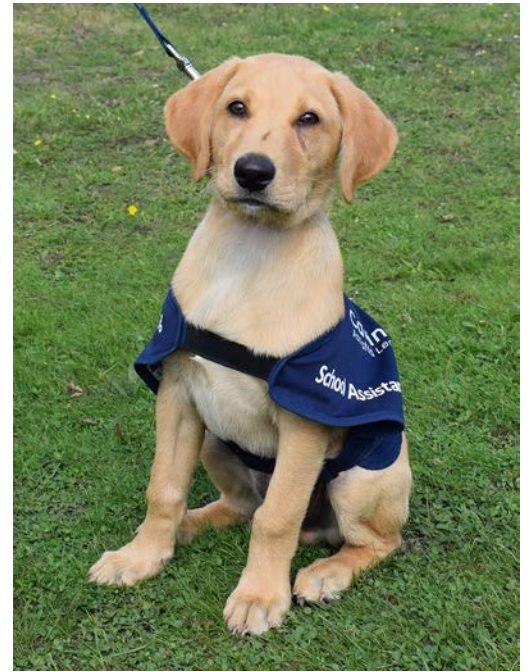




Free

INSIDE - Henderson Trust Activities & Services - Norwich FoodHub - Local Libraries - NR5 Community Hub - Prince's Trust - and lots more from your community...

Winter 2021



More Than Just A Good Companion

City Academy Norwich welcomed two very special new recruits in September. Brothers Bucky and Freddie, trainee

Assisted Learning Dogs, joined the academy and are already part of the family.

Both Bucky, who lives with Headteacher Mr Collin and his family, and Freddie who lives with Assistant Headteacher Mrs

Kitson-Cook and her family, attend school every day and have really established their presence in the Academy. They are currently training to become qualified Assisted Learning Dogs which takes approximately two years and involves a lot of training, both from their owners and specialists from the Canine Assisted Wellbeing Group. Building a relationship with animals has been employed in all types of therapy around the world and dogs in particular are widely considered to be especially helpful companions for children who struggle with social, emotional and behavioural issues. Creating a therapeutic bond with Canine Assisted Learning

dogs has been shown to really help young people to open up, trust others and make a first step towards sharing and challenging negative thoughts and feelings. And Bucky and Freddie are already having a positive impact on students, greeting them on arrival in the morning and providing a calming influence on students when they are stressed. Not only are they friendly companions and a constant source of comfort to the students but they can also be deployed as a positive distraction when one is required. An Assisted Learning Dog can really help to improve behaviour, attendance and academic

confidence, as well as increasing student understanding of responsibility and the development of empathy and nurturing skills. We look forward to checking in on Bucky and Freddie's training and exploits again soon. The students have also been busy and recently marked Remembrance Day this year with a striking battalion display made from wooden pegs. In November they took part in 'Dress Down Friday' raising £752.77 for Children In Need. For more information about everything going on at City Academy Norwich call 01603 452628 or visit www.cityacademy.org

Merry Christmas

Henderson Trust

2021 is coming to an end and I'm sure we're all breathing a sigh of relief and hoping, desperately, that next year will be better than the last two.

COVID has continued to have an impact on all aspects of our everyday lives and it is fantastic that so many organisations locally and across the city have really rolled their sleeves up and continued to provide help and support to so many people.

I'd like to think that Henderson Trust has played its part too and I'm grateful to our staff, volunteers and colleagues from partner bodies in the community who have done well to re-start activities and projects – reaching out in new and different ways to help where possible.

Next year we'll be joining with other groups and making a big effort to make Cadge Road Community Centre a real hub for community activity, with lots of exciting new projects, groups and activities.

Hopefully, and with the support of Norwich City Council, work will be undertaken to improve the building and the garden too.

If you would like to help out with the work of Henderson Trust please do get in touch with us. We have one vacancy on our Board of Trustees at this time but we're always happy to hear from those who want to help.

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

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



Stocking Up For Christmas

Over the last year Norwich FoodHub have collected over 50,000 kgs of food from the range of retailers and local businesses that they work with. This means that the equivalent of more than 120,000 meals have been redistributed to their network of partner charities and community groups.

St Mary's Church Play Group is just one such group that Norwich FoodHub supplies surplus food to each week. St Mary's Play Group is a pre-school group that meets every Monday during term time and supports local families by giving them a fun

and safe place to interact and play. During the COVID lockdown they were unable to operate as usual but still managed to continue supporting families in need with food parcels including fresh fruit, vegetables, bread and non-perishables. Thankfully St Mary's Church Playgroup and many other local community charities and groups that partner with Norwich FoodHub are finally able to start moving back towards business as usual. And just in time! With the impact of the pandemic still being felt, community charities and organisations will no doubt be expecting record demand for their services this Christmas. Last year Norwich FoodHub collected over 2 tonnes of food from supermarkets and retailers on Christmas Eve alone. But there are many more groups that could put surplus food to good use and Norwich FoodHub would like to encourage anyone interested in reducing food poverty to join the cause. Volunteering is an incredibly flexible process and there are many ways in which you can help to reduce food waste. For more information or to sign up as a volunteer visit www.norwichfoodhub.co.uk.

A Great Place To Learn And Grow



Valley Primary Academy is a happy, calm and exciting place to learn, where we know that the children will continue to make us proud of their responsible, positive and caring attitudes.

We have high expectations of ourselves and the children at the school in relation to behavioural, academic and creative progress and aim to offer the children a high quality, innovative and creative learning experience. We are even lucky enough to have our own mini farm here which helps to support the children with their social and emotional needs. Children have the opportunity to feed and care

for all the animals on the farm throughout the school day. The students love them and enjoy looking after them. We warmly welcome visitors at Valley so why not come and take a look to see what you think of our wonderful school. If you would like a tour of the school call 01603 742969. Alternatively, to find out more about Valley Primary Academy, visit the website at www.valleyprimaryacademy.co.uk

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



The Big Bike Revival

Henderson Trust's cycle maintenance project Not About the Bike have been working with Cycling UK this winter to deliver free fun cycle events as part of the 2021 Big Bike Revival.

Funded nationally by the Department for Transport and supported by Cycling UK, local authorities and organisations, the project aims to encourage people who don't already

cycle to do so and to improve the confidence and cycling safety for those who already do. The project also provides checks and repairs to make sure bikes are well maintained. The free events have a common focus to deliver fun, sociable and inclusive activities and services that promote cycling as a practical and healthy regular activity. The Big Bike Revival was delivered locally by Graham Meads and Scott Porter from the Not About the Bike project with support from Richard Andrews from Cycling UK. This project offered 6 free bike check and repair sessions in the local area where they took on various tasks ranging from basic checks, setting up gears and replacing worn out brakes to much more complicated jobs like a complete rebuild of a bottom bracket.

As well as performing the checks and repairs Graham and Scott completed training provided by Cycle UK and both qualified as Cycle Group Leaders before leading two

local group bike rides setting off from Marriotts Way. Scott Porter, from Henderson Trust, said "This has been a great project and we have really enjoyed working with Cycling UK to deliver it. There was a good up-take for the free check and repair sessions and we certainly helped to make several bikes safe and road worthy". He went on to say "The 'Ride Outs' were also great fun, even if a little cold! Hopefully we will be able to work with Cycle UK again in the future to bring more of these events to the area. We think the sessions were of great benefit and very enjoyable for everyone involved". There are plans in motion for more exciting events next year. You can sign up for the Not About the Bike newsletter via the all new NAB website at www.nabnorwich.org.uk and don't forget to keep an eye on the Henderson Trust website and facebook page for news on these and other projects and activities.

New Family Loan with Norfolk First Credit Union

Our Family Loan has been created for families who want an extra helping hand. Borrow up to £500.

Key points

- Weekly or 4 weekly payments
- Building savings you can borrow against in the future
- Interest fixed 42.6% APR
- No administration charges or early redemption fees

Eligibility Criteria

- Live and work in Norfolk
- 18 years or older
- In receipt of Child Benefit
- Agree to have Child Benefit paid into Norfolk First Credit Union
- Are able to afford repayments
- Do not have an IVA (Individual Voluntary Arrangement), DRO (Debt

Relief Order) or are bankrupt

- Agree to become a member of Norfolk First Credit Union (£2 one-off membership fee)
- For more information call 01603 501301 or go to www.norfolkfirstcu.com to download an application form. Forms are also available from Henderson Trust.

Love Where You Live

Friends of West Earlham Woods not only help to look after West Earlham Woods but host a range of different activities and events to really make the most of the beautiful surroundings and varied wildlife found there.

In the autumn half-term they ran two forest school sessions where local children learned how to make leaf prints, found and identified lots of different types of fungi and enjoyed

toasted marsh mallows and hot chocolate. Students from West Earlham Infants school also recently decorated the Autumn Tree on the community mural by the Earlham shops. There are 4 trees representing the seasons and 'Autumn' now has brightly coloured handprints for leaves. The mural is very much a work in progress and changes along with the seasons.

Friends of West Earlham Woods help to keep the woods a wonderful place to visit by holding regular litter picking sessions, conservation work, weeding and clearing paths and planting native woodland flowers and trees.

And you can help too by joining in with any of their sociable groups and activities. Training, tools and gloves are provided where needed. For more information about all activities you can call 07920 205467, email friendsofwestearlhamwoods@gmail.com or follow them on Facebook.

Back To The Library

Since returning to normal opening hours again things have really started to pick up at both Earlham and West Earlham Libraries.

West Earlham Library has already resumed their Bounce & Rhyme Group for babies and toddlers, which takes place every Thursday, and are really excited to be welcoming back the Book Reading Group and Knit & Natter Group. Earlham Library has also returned to normal opening hours. Their Bounce & Rhyme

Group is also back and running every Tuesday, as is their weekly Drop-In and Draw Group which proved very popular before lockdown. The Library Service has continued to provide support for local families and encouraged young children to enjoy reading throughout lockdown with online activities and events, such as The Gruffalo Theatre craft event which took place via their facebook page during the October half term holidays. They are very pleased however to be able to start welcoming back readers, crafters and all their face-to-face groups and activities into the libraries. Both Earlham and West Earlham Libraries have a great stock with lots of new titles, publications and even Christmas books to help get you in the mood for the festive season so there really is something for everyone.

Like us at www.facebook.com/hendersontrust

New Year, New Experiences



Every few months the Norfolk Fire and Rescue Service Youth Development team runs the Prince's Trust Team Programme at North Earlham Fire Station. They are now looking for young people to join them for the next 'Team'.

If you're aged 16 to 25 this could be your chance to take part in this 12-week self-development programme. Starting on the 24th of January, participants will undertake exciting challenges and projects, develop skills and confidence, make new friends and even gain a nationally recognised qualification. The last group of learners in the autumn had a residential week full of activities such as abseiling and raft building, they undertook a community project for Age UK in Norwich, went on work experience placements around the City and took part in exercises and activities with the Fire Crews at the Station.

One previous Team member said "Completing Team gave me the confidence to pursue paths to a career I had already given up on doing, as well as a giving me a tonne of new experiences that I will never forget".

To join Team you must be able to commit to the full time 12-week programme and not currently be in education, employment or training. The programme is completely free and does not affect any benefits you may be receiving. For more information call 07920 792232 or email youthdevelopment@fire.norfolk.gov.uk where you can enrol for a taster day or to sign up to join the 'Team'.

HealthWatch Norfolk

It has been a very busy time for us at Healthwatch Norfolk with a number of issues being flagged up.

One of them has been around face-to-face GP access. We know it is worrying and we will continue to work as the voice of patients making your concerns known to NHS leaders and decision-makers. Equally we also co-signed a

letter with GP practice leaders and their teams asking everyone if they could do their bit to ease pressure on the staff across surgeries and health centres. This includes making sure we are kind and respectful when we contact them and that we use the recommended methods and technology to contact staff where possible as this really helps to make sure you get directed to the right service efficiently. It was also a reminder that practices have a large range of support services and teams who may be able to share the

load such as pharmacists, physiotherapists, nurse practitioners, paramedics and social prescribers who can signpost patients to specialised help and support. We are keen to hear from the community about their experiences of health and social care. Your responses are important to us as they help us to feed back to NHS leaders and decision-makers. We cannot do that without you. Find out more about how to share your experiences and make your voice heard at www.healthwatchnorfolk.co.uk

NR5 Community Hub

In November the NR5 Community Hub restarted delivering its activities from Cadge Road Community Centre.

The NR5 Hub played a massive role in helping the community during the pandemic by working in partnership with Henderson Trust and other agencies in the area to deliver food and support to local residents. Now, following the easing of lockdown restrictions, it is back with regular activities at the Community Centre.

Rainy Waller, organiser of NR5 Community Hub, said "It seems

like it's been a long wait but it's great to be back. We've missed everyone and it's brilliant to see people out and about engaging and having fun again. None of what NR5 Community Hub does would be possible without the volunteers who give up their time to help. They did brilliant work during the lockdown and it is great that they are all back again so we can get going with our regular activities. A big thank you to all of them".

The NR5 Community Hub currently delivers fun activities and projects for families and young people at Cadge Road Community Centre on Fridays and every other Saturday. These include 'Building Blocks' and a Youth Sports Hub for young people. NR5 Community Hub plan to introduce even more activities in the New Year so keep an eye on their Facebook page or contact Rainy directly on 07471 156198 or email lorrainewaller2014@gmail.com

Music Gets You Through

Norwich based guitar teacher Simon Devlin has been announced as the winner of the Music Tuition Service of the Year Award.

The Prestige Award recognised dedication to both students and fellow teachers during very difficult times.

Simon commented that "The last 18 months have been really tough for musicians and

teachers because of the pandemic but things appear to be returning to normal so people are starting to return to live music events and lessons". Simon is based on Earlham Road and currently has a few spaces available for new students; so if you've ever fancied learning the guitar or want some professional help to develop your current abilities call 07986 370658 or contact him at

www.MyGuitarLessons.co.uk.

We want to hear from you...

*** Do you live in the area?**

*** Would you like to support the work of Henderson Trust?**

*** Could you help with our projects and activities with young people, families or older people?**

You can be hands on and help with activities or you can help guide all of our work by becoming a Trustee.

We currently have a vacancy for a Trustee but there are more volunteering opportunities. Enthusiasm and a desire to get involved are more important than qualifications.

Support and training will be offered.

To find out more email nick.craig@henderson-norwich.org.

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.