

THE

# Henderson Herald

Free

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**Summer 2022**



## Valley Primary Academy Challenges

**Valley Primary Academy know that education is not just about learning inside the classroom.**

This year, they have provided pupils with the opportunity to experience specifically chosen, new activities to challenge, enrich and excite their learning journey at Valley Primary Academy. In order to help express themselves, work as a team and develop their self-esteem the Reception children have been taking part in a fun drama lesson each week. These have been led by a drama specialist and brought exciting themes

from minibeasts to fairy tales. Emily, aged 5, said "I love to sing and dance. It makes me really happy". Year 1 students have been learning all about control, respect and discipline through a weekly karate session every Friday afternoon led by a professional instructor. This was a fantastic end to a busy week of learning. Blossom, a Year 1 pupil, said "It has been so much fun. It makes me feel calm and strong". The teachers have also learnt new skills and have really enjoyed participating in the sessions too. Den building, cooking over a camp fire and creating bug hotels are just some of the amazing activities that the Year 2 and Year 3 students have enjoyed in their weekly Bushcraft lessons. The

children have developed a great team spirit and gained confidence in trying and developing new skills. Thomas, Year 2, said "I loved learning about the world around me and how to forage for food". A further trip to Whitlingham Outdoor Centre with the Year 3 class enabled all the children to try kayaking for the first time; and not a single child or teacher came home dry. Alongside weekly swimming lessons, Year 4 welcomed skilled musicians to develop their rhythm, tone and pitch by learning to play the violin. Mr Dawson, Class Teacher, loved the lessons and said "It was wonderful for the children to be given such an opportunity and to see the enjoyment that it gave them". Year 5 had an amazing time fearlessly

learning to Ski at Norfolk Snowsports. These weekly lessons were a fantastic opportunity to develop the children's resilience, flexibility and strength. The pupils loved it and the classes were a resounding success. Isla said, "I never thought I'd learn to ski. This has been the best experience of my life!" whilst Faith commented that "It was amazing, especially when we went down backwards. I was scared at first but then I knew I could do it". The staff were all so proud of the level of enthusiasm and commitment shown, as commented on by the instructors themselves. At the end of May, after completing their SATS, Year 6 had the opportunity to experience some

exhilarating learning outside the classroom too with a visit to X Adventure Activity Centre. The trip saw the children working together by completing team building activities such as undertaking the 'Trebuchet Battle' and climbing the high wall. Such enriching activities have provided all the children of Valley Primary Academy with a broad curriculum this year and experiences and memories that will last a lifetime. Valley Primary Academy have Reception class places available for September 2022. If you would like a tour of the school call 01603 742969. Alternatively, visit the website at [www.valleyprimaryacademy.co.uk](http://www.valleyprimaryacademy.co.uk) or visit their Facebook and Instagram pages.

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

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# Cadge Road Goes Retro

In March Henderson Trust were awarded funding from the Youth Investment Fund and Children in Need to refit the old social club area in Cadge Road Community Centre.

The space had remained pretty much unchanged since the social club closed and was not the most inviting space for young people. This is now used for the Trusts' youth projects however so a complete revamp was required. Graham Meads, who runs the Trusts' Not About the Bike project, was heavily involved in the design of the space. He said, "It was a great project to work on. We had a completely blank canvas and we wanted to totally change the space into something bright and vibrant. From a design point of view we wanted to go for that 'retro' late 80's feel without directly referencing any of the pop culture from the time. Also, we were working on a tight budget and timescale. I think the finished space looks great!"



The area certainly looks very different and the space now has a much more modern feel. The funding also provided a budget for items such as a retro arcade machine, jukebox, sofa, equipment for the kitchen and a selection of board games.

Dean, the Facilities Operative for the Trust, to complete the job but I think all the effort was really worth it." The new area, now named 'Retro', will be home to a youth club, a girls' group and will also be the base of operations for the trips and activities for



Scott Porter, Programme Manager for Henderson Trust, organised the funding and helped with the design and re-fit. Scott said, "It was a great opportunity for us to really try and bring some life back to this part of the Community Centre. It took a lot of work from Graham and

young people aged 10-16 organised by Henderson Trust during the school holidays. For more information on what's happening at 'Retro' you can contact Sally at [sally.fox@henderson-norwich.org](mailto:sally.fox@henderson-norwich.org) or Miggy at [miggy.tennakoon@henderson-norwich.org](mailto:miggy.tennakoon@henderson-norwich.org).



# Summer Is All Sorted



As this issue of The Herald hits your doorstep preparations will be well underway for Henderson Trusts' 'Family Sorted' summer activities.

'Family Sorted' is a programme of organised trips and activities that are subsidised by Henderson Trust so are available to local residents at a reduced cost. Transport is provided and the trips are open to families who lives in

the NR5 8 postcode area. This summer there are many great activities and outings planned to local beaches such as Hemsby, Sea Palling and Cromer as well as local attractions such as Africa Alive, Pleasurewood Hills, Pettits and Bewilderwood. 'Family Sorted' sends a programme booklet of activities out to all families who are on the mailing list so that people can book for the trips and activities that they would like to take part in. Programmes have already been sent out but there may still be places available for some of the trips. Booklets and booking forms can be found on our website. If you want to see what activities are still available or would like to join the mailing list for future trips contact Scott via email on [scott.porter@henderson-norwich.org](mailto:scott.porter@henderson-norwich.org)

# St Mary's Church Toddler Group

The well-established and popular Toddler Group, based at the Church Hall on Hutchinson Road in Earlham, said a fond farewell to Nicky, Gemma and Sandra as they left the group after eight years of leadership. They will be carrying on serving the community in other ways but will be very much missed at the Toddler Group.

The new team is Carol, Christine and Estelle with Maureen and Valerie who work from the kitchen and provide delicious and healthy snacks. The group is well-stocked with lots of toys and activities and there is a lovely, friendly bunch of parents and carers who come along each week. They do have space for more however so if you are interested feel free to join them. The group runs on Mondays during term times from 9.15am. The doors are open from 9.00am if you are coming straight from the school gate. The group costs £1.50 per family of two children. You can get in touch with Carol on [carol.pritchard@earlham.church](mailto:carol.pritchard@earlham.church) for more information and a warm welcome.

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



# Not About The Bike Lends A Helping Hand

**Henderson Trust's charity 'Not About The Bike' (NAB) recently reached out to local organisation Norfolk Polonia CIC to offer Ukrainian Refugee families in our community aid.**

Norfolk Polonia runs a weekly 'Ukrainian Support Surgery' drop in every Friday, from 9am to 3pm, at West Earlham Community Centre. The collaboration enables free access to NAB's after school bicycle group. Furthermore the circulated flyers, printed in both English and Ukrainian, offers refugee families the opportunity to build a bicycle that they can keep for free. The additional sessions run on Tuesdays, Wednesdays and Thursdays from 4pm to 6pm

alongside usual sessions open to anyone aged between 11-16. All bikes donated are thoroughly mechanically checked and often built from scratch. They are also 85% recycled.

The mix of groups acts nicely as a community integration project and reflects the routes of the 'Not About the Bike' project as it was originally started as a means to help socially integrate Asylum Seekers and Refugee families in Norwich about 16 years ago. Now, as part of the Henderson Trust, it opens it's the bicycle workshops, based in Units 9 - 10 at the Henderson Business Centre on Ivy Road, to a variety of community bicycle repair and building activities.

For further information about 'Not About the Bike' visit [www.nabnorwich.org.uk](http://www.nabnorwich.org.uk) or go to the Henderson Trust website. To contact Norfolk Polonia go to West Earlham Community Centre or visit [www.norfolkpolonia.org](http://www.norfolkpolonia.org).



## The Prince's Trust Team

**It has been an incredibly busy and successful 12 weeks for the young people involved with the Norwich Prince's Trust Team Programme run by the Norfolk Fire and Rescue Service.**

13 young people joined the free personal development programme and all successfully achieved a

qualification in Employment, Teamwork and Community Skills and an Emergency First Aid at Work certificate. Many went on to secure employment, apprenticeships or volunteering opportunities after completing their work experience placements. The Team were able to make friends on the residential trip whilst having lots of fun with Fire Crews at the North Earlham Fire Station. They also spent a lot of time helping others in the community. For their main project they raised money to create a wildlife garden, bug hotel and a wall mural for the Scouts based at Jessop Road scout hut and community space. They also chose to support local organisations by making

donations to the Base line centre and Norwich Foodbank. Team member Max said "Team has given me so many opportunities to learn and improve. I'll be able to apply everything I've learnt and nothing will go to waste". Macie, another Team member, said "To be completely honest it feels like family and how everyone has connected and supported each other has been lovely". If you are aged 16 to 25 and want to get involved with the Team programme when it runs again in September get in touch with now to make sure you save your space. To find out more visit [www.norfolk.gov.uk/nfrsyouth](http://www.norfolk.gov.uk/nfrsyouth) or call 07920 792232 to speak to a Team Leader directly.



## Free Wing Chun Kung Fu

As part of the Norwich Pit Stop project, MensCraft are offering free Wing Chun Kung Fu classes at Cadge Road Community Centre on Mondays between 7pm and 8pm. Classes are for men over 18 and no previous experience is necessary – just wear

comfortable clothes and bring a drink. Instructor Ryan said "Wing Chun Kung Fu is a passion for me. It came at a pivotal point in my life when I was looking for change. I was very overweight and just coming out of a long battle with an anxiety disorder. I have

personally transformed through my training. I know the power it has to do the same for others and all the benefits it can bestow."

To book your place please call Rainy Waller on 07767 315485 or alternatively email her at [rainy.waller@henderson-norwich.org](mailto:rainy.waller@henderson-norwich.org)

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# Help For Those Who Help The Community

**The NR5 Hub, based at Cadge Road Community Centre, provides numerous activities and projects that are accessible to people in the West Norwich Community.**

As with all community based projects they do a great deal of work within the community but often struggle for funding, which makes them vulnerable to unexpected events. The Covid 19 outbreak was one such event and, whilst the

Hub and their fantastic team of volunteers provided great support during the lockdowns, they were facing an uncertain future.

In their time of need Norwich Consolidated Charities have stepped up to help out and have provided funding to help keep the NR5 Community Club operating in the area. The Hub will be working with Henderson Trust on plans to make sure that when this funding ends they are on a firmer footing to keep delivering their brilliant projects well into the future. Rainy Waller, Project Manager at the NR5 Community Hub, said "My team of volunteers have put so much work into the Hub and the projects that we provide. It's a great relief that we now have a little bit

more security to keep us going. The services we offer are accessed by so many people within the community and they are needed now more than ever. This funding from Norwich Consolidated Charities just means that we can keep delivering for the community and we really appreciate the support". NR5 Community Hub provides 'Building Blocks' a relaxed parent and baby group, several projects for young people, community meals and larger events for the community. You can find out more about what is on offer from NR5 Community Hub by following them on Facebook, calling 07767 315484 or by emailing Rainy at rainy.waller@henderson-norwich.org.

## Mind On The Job

**Routes Employment Service is here to support people with mental health conditions to gain and retain paid employment.**

Norfolk & Waveney Mind can find employment to suit your individual needs. They work directly with individuals, local employers and partners to build good working relationships to help you to stay in your current job or find a suitable alternative. You will be assigned an Employment Specialist to help re-build your confidence,

support searches for local jobs, help write CV's and application forms, prepare for job interviews, advise on related benefits and give you continued support from contacting employers to starting a new job. Routes Employment Service is available for anyone with a diagnosis of a serious mental illness, such as psychosis, bipolar disorder or personality disorder, for anyone in receipt of continued support for more than 6 months around their mental health or anyone accessing support from a Community Mental Health Team. You must be over 18 and have the right to work in the UK. Mind understand the challenges around employment and will help you overcome them. For more info or to access the service call 0300 330 5488 or email [rictriage@norfolkandwaveneymind.org.uk](mailto:rictriage@norfolkandwaveneymind.org.uk)

# Meet The Norfolk Youth Parliament

**Four Norfolk teenagers have been inaugurated as the county's new Youth Parliament Members (YPMs) at a special ceremony at Norfolk County Council.**

The new YPMs, who competed against 26 other Norfolk candidates for their seats, will now spend two years in office.

**Sarah Barrett, 15, of Hethersett Academy – new YPM for Norwich and South Norfolk**

Passionate about equality and environmental issues, Sarah campaigned for improving mental health support, encouraging plastic-free packaging and solar panels and improving support for

those young people facing childhood poverty. She said "I'm very honoured to have been elected as the South Norfolk and Norwich Youth Parliament representative. I owe a huge thank you to everyone who voted for me. I look forward to being a voice for other 11-18 year olds and to tackle important issues we as a generation currently face."

**Euan Duffield, 17, of East Norfolk Sixth Form – new YPM for North, Broadland and Great Yarmouth**

Keen to affect change in the community, Euan campaigned to improve mental health education in schools, introducing five-minute breaks into hour-long lessons and giving 16-year-olds the right to vote. He said "I am very grateful for the youth of our area with trusting me with the responsibility of representing them and I am looking forward to delivering the changes promised to the young constituents of North, Broadland, and Great Yarmouth."

**George Last, 17, of Athena Sixth Form College – new YPM for South West & Mid Norfolk**

Dedicated and committed to supporting young people, George campaigned to improve awareness of the signs of mental health and removing the stigma of asking for help, attracting better quality apprenticeships and giving 16-year-olds the right to vote. He said "I am honoured to have been chosen by the young people of West & Mid Norfolk to represent their views and I can't wait to get started."

**Ewan Harris, 17, of Springwood Sixth Form – new YPM for North West Norfolk**

An aspiring future politician, Ewan campaigned for more resources, more activities and spaces for young people, better mental health services and voting rights for 16-year-olds. He said "As a Youth Parliament Member I hope to make positive change and improve things for young people in my area and beyond."

These winning candidates will get the chance to debate in the House of Commons and work with regional MPs and local Norfolk councillors. Councillor Penny Carpenter, chairman of Norfolk County Council, said: "Many congratulations to the four winning candidates and many thanks to all who participated in the youth parliament elections and made your mark ballot this year. This is a brilliant chance for the winning candidates to get the experience of campaigning and representing the young

people of Norfolk locally and nationally and I look forward to working with them and hearing their views."

A total of 11,955 votes were cast by 11 to 18-year-olds in Norfolk's YPM elections. Young people also had the chance to cast their votes in the Make Your Mark ballot, which asks them to vote for the issues most important to them from a list of options. This year Health and Wellbeing was voted as the most important issue to young people followed by money, job opportunities and education and learning.

