

THE

# Henderson Herald

Free

**INSIDE** - Henderson Trust Activities & Services - The Matthew Project - Library Service - COVID Clinics - Norwich Foodbank - and lots more from your community...

**Spring 2021**



## Working Hard From Home & School

Throughout the February half term the children at West Earlham Junior School have shown resilience, dedication, adaptability and skill

when dealing with the impact of a second lockdown.

The West Earlham Junior School Team have been working hard to ensure that all children, whether at home or at school, have the opportunity to access their learning in a variety of ways. They are incredibly proud of all of their families and the commitment that they have shown to continued learning from home. They've found it an absolute pleasure to work with the

pupils and their families throughout lockdown. Without the positive interaction of parents they would not be able to support the children to do their best. The team would like to say a big thank you to all the families and children. Throughout lockdown staff have communicated with all families on a weekly basis and teachers have held live classroom sessions daily on Google Classroom as well as setting daily work and an extended weekly project. For all children there is also the option to use a paper pack. They have been impressed by the numbers of children who are regularly accessing online learning and have enjoyed viewing

their work and reading comments to questions posed virtually. All the children have been engaged in creative projects whilst at home. Some examples include using coffee and tea to paint Egyptian settings, using salt dough to mould characters from Beowulf, designing posters to display scientific understanding, using kitchen utensils to join in with music sessions, following recipes and creating a project in response to an artist. Whilst the pupils at West Earlham Junior School have been extremely busy they have also had lots of opportunity to get fit, go on regular walks within the local area,

have fun and of course enjoy the snow. And the message from all the team at West Earlham Junior School... "It has been a strange and challenging time but we are so pleased to have been able to collaborate with all of you. Please don't forget that you have done a fantastic job and we feel very lucky to be a part of this amazing community. We are thrilled to be reunited with you all again. Well done everyone and thank you. Stay safe!" Call 01603 454569 or visit [www.wejs.co.uk](http://www.wejs.co.uk) for all the latest info and news about everything that's going on at the school.



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

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# 'Lockdown' Hero



**How many times have we all heard the phrase 'It has been an unprecedented year' since the pandemic started?**

It has been such a challenging time for us all but these shared struggles have also brought about a great sense of community spirit and we hope to hear all about what or who has helped you get through these difficult times.

The Henderson Herald has reported on many groups and individuals helping those most vulnerable in our local community. Over the next few editions we want to include some of your experiences and stories about what or who helped you get through the last year.

We are all aware of incredible people doing amazing things during this pandemic. We've all been inspired by the dedication of our wonderful NHS staff, social care and key workers and the heart-warming exploits from individuals like Sir Captain Tom Moore and Tony Hudgell. But there are also many unsung heroes doing amazing things to support those in need right here in our community.

Whether this help has come from organisations or

individuals in the form of food support, shopping for a vulnerable person, checking in on an isolated neighbour or simply bringing a smile to your face with an act of kindness this year would have been so much harder without them. My name is Maggie and I have worked on the Henderson Herald as Editor since it began in 2012. I'm really excited to hear from you, our readers, and look forward to sharing your experiences with the local community. Tell us about some of your personal challenges and who you turned to in order to overcome them. Send us your stories about who or what has been your local lockdown hero to [maggiesgaltd@gmail.com](mailto:maggiesgaltd@gmail.com). We can't promise to print all of your replies but we will certainly do our best.

## Keeping You Safe From Covid

**As well as the existing designated Vaccine Clinics around Norfolk further Covid-19 Vaccination Clinics are being**

**set up across several local surgeries at Wensum Valley Medical Practice.**

Wensum Valley Medical Practice have been running Covid Vaccination Clinics but also plan to deliver vaccines across local surgeries as soon as supplies become more readily available enabling them to vaccinate up to 500 patients in one day. The appointments for the vaccination clinics are currently being allocated in groups determined by age and medical history and patients will be sent an invitation via text, phone call or post to book

an appointment at one of several local surgeries. Anyone in previous cohorts who have not yet been vaccinated will be contacted by the National Booking Centre. This invitation will be extended to subsequent cohort groups as soon as possible.

Wensum Valley Medical Practice Surgeries are still observing strict Covid-Safe Practice guidelines. Any appointments with a GP or Advanced Nurse Practitioner must be made by telephone first and face-to-face appointments will only be arranged where necessary. Patients visiting the surgery are required to wear a face mask or visor and each patient will be screened with a temperature check before entering the building.

**Twinkle Twinkle Local Star**  
**Congratulations and good luck to Angelica Lambsbry the Ewe.**

Angelica the Ewe, from Angelica's Rainbow Sanctuary, has been named as a finalist in the Animal Star Awards. She is the only participant to have qualified as finalist in two different categories; Assistance Animal of The Year and Rescue Animal of The Year.



## Fairy Door Trail

**If you go down to the woods today you're sure of a big surprise as Friends of West Earlham Woods have created a trail of magical fairy doors for you to discover in the Twenty Acre Woods.**

The trail, made in collaboration with Hide 'N' Teak who specialise in crafts inspired by traditions, history, fantasy and mythology, includes six small, one medium and one large fairy door and also features a 'hobbit hill'.

Visitors to the woods can simply stumble across these doors randomly during their walk or, alternatively, can download a full map of the trail. Whilst visiting the woods please be sure to follow the current Covid restrictions and respect the social distancing regulations.

To find out more about Friends of West Earlham Woods and their events, activities and conservation groups or to download the trail map go to [www.westearlhamwoods.com](http://www.westearlhamwoods.com).

## A City Of Sanctuary

**Norwich City of Sanctuary is part of a national movement building a culture of welcome for refugees and asylum-seekers.**

The National City of Sanctuary aims to see a culture of hospitality grow in our cities,

particularly towards those who have lost their homes or fled persecution and now seek safety here. As Norwich has a long history of being a place of sanctuary to those seeking safety we want to celebrate the contribution refugees have made and continue to extend a hand of welcome to those arriving today.

A great network of services and charities support refugees and asylum seekers in Norwich. We work closely with them and seek to encourage more sectors from across the city to get involved.

[www.norwich.cityofsanctuary.org](http://www.norwich.cityofsanctuary.org)

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





## A Colourful Display Of Thanks

Children from schools across Norfolk and Suffolk have been thanking their teachers for all their hard work by sharing heart-warming artwork lovingly displayed in their windows.

Through The Window is an art challenge run by the Inspiration Trust encouraging children to get creative during lockdown. There is a new theme every two weeks and the pupils at Norwich Primary Academy have really been getting stuck in. Heather Denny, Arts Advisor for Inspiration Trust, said "At Inspiration Trust we've got some very creative, talented students across our schools. We love art and during the first lockdown lots of people created rainbows to post in their window as signs of hope. We want to continue this

positivity through our art challenges. Art is really good at expressing our emotions and promotes wellbeing. It gets us talking and sharing how we're feeling. We can all come together as a community through the artwork in our windows." Heather went on to say "The submissions have also lifted the spirits of our teachers. They have been truly touched by the wonderful messages and kind notes from pupils and families." For more info about Norwich Primary Academy visit [www.norwichprimaryacademy.org](http://www.norwichprimaryacademy.org)

## All Change For Local Community Centre

There are exciting times ahead for West Earham Community Centre when it reopens the doors under new management.

Norfolk Polonia CIC was set up

in 2018 to help and support the Polish community living in Norwich and Norfolk. They hold regular activities and meetings and liaise with a number of local government agencies, as well as the Polish Embassy in London, in order to provide the best support possible for issues such as language difficulties, problems in the work place, discrimination or domestic violence and abuse. Previously based at Marlpit Community Centre the organisation also engages with lots of local community projects, events and groups and has extended their activities and support to other minority groups as well as the local community as a whole. Norfolk Polonia CIC are excited

to take on the new management challenge and their aim is to build a strong community bond between everyone using the community centre and all local residents through the development and promotion of the centre and a variety of new and exciting activities. And they aren't hanging about! Norfolk Polonia CIC have already created a partnership with IntoUniversity which will work to support children and young people from disadvantaged backgrounds. For more information about Norfolk Polonia CIC go to [www.norfolkpolonia.org.uk](http://www.norfolkpolonia.org.uk) and do make sure to keep an eye out for all the exciting changes and opportunities ahead.

## Cooking With Nigel

The Better Together team at Voluntary Norfolk have partnered up with top chef Nigel Ramsbottom from Delia's Restaurant & Bar to provide a series of online cooking demos showing viewers how to cook affordable, nutritious and tasty meals using everyday ingredients and store-cupboard essentials.

Nigel will be cooking a different dish at 5pm every Monday afternoon throughout March and April with a full costed ingredients list provided in advance so you can see everything you need to have to hand and how much the ingredients are likely to cost on average from supermarkets such as Aldi, Lidl and Asda. Recent meals have included a traditional tasty Italian chicken dish with tomatoes and a simple but satisfying sausage casserole. During the session participants will be able to ask Nigel questions about the recipe, grill him about cooking techniques and maybe even delve into what it's like cooking for the Norwich City squad! All sessions are free and take place via Zoom. Visit The Better Together Facebook page, email [info@bettertogethernorfolk.org.uk](mailto:info@bettertogethernorfolk.org.uk) or call 0300 303 3920 for more information.

## HT Community Projects

Henderson Trust have recently received funding from Norfolk Community Foundation to deliver a number of community projects to be offered from Cadge Road Community Centre as soon as Covid restrictions allow.

**Older People's Hub:** Running for 26 weeks this club aims to provide support and activities for older people in the community including IT training, delivered over 6 two-hour sessions, and a weekly social activity such as a coffee morning or film club.

**Craft Connections:** Running for one year this weekly arts and crafts group aims to provide women aged 18+ a creative environment where they can relax, meet new people and enjoy a wide range of crafting activities. This will be a safe place where members can develop positive relationships, build confidence and learn new skills. There will also be a group outing to the Sainsbury Centre at the end of the year. The group's work will be exhibited at Cadge Road Community Centre. Contact Sally on 07932 589068 or email [sally.fox@henderson-norwich.org](mailto:sally.fox@henderson-norwich.org) for more information. Numbers will be limited for both projects so do book your place as soon as possible so as to make sure that you don't miss out!



**Planning  
for 2021 &  
Beyond...**  
**At Henderson  
Trust we  
regularly review  
our work and  
plan for the  
future – we want  
to make sure  
that what we do  
is worthwhile  
and effective.**

The pandemic has changed so many things for so many of us and it is now even more important that we look at what we do and what we could do to help the community. You can help by letting us know the things that you think are important locally. Due to Covid restrictions it isn't possible to have public meetings so instead we will be devising two surveys to help us in this process. The first survey will be short with a small number of important questions that should be very easy and very quick to complete. The second survey will be a bit more in-depth and will take a bit longer to fill out. To make things a little more exciting each survey will have its own prize draw. Each survey will have £500 worth of shopping vouchers up for

grabs with bigger prizes available for the larger survey. You will need to provide us with contact details but these will only be used as part of the survey process and not for any other purposes. The lucky winners will be contacted as soon as the draw is completed. Full details of the survey and how to take part will be made available on our website. Additionally, we will be contacting everybody we know and work with via FaceBook, text or email so that as many people as possible can get involved and help us with our work in the local community. Many thanks from everyone at Henderson Trust. We will be in touch with more details soon.



# More Than Just A Really Good Book

**As you are all probably aware the Library buildings have unfortunately had to stay closed under lockdown rules. However, the Library and Information Service are still there for you.**

West Earlham Library is more than just a place where you can find the next good book to read! The Library Support Team are there to help you and they have lots of activities, groups and services focusing on your wellbeing and happiness too - especially during 'lockdown'.

Some of you may have received calls from their Warm and Well Team making sure you have everything you need during lockdown. Others of you may have had a visit from their Volunteer Shopping Team or used one the many services and activities designed to support you and let you know that you are not alone. The Library Support Team is there to help with technical issues too such as getting online, downloading eBooks and eAudio or accessing your library account and, as part of the Every Child Online project, the Library and Information Service are offering support to families who are not very confident with their digital skills and who need help using new devices. They can also help with general information enquiries and signpost you to a whole range of online resources to help with studying and learning at home.

Get in touch with West Earlham Library on their Facebook page @westearlhamlibrary or call 01603 774777 for more information.

## The Matthew Project - Outside The Wire

**The Matthew Project helps young people, veterans, professionals, people in recovery and their family or carers to live fuller lives free from drug and alcohol misuse.**

During the pandemic there have been massive disruptions to available support services and a huge reduction in income for many of the charities, organisations and

projects tackling these issues. The Matthew Project has recently launched an urgent fundraising appeal specifically for Outside The Wire their bespoke drug and alcohol service offering confidential advice and support to current and ex-HM Forces personnel and their families across Norfolk, Suffolk and Essex. Wayne Copsey, Service Manager and Recovery Practitioner for Outside The Wire, said "PTSD and drug/alcohol misuse issues have been exacerbated by coronavirus and the associated lockdown which has increased isolation and reduced social contact. We

have seen a 12% increase in referrals. Lack of structure and relationship issues have added to these problems and resulted in worsening mental health and increased alcohol use. This is a very vulnerable group and suicide risk and health problems are a reality." For more information about this appeal and all the support services available visit [www.matthewproject.org](http://www.matthewproject.org).



## Still Tackling Food Poverty

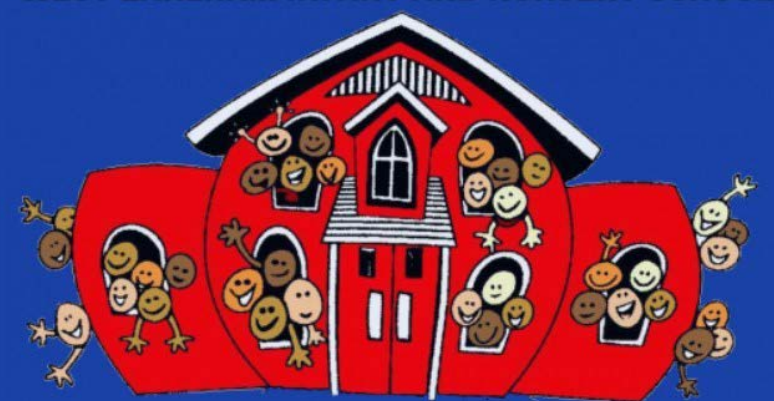
**The Norwich Foodbank have been working hard to tackle food poverty in the local community despite all 10 distribution centres having to remain closed.**

Norwich Foodbank have had to make some changes to the way they work whilst delivering emergency food parcels directly to those in need. They now receive referrals every day, for delivery the following day, which has enabled them to work around issues such as dietary requirements or limited cooking facilities. This has also meant that the Foodbank have been able to include fresh fruit and vegetables with the emergency food parcels. The Foodbank have been working

closely with new and existing partners such as Henderson Trust, NR5 Community Hub and St Elizabeth's Church to support the community during lockdown as well as welcoming new volunteers to the dedicated team of volunteers and staff. For more information about Norwich Foodbank and the work they do visit [www.trusselltrust.org](http://www.trusselltrust.org).



## WEST EARLHAM INFANT AND NURSERY SCHOOL



## NURSERY SPACES

**FUNDED SPACES AVAILABLE FOR 2, 3 & 4 YEAR OLDS**

Collect a registration form from the school foyer  
Email: [office@westearlhaminfant.norfolk.sch.uk](mailto:office@westearlhaminfant.norfolk.sch.uk)  
Call us: 01603 451299

