

THE

Henderson Herald

Free

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- Norwich Primary Academy - and lots more from your local community...

Spring 2022

Friends Of West Earlham Woods

The West Earlham Woods has already seen lots of activity this year and Friends of West Earlham Woods have been busy making sure that the woods are a beautiful and diverse place for nature to flourish now and for years to come.

In January the group of volunteers went out on a frosty morning and planted 50 Scots pines. The pines came from a local woodland nursery in Felthorpe where they had been grown from seed. Despite the cold this was the best time to transport the trees as they were 'still sleeping' so could be lifted from their bed, moved and planted in their new home without causing too much stress to them.



Planting the new Scots pines will not only make the woods look beautiful for years to come, a familiar sight to anyone who has visited the sand dunes around Holkham and Wells, but is great for biodiversity and the climate crisis. The trees were funded by a grant from Norwich City Council and the National Lottery. The group planted saplings too: "We planted them amongst brambles to protect them while they are little... we hope they will grow tall and strong for hundreds of years and be delighting people for generations.". The Norwich Fringe project and The

Conservation Volunteers have also planted lots of bare root, broad leaf trees and wood edge trees. At the moment they are tiny and not easily seen, but we can expect them to make a real difference over the next few years.

In February, Friends of West Earlham Woods planted bulbs including snowdrops, lily of the valley, wood anemones, wild garlic and bluebells. They spent a couple of significantly sunnier mornings planting the woodland flowers. Lily of the valley is native and its sweet scent attracts pollinating insects. They produce a dense mat of

roots that spread under the ground and maybe, in future years, they will carpet parts of our beautiful woods. The group hope the new plants will do well in West Earlham Woods adding to the sources of nectar for all the inhabitants.

In April, Friends of West Earlham Woods have arranged an early Dawn Chorus walk. The walk is scheduled for 6.00pm on Saturday 9th April and will be led by local expert Peter Walton. The group are meeting at the corner of Enfield Road and Larkman Lane so why not set your alarm and join them. Everybody is welcome.

Later this year there are plans for two new information boards to be installed and it is hoped that the main path through the wood will also be upgraded. Friends of West Earlham Woods hold regular litter picking and conservation sessions on the first Saturday of the month, with some mid-week sessions too. These sessions are very relaxed and friendly, everyone is welcome and all equipment is provided. For more information about all the groups, activities and events you can get involved with go to www.westearlhamwoods.wordpress.com.

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

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.

It's All 'A Go Go' For Pupils At Norwich Primary Academy

We have some big projects and collaborations going on at Norwich Primary Academy at the moment.

We have been lucky enough to be offered an opportunity to take part in an art project delivered by musician Alan Southgate in collaboration with the Norfolk & Norwich Festival. The project involves working with Alan to compose and create some music and a short film in which the children create the music, art and engage in the performing arts. The music workshops ran for 6 weeks before Christmas and the finished film will be given to the school as well as hosted online on the artists' and Norfolk & Norwich Festival's websites.

Also this year, we are looking forward to getting involved

with the UEA who are sponsoring 'BREAK Go Go Discover Mammoth' for 2022. The UEA Outreach Team and Science Department have teamed up with The Sainsbury Centre to run a series of activities alongside this exciting project. They are in the process of appointing an artist to paint the Mammoth and we have been chosen as an 'Outreach primary school' through a bid process to be involved with the project. Our year 5 pupils have already visited the Sainsburys Centre for Visual Arts to engage with a workshop based on wider themes of climate change, extinction and evolution. The UEA and Alan Southgate will also be running a programme of in-school workshops, activities and educational resources around the theme that influenced the design later this year. We thought it would be an honour for NPA to be able to be part of such an important celebration of our 'Deep History Coast' heritage

and enable our pupils to discover more about our fascinating coastline which is steeped in millions of years of history and world famous geology.

Our year 6 pupils have also had the pleasure of working with Anna Mudeka and the African Choir through Music Worldwide. Her choir was made of a vibrant group of women sharing their love and heritage from different parts of Africa including Ivory Coast, Zambia, Zimbabwe, South Africa, Kenya, Nigeria, Eritrea, Ghana, Tanzania, Caribbean and Black British descendants. This amazing collaboration was made possible thanks to support from Arts Council England and was part of a wider educational outreach project.

For more information about Norwich Primary Academy visit www.norwichprimaryacademy.org.



Spring Has Sprung

Having finally come through the long winter months we now find ourselves looking forward to a sunnier year ahead.

In the heart of the community, Earlham and West Earlham Libraries are excited to provide a whole host of additional support, services and activities for you.

The Library Service provides free 'goodie bags' including a range of sanitary products and essential toiletries from Tricky Period and a bag of items such as hats, scarves and blankets for anyone who needs a little help keeping warm.

Throughout the week the libraries offer free hot drinks and snacks during several of their group sessions and activities. Subject to availability they also provide free Covid test kits.

The West Earlham Library has been replenishing its stock weekly and boasts a large choice of reading material in a wide array of genres for all ages. Their Bounce & Rhyme takes place every Thursday at 2pm and is free to attend with no booking required.



Earlham Library's Bounce & Rhyme sessions are also back every Tuesday at 2pm as well as their popular Drop In and Draw art group, which is every Friday between 2.30pm and 4.30pm. This includes the provision of free art materials and is a great opportunity to explore your creative side amongst new friends.

The Library Service is encouraging 0-5s to read with their new Story Explores Scheme where children get rewarded for reading books with stickers and certificates. This is similar to the popular National Summer Reading Challenge which will also be running again this year over the summer holidays. To sign up for the Story Explores Scheme just visit your local library.

Follow them on Facebook to keep up to date on all the exciting events and activities available at your local library.

Taking Control Over Your Personal Health With Airmid

Wensum Valley Medical Practice are encouraging patients to make the most of the online services and facilities made available to them through Airmid.

Airmid, their clinical system's innovative patient facing app, is designed to support you, bringing you closer to clinicians and giving you control of your own healthcare needs. Airmid gives you access to your full medical records and reduces the need for face-to-face appointments. It provides details of local health care organisations, allowing you to exercise more control over your personal health whilst reducing the time you spend on finding the right professional support for your needs, booking appointments and accessing your medical records.

Downloading Airmid from your electronic device's app store will also enable your local GP surgery to keep in contact with you and help direct you to the right service for your needs quickly and efficiently. The Airmid app is designed to be user friendly making it easier for you to access medical services and support but you can find online help and tutorials on downloading Airmid, entering and viewing your health data, ordering medication, booking and managing appointments and how to request online access to full clinical records on YouTube.

Sorted Is Back

With things starting to gradually return to normal, Henderson Trust is beginning to plan 'Family Sorted' activities for the summer holidays.

'Family Sorted' is a project that plans and delivers days out for families within the local community during the school holidays. All the trips are subsidised, making them cheaper and more accessible for families, and all transport is provided.

Summer 'Family Sorted'

arranges a variety of activities including days out to the beach and trips to places such as Pleasurewood Hills, Banham Zoo and the Dinosaur Park. The trips are available to any families living within the NR5 8 postcode area. Booklets with information for all the Summer trips and activities will be sent out to everyone on our mailing list in plenty of time for you to sign up and reserve your places. If you would like to be added to the mailing list for a Family Sorted booklet please email sorted@henderson-norwich.org to receive your copy as soon as they are available.

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

10-16 Activities

Henderson Trust have put together a range of exciting 10-16 Easter activities.

10-16 Activities are organised by Henderson Trust. Many of the activities are delivered from Cadge Road Community Centre but additionally we arrange trips to local leisure facilities and other great attractions.

Easter activities will include an assault course, a scavenger hunt, an Easter party, a sports day and an exciting trip to Gravity the trampoline park at Riverside offering 'wall-to-wall' bouncing fun. Each activity comes with a hot meal and the trip to Gravity will include free transport to and from the venue.

To stay up-to-date with all the activities and events available for 10-16s keep an eye on our social media or visit our new 10-16 Activities website page at www.henderson-norwich.org for all the latest information and booking forms.

Family Loans

Norfolk First Credit Union is a financial cooperative owned and operating on a non-profit basis by its members and is open to people who live and work in Norfolk.

Our Family Loan has been created for families or individuals who receive child benefit and want an extra helping hand. Borrow up to £500 and repay using your child Benefit. How much will it cost? £14 per week off your loan and at least £1 per week into your savings or £59 every 4 weeks off your loan and at least £3 every 4 weeks into your savings.

Key points:

- 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
- 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. There is a £2 one-off Membership Fee.

And if you need to borrow a bit more then loans can be 'topped back up' to £500 once a third of the loan has been paid with no increase in payments.

Application forms can be picked up from the office during opening hours or are available on the website. For more information go to www.norfolkfirstcu.com, call 01603 501301 or pop to the Earlham West Centre for a chat with one of the team.



Are you ready to join Team? We are looking for young people to join our next Prince's Trust Team Programme starting in May.

Every few months we look for 15 young people aged 16 to 25, who are not in full-time employment or education, to join us for 12 weeks of 'fun packed' activities with the aim

of giving them a boost back into work or education that is of interest to them.

The last 'Team', which started in January, have been busy enjoying team-building activities on a week long residential in the Peak District, raising funds by dressing up, selling cakes and doing a sponsored walk. Money raised will be put towards their community project providing hands on help and support for a local Scout group in Norwich.

The Team have also been involved in exciting activities and challenges together with

our Fire Crews at North Earlham Fire station. In addition they've had the opportunity to hone their job interview skills, perfect their CV's and have even completed work experience within their chosen industries.

Team is a great way to get you going in the right direction and make loads of new friends whilst you're at it – and the best bit is that it is completely free!

To be part of the next Team or find out more call Emma or Andy on 07920 792232 or visit the website at www.norfolk.gov.uk/nfrsyouth

Community Centre Reopened Again

Cadge Road Community Centre opens its doors again.

The centre had been shut during January and February to allow roof repairs to be undertaken. The repairs have now been completed and this means the centre can open its doors once more.

There is a growing programme of activities being delivered at the centre – some provided by Henderson Trust and some provided by other groups. Henderson Trust delivery includes youth activities and

food in the school holidays, a youth drop in, a group for young girls, an I.T. and social group for older people, craft groups both for older people and adults and a yoga group. Many of these activities are free to attend for the local community and more information can be found on our website www.henderson-norwich.org or by contacting us by email on info@henderson-norwich.org.

The following groups are also delivering activities at the centre:

NR5 Community Hub – providing regular weekly activities for parents and toddlers, families and young people.

Silver Diners – running a lunch club and social group for older people.

Slimming World - running regular group meetings.

Norwich Choi Kwang Do – a martial arts group.

Hennigan Irish Dance – an Irish dance class.

Hallswood Animal Sanctuary – a monthly arts and craft group
Scott Porter from Henderson Trust said "We are very grateful to Norwich City Council who paid for and managed the roof repairs. This was a major piece of work so we had to shut for a while but we are now open again and looking forward to developing the centre as a hub for lots of exciting and fun activities".

Like us at www.facebook.com/hendersontrust

Animal Encounters



Angelica's Rainbow Sanctuary have launched a new on-site visitors project called Open The Barn Door to provide everyone in the community with accessible outdoor activities.

With so many services, clubs and activities having to close their doors during lockdown Open The Barn Door project was created to give the local community an opportunity to get out and active again. The sanctuary offers people of all ages, experience and abilities the chance to get up close and interactive with a surprising array of different animals. Activities include the Animal Encounter Session where you can meet, feed, pet and learn how to groom some of the rescued animals. Angelica's Rainbow Sanctuary also now offer Pony Walk Sessions where you can meet Poppy the rescued Shetland Pony, learn how to professionally groom and care for an equine and take her for a walk along Marriots Way.



Animal Encounter Sessions - £20 for 2 people, an extra £3 per extra person, up to 6 people.

Pony Walk Sessions - £25 for 2 people, an extra £4 per extra person, up to 6 people.

A discount is applied for charities and not for profit organisations for both of these sessions and block bookings of 4 visits will also receive a 10% discount. In some cases grants can be applied for through external organisations to help with funding these therapeutic experiences. Open The Barn Door activities can also be eligible for funding as part of a care package for some young people. Individual circumstances apply and funding may vary depending on your personalised care package.

To find out more or to book a session go to www.angelicasrainbow.org.uk, contact the team via their social media pages or email info@angelicasrainbow.org.uk.



IntoUniversity Norwich

IntoUniversity Norwich officially opened its doors in September 2021. Based in the West Earlham Community Centre, the organisation works with schools in the area to support young people in achieving their academic aspirations through workshops, one to one support and mentoring.

The Norwich team is made up of five members of staff with different subject backgrounds and specialisms. They run a free after school club called Academic Support for primary students on a Tuesday and Wednesday from 3.30 pm until 5.00 pm and one for secondary students on Monday and Thursday from 4.00 pm until 5.30 pm.

At Academic Support, primary students follow an exciting curriculum exploring different university degree topics. Secondary students use the space to complete homework and revision in a study-friendly environment, receive support with applications for university or work experience and can take part in exciting opportunities like Future Readiness Award.

The centre also has laptops for students to use, as well as access to revision guides and free printing.

Both of these clubs have available spaces for eligible students to join.

IntoUniversity Norwich is also recruiting UEA student mentors and community volunteers to further support the young people they work with.

If you would like to find out more about IntoUniversity Norwich or to register interest in any of the above opportunities, you can get in touch at norwich@intouniversity.org or on 01603 367525.



Henderson Community Park

At last it seems to be getting warmer and the days are lasting a little longer.

Henderson Community Park is a great place to come for a walk, use the play or outdoor gym equipment or simply get

away from it all for a while. Henderson Trust has recently installed some new benches and new litter bins and is undertaking minor works here and there to ensure the park remains a welcoming place to visit. Anti-social behaviour can become a problem at this time of year so Henderson

Trust will be working with the local schools and Norfolk Constabulary to try and stop this from happening. Enjoy the park and stay safe!

