the animals. You can create your own fundraiser or keep an eye out for local fundraisers such as the Ramble, Run, Roll & Ride for Angelica's Rainbow which is planned for 2021. You can also support Angelica's Rainbow by following and sharing their social media, @angelicasrainbowlimited, using #rainbowflock, subscribe to their Ewe Tube or visiting the Donation Page at www.angelicasrainbow.raisely.com.

Henderson Trust Activities

As a result of the COVID pandemic Henderson Trust has had to make several changes to the delivery of our activities and services...



★ Christmas Activities

Christmas Activities for people aged 10-16 are available at Cadge Road Community Centre on 21st, 22nd and 23rd December from 11am and 3pm. Festivities will include food and fun activities with prizes to be won. Places will be limited and booking is essential. To book your place contact Bec Hart on 07535 476004 or email bec.hart@henderson-norwich.org.

★ Sorted Trips

Sorted trips have been put on hold during lockdown. As you may have guessed there will be no Christmas Sorted this year - sorry!

★ Youth Support

Our dedicated Youth Support for young people re-started in October and this will continue to be delivered. Where we can we will also be providing group support work, most of which will be delivered at Cadge Road Community Centre.

★ Not About the Bike

We are hoping to restart after school drop-in sessions on Wednesday 13th January. Sessions will run on Wednesdays and Thursdays from 4pm to 6pm and will be limited to 5 places per session.

★ Cadge Road Community Centre

The Community Centre has been closed for public use over recent months although the Trust has been using it to deliver some of its own activities. We have been working very closely with Norwich City Council to make sure the centre is as safe as possible and, with their help, we hope to open the centre again very soon. It is very likely however that there will be some restrictions put in place to keep users safe.

★ Henderson Community Park

The park remains open and it's great to see more people using the running track and the keep fit equipment. Sadly, a small minority of people continue to misuse and abuse the park. The money spent on repairing or replacing equipment and on picking up litter is money we would much rather be spending on services and more rewarding activities.

Henderson Trust is constantly reviewing its work in the light of national restrictions and guidelines so please keep an eye on our website and social media pages for updates.

COVID Safety Guidelines

There's encouraging news about the development of vaccines to fight the COVID virus but it's still important to follow the guidelines to reduce the risk of spreading the infection; www.gov.uk/coronavirus

WASH HANDS – wash your hands regularly
COVER FACE – wear a face covering in enclosed spaces
MAKE SPACE – stay at least 2 metres apart or 1 metre with a face covering