

Free
INSIDE - Henderson Trust Activities & Services - What's benn going on this summer - Cadge Road Commununity Centre - and lots more from your community...
Autumn 2021

Camping With City Academy Norwich



With Covid restrictions in place it hadn't been possible for City Academy Norwich to hold their traditional Transition Week for Year 6 students in July so they

welcomed their new Year 7 students to the school's first ever Summer Base Camp instead.

The week-long event took place during the summer holidays and was an opportunity to meet new friends and take part in a programme of activities to help them get to know their new school, teachers and the core values of the school – Enjoy, Respect, Achieve. Activities included 'I am an Explorer' which helped them

get to know each other and the Academy. 'I am an Inventor' saw the young people working together to invent a creative structure that would protect an egg from cracking when dropped from the top floor. They also enjoyed bush craft in the woods and some fun classroom learning. A camp site with bell tents was set up on the school field and evenings included roasting marshmallows around the camp fire, exploring the woods, playing football and chilling out with a good book as well as tasty camp food and midnight feasts in their tents. Parents and carers were invited to a big celebration at the end of the week where each child received a special Base Camp 2021 certificate. The feedback from all the new students was fantastic and many of

them expressed that starting 'big school' wasn't so scary now since they have met the staff, seen the school and already made friends. Head Teacher Paul Collin said "It was such a pleasure to be able to have students with us over the summer during our base camp. Having stayed over all week personally I could really see our young people beginning to forge new friendships and learn new skills which would set them up well for their new school year and their

years beyond at City Academy Norwich. It is definitely something we will adopt next year and I hope all the students that attended thoroughly enjoyed themselves.". For more information about City Academy Norwich go to www.cityacademynorwich.org or call 01603 452628.

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Getting Back To 'Normal'

We've all had to adapt to new ways of living and working over the last 18 months and this has very much been the case for Norwich Foodbank.

In June 2021 they were finally able to safely reopen one of their ten distribution centres allowing people back in to collect parcels and have a cup of tea, a slice of cake and a chat about the services they receive and need. As Covid restrictions lift, Norwich Foodbank aim to reopen more distribution centres including the one in the Earlham area.

Norwich Foodbank doesn't just provide food to those in need. In November 2020 the charity was granted funding for a full time Citizen's Advice worker to deal directly with referrals and to offer personalised support,

extra advice, help with benefit checks and additional foodbank services as required. Another scheme, running since 2017 with grant support from Norfolk Community Foundation, enables one-off payments towards household gas and/or electricity. They receive lots of requests for 'cold' food parcels as these can be eaten without cooking. This can be due to the lack of available cooking facilities or simply the lack of funds to use their existing gas or electric cookers and heaters. Norwich Foodbank is still very reliant on donations and volunteers. Thankfully they've seen an increase in both during the past year. Hannah Worsley, Project Manager, explains "When the first lockdown hit, while several of our volunteers were impacted

by shielding we were inundated with offers to help from people who were furloughed or whose other volunteering tasks had stopped abruptly and were wanting to do something else with their time. We also had a lot of people who weren't shopping in the usual way, so couldn't pop something into the collection bins, but who then began giving a financial gift so we not only got support, but could buy exactly what we wanted at that time. We are SO thankful to all those who have faithfully supported us - whether that be volunteering, donating or praying for us!" Information on how to give or volunteer can be found at www.norwichfoodbank.co.uk or follow them on Facebook, Twitter or Instagram.

'I just wanted to say thank you so much for all our food that has just been delivered! In fact thank you doesn't sound grateful enough! We are in tears, overwhelmed by people's generosity and the kindness you have shown. We have been struggling for months and have finally this week run out of money, options and although we have got used to making ends meet we had nothing left. Thanks to you not only do we have food but treats as well! Treats that we haven't been able to afford for months! My 7 year old daughter thinks you work for Father Christmas! I can't put into words the relief we feel that we have food in the cupboard and we don't have to worry for a while! We are all three of us just about to tuck into hot soup and fresh bread, we feel truly blessed.'

- Norwich foodbank recipient.



A Fun Day With A Serious Message

To kick the Summer off Henderson Trust hosted a funday at the Henderson Community Park which was organised by The Workshop

Studios, a dance group from Norwich that provides classes based at City Academy.

There were plenty of stalls and activities to keep people entertained and, of course, a terrific dance display from The Workshop Studios. During the event Henderson Trust's Not About the Bike project showcased some custom-made bikes that had been made for an 'Anti Loan Shark' project funded by the Stop Loan Sharks Project. The bikes were designed by local groups and made at Not About the Bike's dedicated workshop. To raise awareness of the problem with loan sharks we

offered people a chance to 'Beat the Loan Shark' in a bike race using one of the bikes. It was a fun way to engage with people about a very serious message. To find out more about loan sharks and options available if you are in trouble with debt you can visit www.stoploansharks.co.uk



World Rocks Day

Back in July pupils from Henderson Green Primary Academy were invited to Ivy Court Care Home to present hand painted rocks designed for My World Rocks Day.

The idea behind the rocks was to bring some light, colour, company and smiles to the residents of the care home. Something that was very much needed after the recent times of anxiety and isolation. The Year 4 class went to visit the residents at Ivy Court Care Home and presented the decorative rocks which were then made into a beautiful flower bed display for them to enjoy. The pupils also received a presentation from the Head of Activities who talked to the children about what the residents get up to during their time at the home. Most of the children were very surprised at the range of activities and just

how much fun living at Ivy Court could be. Residents and pupils gained a lot from the experience and hope that this event is the beginning of a positive relationship between the school and care home. And the pupils at Henderson Green Primary Academy have a lot to look forward to in the Autumn Term. Year 5 and Year 6 will be heading off to Bawdsey Manor for their first ever school residential trip with an action-packed schedule planned.

Additionally, the new Year 4 class will be working with celebrated author Ruthie Collins and taking part in a Nature Explorers Story Writing event at Carey's Meadow. Reading is a priority at the school and children are encouraged to read through DEAR (Drop Everything and Read), library sessions and whole-class reading sessions. With so much going on at Henderson Green Primary Academy the Year 6 pupils will have a lot to report on in their student paper the Henderson Green Magazine.

For more information go to www.hendersongreenprimary.co.uk or call 01603 628030

Henderson Trust Survey



In the last issue we gave you details of a community needs survey we were doing to find out what the people in the area want and need to be delivered locally. We had a great response to the survey so thanks everyone for taking the time to fill it out. We are now

sorting out the results which will be used to help Henderson Trust plan and deliver services and activities within the local area. The results will also be shared with other local providers so that they can also use the findings to help with their planning.

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

Trust Us To Sort Summer



Henderson Trust were delighted to be able to put on a reduced Summer Sorted programme of activities for families over the summer holidays after the lockdown restrictions were eased.

Unfortunately we were not able to provide the usual range of activities as planning for the full programme takes months and we were not sure on the restrictions that would be in place. But, with families in the area being isolated for so long, we decided it was important to try and do something to help people get out and about, spend some time socialising and let the children blow off some steam. Over the Summer we organised beach trips to Sea

Palling, Hemsby, Gorleston, Cromer and Great Yarmouth and, despite the uncertainty, we filled over 600 spaces on these trips.

Scott Porter, who runs the Sorted programme for families, said "It was just great to see everyone out an about again and having some fun after a really tough year. To see the young people seeing their friends again was great. Giving people the opportunity to get out and about a bit, even something as simple as a beach trip, seemed to make a great difference. The children having fun swimming and playing on the beach and the parents getting the chance to have a good gossip was brilliant!"

The Sorted project provides subsidised trips and activities during the main school holidays, particularly over the Summer.

The 10-16's have also had an active summer enjoying activities such as tubing at Norfolk Snowsports Club, the climbing wall at UEA, crazy golf at Eaton Park and a treasure trail in Cromer.

There were drama, music and dance sessions at Cadge Road Community Centre and the

Garage where all participants gained an Arts Award and 3 of them have subsequently taken up free places on the Garage Creative Foundations Course. Youth hub days at Cadge Road Community Centre were well attended and included kite making, diabolo, an assault course, graffiti sessions and a sports day.

Thanks to free tickets from Norwich Theatre Royal a group of 16 young people and their parents were lucky enough to see a wonderful performance of Wind in the Willows staged in a big marquee on Norwich School playing field.

Henderson Community Park also held Panto in the Park which saw around 70 members of the local community enjoying an open-air performance of Treasure Island. The show was a great success and everyone really got in the spirit with cries of 'walk the plank' and 'he's behind you' emanating from the park.

A big thank you to funders Norwich City Council, Big Norfolk Holiday Fun and Norwich Opportunity area meaning we were able to offer activities for 18 young people from the local community.

West Earlham Library

The Summer Reading Challenge, organised by The Reading Agency, is promoted throughout UK libraries and takes place every school summer holiday.

The idea is that children read 6 books over the course of their summer break – it can be any kind of book, big or small, annual, graphic novel, even an electronic book. Studies have shown that reading 6 books over the holiday will ensure children's reading levels don't drop when not at school.

We ask them to come in every time they have read two books, when they will receive a set of stickers. Once they have completed all six books, they will receive a certificate and a medal. The theme this year has been Wild World Heroes. The challenge takes place every summer and ends when the children return to school. Because West Earlham Library is so small we are still limited in what we can do but, as we move into Autumn, we are hoping to resume our Bounce & Rhyme group as well as welcoming back some of our other regular activities such as knit & natter and book group. For information about all available services visit www.norfolk.gov.uk or call us on 01603 451881.

The Animal Care Club

Angelica's Rainbow Sanctuary uses the science behind the human-animal bond to create opportunities for people and animals in need.

Their projects are therapeutic and educational whilst developing social and practical skills and promoting physical and mental wellbeing alongside community values. Young Persons Animal Care Club (YPACC) provides young people with a unique opportunity to benefit from the human-animal bond. Club members aged 12-17 will learn skills that are fundamental to social and educational development, participate in team work and gain skills in animal care. They can earn certificates in: Animal Handling, Animal Grooming, Animal Behaviour, Animal Anatomy, Animal Nutrition, Equine Care, Sheep Care, Small Animal Care, Poultry Care, Exotics Care, Arts and Crafts, Conservation and Countryside, Sustainability and

Volunteering. One member, aged 15, said "I have really grown in confidence and I passed three certificates this term" whilst a parent of another reported back to say "Our daughter spent the night after the first YPACC talking about how much she has already learnt from you. She's constantly talking about the animals there and what you've taught her, she's SO excited about learning more and is repeatedly saying she can't wait until next Tuesday. This makes us so happy".

The sanctuary, currently based in the grounds of The Marlpit pub in Hellesdon, aims to move to a nearby site in 2022 which will be more suited to their unique needs of providing projects for both animals and people. For more information about Angelica's Rainbow Sanctuary or to sign up for the Young Persons Animal Care Club go to their website at www.angelicasrainbow.org.uk or visit them on facebook.



Wensum Valley Medical Practice

Currently we are involved in a pilot with the Wellbeing Service. We can make a referral to the Wellbeing Service if you are suffering from any of the following: - Stress, Low Mood, Worry, Sleep Problems, Depression, Agoraphobia, Recurrent depression, Panic, Social phobia, OCD or Social anxiety.

You can also let us know via our website if you have any social problems such as debt or housing problems we can then put you in touch with Living Well Workers who can help you with many issues. Simply visit our website and give us an idea of your problems and we will signpost you appropriately.

Our flu vaccinations will start to arrive at the end of September and we will be in touch as soon as we have booked our clinics. The Covid vaccination rollout in Norwich has been hugely successful thanks to the dedication of the primary care teams. Keep safe.

Like us at www.facebook.com/hendersontrust



Norfolk Wonder

Norfolk Wonder is part of Experience, a Norfolk County Council initiative showcasing Norfolk.

From October audiences are invited to uncover something truly memorable in a trio of specially presented events. These include Blast Theory's widely acclaimed cycling audio tour Rider Spoke, three brand new artist-led walks in towns on the coast and a spotlight on the workshops, demonstration and trails at Norfolk Open Studios.

Rider Spoke invites audiences on a cycle in search of the perfect place to hide a secret. Guided by a narrator and a delicate score, riders explore the local area by bike. Riders are provided with a mounted smartphone and can either bring a bike or borrow one. Experience Packs offers three brand new artist-led walks inspired by King's Lynn, Cromer and Great Yarmouth. From learning about the distinct flora and fauna of King's Lynn, to the historical significance of East Anglia's restorative seaside towns right through to reinvigorating the good old postcard tradition in Great Yarmouth.

Norfolk Open Studios is one of the most successful Open Studios schemes in the country. Makers and creators open their studio doors across the county. More than 320

artists of all disciplines will be in their studios, garages, community spaces and schools offering events, demonstrations and workshops to share their skills. For more information go to www.nnfestival.org.uk

Little Sparks

Little Sparks Preschool children and staff have had a busy year enjoying a variety of activities, the most recent being the Healthy Smiles programme. Little Sparks Preschool are looking forward to welcoming new pupils in September. There are still some available spaces in the 2-year, 3-year and 4-year classrooms and can offer 15 and 30 hours either funded or fee paying. Visit www.littlesparkspreschool.co.uk or call 07592 525542 for more information.

A Warm Welcome

Reverend Andy Woodman joins the Earlham Parish team as Associate Vicar and Anglican Chaplain to UEA.

Andy and his family have lived in Earlham for the past four years and have got to know the community during this time. Andy's new role in the parish has a specific focus on connecting with young adults and students in our area where 53% of the population is aged 18-44 compared with an average of 32% across the rest of Norwich. Reverend Di Rowlandson, Vicar of Earlham Parish says, "We are delighted that Andy is coming to join us in working with the community and to take forward the work with this age group."

To begin with Andy will focus on meeting people and creating a space that is welcoming for all, then plans to start a new contemporary early evening service at St Anne's Church on Colman



Road. The church building is located at a busy crossroads in Earlham and appropriately the evening service will be called 'crossroads'. "I'm sure I'm not the only one who meets so many people who think that church is just completely dead, boring or irrelevant to their life" says Andy, "or maybe they think their life is too messy, too chaotic, that they are unworthy... But Jesus met people at the fringes of society, the least, the last and the lost. It's not about filling my church or your church. It's about filling heaven."

Andy is really keen to gather people together who would be interested in this venture to help start this new worshipping community. If you are interested in getting involved or want to know more you can get in touch by emailing hello@earlhamparish.org.

Activities At Cadge Road

Older Persons Hub

Pilot project for 6 months starting this Autumn at Cadge Road Community Centre for those aged 60+. IT training sessions twice a week. For people new to using a computer, laptop, tablet or phone or just need to refresh their skills. Topics include setting up an email account, how to send emails, how to access the internet, online purchasing, skype, online banking and much more. Once a week there will be a social event at the centre such as showing a film, bingo or a quiz. Participants will also be able to access support from agencies either remotely or

face to face. Places are limited so contact Sally Fox on 07932 589068 or sally.fox@henderson-norwich.org to book or for more details. Thanks to the Norfolk Recovery Fund for funding this through the Norfolk Community Foundation.

Stepping Out & Yoga Fit

6 weeks of gentle exercise to start in the Autumn at Cadge Road Community Centre for ladies aged 16+. Weekly walks starting at the centre with refreshments and a light buffet style lunch on return. We will walk to Henderson Community Park and the park has outdoor gym equipment if you fancy it or

just sit and enjoy some time in the park. The walks and park are accessible to all whatever their ability and needs. Weekly yoga sessions at the centre. Yoga is an easy form of exercise for those who may not be very active. It can be adapted to people's needs including sitting on a chair. You get to keep the equipment at the end of the programme too! Both have limited numbers so please contact Sally on 07932 589068 to book or for more details.

Thanks to funders This Girl Can, Sport England.



Why Not Team Up?

If you're aged 16 to 25 and not in education, employment, or training then you could join the free Prince's Trust 'Team' development programme.

Over 12 weeks you will go on a residential, plan and deliver a community project, get some work experience, work on your CV and gain an accredited qualification. Attending Team does not affect any benefits you may be receiving.

The programme is delivered by the Norfolk Fire and Rescue Service with North Earlham Fire Station and Dereham Fire Station. You can find out more at www.norfolk.gov.uk/nfrs or call 07920 792232 now to find out how to enroll.

They are also looking for local companies to offer work experience placements for learners, and local organisations and groups who might benefit from a free community project! Challenge yourself, build your confidence, and make new friends this autumn.



Prince's Trust

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