

Henderson Herald

Free
INSIDE - Henderson Trust Activities & Services - What's happening in local schools - Cadge Road Community Centre - and lots more from your community...
Summer 2021

Reaching Out In Thanks To The NHS



REACH have been working with a group of young girls from West Earlham Junior on the EmpowHER project. This is funded through UK Youth in partnership

with the British Red Cross and Young Women's Trust.

EmpowHER is a project aimed at girls aged 10 to 15. The activities are facilitated by a youth worker but led by the girls in the group. Part of this project was for the group to create a social action project together. After lots of discussion about what issues were important the girls decided they wanted to do something for the NHS staff

at The Norfolk & Norwich Hospital in support of all the wonderful work they have been doing during the Covid pandemic. The group contacted the hospital to find out more about what was happening, what factors were a problem and how they could help. They were told about how the hospital staff have to wear extensive PPE equipment whilst working so as to continue to provide a safe and secure environment for the many vulnerable patients that they care for. Whilst being incredibly necessary this means that hospital staff spend all day wearing protective clothing, gloves and tight medical face

masks as well as constantly sanitising which can lead to dry skin or irritation. The hospital identified 5 wards, including mortuary and critical care, where the staff have had to continue working tirelessly under these conditions throughout the pandemic and said that lip balm and hand moisturiser would be really useful. The girls took this on board and decided to make up gift boxes to include these items which they decorated and filled, to be given to the brilliant staff at each of these wards. The girls arranged a meeting and presented the cards and gift boxes to the Deputy Chief Nurse who was very grateful for all the effort

the girls had gone to. The girls received a card from the hospital staff which included comments like "Thank you so much for the really thoughtful gifts, it really made our day." and "Your kindness and support means a lot to us. Stay safe and be strong!". The girls also received certificates of appreciation and badges from the hospital to say thank you. One of the girls from the group commented "We wanted to do it for the NHS as they don't get recognised for all their hard work". EmpowHER is a project designed to encourage young women and girls to use their voices for social change.

Henderson Trust Activities & Projects



★ Activities For Young People

Henderson Trust will be planning a series of activities for Young People aged 10-16 during the school holidays. These activities will mainly be based at Cadge Road Community Centre but some will be happening at other venues around the area. Other activities at Cadge Road will include a Plug-In live music event and music and dance sessions run by The Garage. To sign up or find out more information please contact Bec on becky.hart@henderson-norwich.org or call 07535 476004.

★ Sorted Trips

With things still a little up in the air we are hoping to do a small programme of subsidised holiday activities, which will mainly be trips to Norfolk's beaches aimed at families who haven't managed to get out of the local area for a while. The trips will be on Wednesdays and are subsidised making them more affordable and we will be following current guidelines for travel. Numbers will be limited and those of you who are already on the Sorted mailing list will get the details and booking forms through the post as soon as they are ready. If you aren't on the mailing list but would like to be added please email scott.porter@henderson-norwich.org or call 01603 251766 and leave your details.

★ Henderson Community Park

We are also supporting a local Fun Day on the Henderson Community Park which is planned to take place on Sunday 18th July. So come along and see what's happening! Or if you are a local group that would like a space at the Fun Day email Scott and he will pass on the details of the event organisers. In addition on 27th August there will be a panto in the park, a performance of Treasure Island, so keep an eye on our website and facebook page for more details.

★ Not About the Bike

Not About the Bike, after school workshop for young people aged 11-16, has restarted. The sessions allow access to the workshop and parts we have available and tuition from an experienced bike mechanic to give young people a place to learn how to repair and upgrade their bikes. The sessions run on Tuesdays and Wednesdays between 4pm and 6pm at Unit 9-10 Ivy Road. We are running with limited numbers at the moment so you might have to book a space. The workshop will be closed during the school summer holidays but will re-open in September. In September we are hoping to add a video making element to the project where young people can use our dedicated studio to make videos on bike maintenance. For more information please email Bec on becky.hart@henderson-norwich.org or call 07535 476004.

Activities and projects are subject to Covid safety regulations and all care will be made to ensure that any activities undertaken are done so safely and in accordance with current distancing guidelines. Make sure to keep an eye on our website, news page and facebook page for all the latest updates, changes or additions to services and projects. For more information about Henderson Trust go to www.henderson-norwich.org

Art Inspired By Nature



around us by setting them an art challenge. As part of the competition the children were invited to create a piece of artwork at home.

The teachers launched the project by introducing the UK born artist and sculptor Andy Goldsworthy. The children took inspiration from his work and the world around them to create their own pieces of natural art.

The staff were very impressed by the children's hard work, dedication and creativity. The children took photos of their work and submitted their entries via Google Classroom and brought in sculptures to be shared with the school. They had lots of fun looking at the artwork and have created a wonderful display with all the submissions.

For more information about West Earlham Junior School go to www.wejs.co.uk or call 01603 454569.



West Earlham Junior School is very proud of where they live and work closely with many local businesses making the most of the facilities within the local area.

They want to encourage their students to be proud of the local area and have the opportunity to explore all that is on offer.

One of their main partnerships is with the UEA and West Earlham Junior feel very fortunate to have access to so many additional services and resources, both on and off site, and regularly enjoy planning local area trips (COVID permitting).

This year the Sainsbury Centre kindly donated fifty bags filled with art resources and art project ideas so the school decided that, after a year of lockdown, they would challenge the children to celebrate the natural world all

Where Norfolk Comes First

West Norwich Credit Union has just relaunched under the new name of NORFOLK FIRST Credit Union.

The Credit Union has been providing a savings and loan service in Earlham since 1992 but a change of name and expansion of its catchment area means that now everyone who lives or works in Norfolk can receive the same support and benefits which have been enjoyed by West Norwich residents.

All member benefits and services such as affordable loans, budgeting facilities, debit cards, share of the profit dividends, Life savings & loan protection cover, Pension & benefit accounts and online

banking will remain the same. Ian Leather, President said "We remain committed to the local community and will continue to operate from our shop in the Earlham West Centre." Office hours are Tuesday, Wednesday and Thursday from 9.30am - 12.30pm.

You can join online by visiting www.norfolkfirstcu.com or call 01603 501301 for more details.



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



NPA Jump On The Band Wagon

In May the Norfolk & Norwich Festival brought The Band Wagon to visit Norwich Primary Academy.

The Norfolk & Norwich Festival's organisers collaborate year-round with extraordinary artists from the region and all across the world. This year, due to the pandemic, the Norfolk & Norwich Festival introduced a new initiative bringing their special work into the community. It has been such a difficult year for extra-curricular activities and so Norwich Primary Academy decided to take part in this fantastic initiative. They were extremely privileged to be the first school visited by the festival

truck across the region. On Monday 17th May it arrived with a series of great performers ready to park on the school field. The sun shone for a wonderful 20 minute set with Year 1, 2 and 3 pupils enjoying participating in the live performance. The children thoroughly enjoyed dancing and singing along with the performers and getting involved with all the activities. Norwich Primary Academy would like to thank the Norfolk & Norwich Festival for bringing this fantastic experience to the children.

What's On At Your Local Library

West Earlham Library are very pleased to welcome you back. Initially offering an 'at the door service' the library, based at West Earlham Shopping Centre, are now able to open their doors once again.

Due to the size of the premises they still have a reduced capacity but lots of the community services and activities are finally able to be gradually phased back in and they are starting to get closer to 'business as usual'. In the meantime they have added lots of new book titles to their stock so, if you've missed choosing something new, they may well have just what you are looking for. West Earlham Library still offer computer access, a printing service and lots of information about the many free online activities you can access through the library service.

They even have lateral flow test kits available for those who need them. Keep your eyes peeled for information on this year's Summer Reading Challenge, the return of the baby weigh station and many more activities, groups and services becoming available again at your local library. To keep up-to-date with West Earlham Library you can follow them on Facebook @westearlhamlibrary or call 01603 774777 for more information about all available services and groups that you can get involved with at your local library.

Helping You Back Into Work

Re-Work is a free employability programme that launched in 2020 and is being delivered across

15 different centres in the UK.

Re-Work will run in Norwich from the beginning of June, led by Earlham Parish in partnership with Resurgo, a social impact charity specialising in employability. This is part of the work they are starting through the SPEAR charity.

If you are 18 or over and are looking for work then Re-Work have over 16 years coaching experience to help you gain new key skills and make a career plan to get you back into work.

For more information email hello@earlhamparish.org.

10 Good Reasons To Go To West Earlham Woods

Botany – there are many varieties of beautiful plants and flowers to spot

Dendrology – there are loads of different species of trees and shrubs to identify

Entomology – there are lots of different species of insects and bugs to watch

Ornithology – there are many different species of birds to see and hear

Peace & Quiet – you can get away from the stresses of everyday life and enjoy the tranquillity of nature

Social Activity – you can enjoy the company of friends and family in small groups following current safe distancing guidelines

Sunshine & Fresh Air – you can get some sun on your face and some fresh air in your lungs

Faerie Folklore – you can follow the trail to find a magical world of hidden faerie doors and woodland houses

Exercise – you can go for a long walk or join the Friends of West Earlham Woods for a session of planting, bramble clearing or mattocking to really get a work out

Saving the planet – join the Friends of West Earlham Woods to help maintain the woods, plant native trees and flowers to help the atmosphere and boost bio-diversity

Friends of West Earlham Woods have several social and environmental activities that you can join in with including litter picking on the first Saturday of the month from 10 to 12 and work sessions on the second Wednesday of the month from 10 to 1. The group take on various jobs to help maintain this beautiful local environment and to enjoy spotting and learning all about the trees, plants, insects and birds that inhabit the woods.

To find out more or join the groups email friendsofwestearlhamwoods@gmail.com, call 07920 205467 or follow them on Facebook.

FOLLOW US:



HENDERSON TRUST

CADGE ROAD
COMMUNITY CENTRE

Like us at www.facebook.com/hendersontrust

A Big Thank You To All Earlham Nursery School are ending the year on a really positive, sunny note and with a great big thank you to all the pupils and families.

At the beginning of the pandemic the school became a very quiet space with only a few children and staff attending each day. However as 2020 progressed, more children returned and with only the occasional shutting of some classrooms and the support of our parents Earlham Nursery School have managed to stay open. Now the summer term is here they have been able to look back on all the achievements and challenges the children, parents and staff have encountered and overcome. The school and amazing garden have once again become a vibrant, noisy place filled with learning, laughter and fun. There have been lots of activities such as 'Fire Day' with learning outside and around the fire, garden groups where the children have become enthusiastic gardeners growing a variety of vegetables to be cooked and eaten over the coming weeks, and Science week, when the children carried out experiments and saw the effects of a 'mock' volcanic eruption.

Earlham Nursery School has been open for over eighty years and is a constant in the community with children attending now whose parents and grandparents came before them. The school has become involved with local community groups, such as NR5 Family Partnership Hub, and will soon have their own Parent Support Advisor to meet family-run groups and help them with accessing welfare and legal services.

Caroline Gallagher, Office Manager, said "It is the children and families that help create the very special atmosphere of the school and we would like to say a very big thank you for all their support. We look forward to seeing the next generation coming through and experiencing all the memorable moments on the start of their educational journey."

Earlham Nursery School currently has funded spaces available from September for 2, 3 & 4 year olds (including spaces for 30 hours). For more information go to www.earlhamnurseryschool.co.uk or call 01603 454271.



Cadge Road Back At The Centre Of The Community

Cadge Road Community Centre has welcomed back regular user groups and activities and is now available for bookings.

Cadge Road Community Centre is located in the heart of West Norwich and offers facilities to organised groups and private hires. It is set back from Cadge Road, has its own grounds with parking, a hall suited to a range of activities and kitchen facilities available for hire for single events or on an ongoing basis. Hall hire comes complete with chairs and tables as required. Call Rachel on 07708 621988 or email cadgeroadcc@gmail.com for more information, bookings and enquiries.

Getting Back To Nature

From June Angelica's Rainbow Sanctuary will be open to the public again.

Visits are currently by appointment only and are limited to 6 people in hourly sessions. They also have lots of exciting new projects over the summer and autumn months. From June they will be starting their Youth Group, a weekly animal care club during school

term times, for young people between 12 and 17. This will give members the opportunity to meet, learn about and care for all of the animals at the sanctuary. This is a great way for young people to nurture an interest in animals, develop social and practical skills and even earn a certificate for every level passed. Angelica's Rainbow are also offering one off Sanctuary Experience Days where anyone in the community aged 10 or over can learn about all of the different animal species cared for at the sanctuary and get hands on experience of how to look after them including feeding, handling and grooming.

For bookings or more information about all of these great experiences go to www.angelicasrainbow.org.uk or email info@angelicasrainbow.org.uk.



A Chance To Win £20 Gift Voucher

Henderson Trust are carrying out a survey of people in the local area so we can best target local services to what the community want and need.



To get the best idea of what YOU want we need your help! We've drawn up a brief survey which will take about 5 minutes and, once completed, you will be entered into a draw to win one of 5 £20 Amazon gift vouchers. You can access the survey by using the link on our website www.henderson-norwich.org or, if you would like a paper copy, please phone Scott on 01603 251766 and leave a message with your details. It's important that we get as many responses as possible so we can continue with the right services for the community so please take 5 minutes to complete it if you possibly can.

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