

THE

Henderson Herald

Free

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Autumn 2022



Jog On! - Norwich Social Joggers

Did you know there is a Social Jogging group right in the Henderson area?

Norwich Social Joggers meet at the Henderson Community Park every Monday from 6.45pm.

Hidden away off Norwich's Bowthorpe Road is the Henderson Business Centre, home to an outdoor recreational oasis where people are showing up in their droves.

They're ready for the highlight of their week - getting some exercise and meeting new friends at the Norwich Social Joggers group.

Steve Pizey started the group in 2021. A runner

since 2017, Steve had been a member of another running club in the city, but often found himself at the back as one of the slowest members.

During the pandemic a move to the opposite side of the city left Steve with a choice as to whether to return to his old club. It was at this point he came up with the Norwich Social Joggers - a new kind of group where the social element was key.

"I use the word 'social' because that's what I wanted it to be social and fun. And Joggers rather than Runners" Steve commented.

"This group is an alternative to joining a Running Club. I didn't want anyone to do anything they didn't want to do. If someone wants to jog for 30 seconds then have a

recovery walk for five minutes, that's fine. At least they're getting out and doing something. So I started a new group where people can come out, meet new people, have a jog and have fun. People are amazed at how much it does mentally for them, not just physically. Some of them just come to meet people now, instead of for the run!" he laughs.

Meetings are on Monday evenings held at the Henderson Community Park off Bowthorpe Road. The group jogs some really lovely routes nearby including Earlham Park, the UEA lake, Eaton Park and Marriott's Way.

"We've got some really nice routes," says Steve. "We always like to do a minimum

of 5k. Because we've got a mix of runners, we'll do 5k for those who are slower, and there'll be a longer one for the faster ones - I'll give them an extra loop or an extra mile."

But everyone starts together and finishes together. This is at the very core of the group. "Nobody gets left out or left behind," says Steve. "That's my policy and I state that every week.

"I put the music on at 6.40pm," he says, "so rather than arriving and just standing there and everyone's quiet, I have some upbeat songs on. I think it really helps."

The group has team leaders so no-one goes ahead of the front runner and they don't drop behind the tail runner.

There is support in the middle to check how they're getting on, and they just chat as they run and leave no-one behind.

If you are interested in joining this group contact Steve by email. norwichsocialjoggers@gmail.com or find them on Facebook

The group meets at 6.45pm. Refreshments are available on the return

There are no membership fees or weekly charges as Norwich Social Joggers have been lucky to have had sponsors to help fund the group.

Mr Plastic Oak Street, C.J Spares, Taverham and our local Neptune Fish Bar all have sponsored the Joggers.

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

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A Summer of Fun

Here at Henderson Trust we have had a busy summer delivering projects and activities for people in the West Norwich community.

Our **'Family Sorted'** programme was back up to full speed after the disruptions of lockdown.

Sorted provides subsidised outings and activities for people who live in Henderson Trusts' catchment area which is, broadly speaking, the NR5 8 postal code area.

This summer **Sorted** provided 5 action packed weeks' worth of activities for families to enjoy including trips to local beaches, Pleasurewood Hills, Africa Alive and other local attractions.

In total **Sorted** provided 15 trips and activities throughout the Summer holidays, nearly 2,000 spaces were allocated and they used 27 coaches, all with the invaluable help of their 6 dedicated community volunteers.

Scott Porter, who runs the project for Henderson Trust commented "It was absolutely brilliant to see everyone out and about enjoying themselves. I don't think many people realised the effect that the lockdown would have on them, being isolated for so long, so it was really important that we were able to get back to providing the trips that people can enjoy."

Scott also thanked his community volunteers "Without the help we have from people willing to put in their own time to plan and assist with delivering the trips none of this would be possible, so a big thanks to all who helped out."

In addition to the **Family Sorted** project, Henderson Trust also ran activities and trips for young people aged



between 10-16 as part of their **'Get Set'** project. Miggy, who assists with running the trips said "Wow, what a great summer. It was so good to see all the young people having fun again"

Get Set provided activities for the young people to enjoy over the summer holidays, including activities delivered in conjunction with the Broads Authority where the young **Sorted** and **Get Set** head over to the Henderson Trust



people participated in numerous outdoor activities. There were also activities at Cadge Road Community Centre and trips out to places such as Gravity trampoline park. Food was provided for all the young people who attended.

website and social media pages.

Or, for **Sorted**, email Scott scott.porter@henderson-norwich.org and, for **Get Set**, email Miggy miggy.tennakoon@henderson-norwich.org



Find Us Online

You can keep up to date with the projects and activities that Henderson Trust are providing in the following ways...

Web



henderson-norwich.org

Facebook



facebook.com/HendersonTrust

Facebook 'Family Sorted' Private Group – Search for 'Family Fun Sorted' on Facebook.

Instagram



instagram.com/henderson_trust

Henderson
Trust

Growing 'Sparks' an Interest at Local Preschool

Little Sparks Preschool, based on Knowland Grove have been getting the children to attend the groups to take up a bit of gardening over the Summer.

The group has been encouraging the children to get their 'green fingers' by growing some fruit and vegetables, and things have been coming along nicely despite the dry weather we have been having.

Jackie, from the preschool, commented "It's great to see the children get involved with growing things. It teaches them a lot about nature and they can see the progress of the things they have planted,

they really love it!"

Little Sparks are planning to grow more in the autumn, including pumpkins that will hopefully be ready for Halloween.

The preschool still have some spaces left in the 2, 3 and 4 year room. You can contact them for more information on 01603 740677.



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

Youth Develop Trust!

In August another group of young people successfully completed the Prince's Trust Team Programme run by the Youth Development department of Norfolk Fire and Rescue Service.

The learners, all aged between 16 and 25 received their certificates of completion at a presentation at North Earlham Fire Station in front of friends, family, and invited guests.

Each learner achieved a qualification in 'Employment, Teamwork and Community Skills' as well as improving their prospects for employment by undertaking CV and interview workshops and work

experience placements.

Chris Simmons the Youth Development Manager from Norfolk Fire and Rescue said "We at the service are really proud of all our learners and the work they have put in to gain this qualification. The Prince's Trust programme teaches some very valuable skills and will greatly benefit the young people involved."

The free 12-week programme includes a week on a team building residential and runs three times every year in Norwich, Dereham and King's Lynn. It is open to any young person not in education, full-time employment or training.

Find out how to sign up at www.norfolk.gov.uk/nfrsyouth or call the Norwich team for more info on 07920 792232"



Prince's Trust

START SOMETHING

NOT ABOUT THE BIKE

AGES 11-16

AFTER SCHOOL PROJECT

TUESDAYS / WEDNESDAYS / THURSDAYS 4-6

FREE

Part of the **Henderson Trust**

Go to www.nabnorwich.org or contact nab@henderson-norwich.org for more information.



Book in to activities at Earlham Libraries!

As the exceptional heat of the summer cools, bringing in the autumn, we look back to the fun we have had over the summer!

The 'Gadgeteers' Summer Reading Challenge for the children has been a fantastic success this year, with many children signing up for the challenge. Well done to all who took part, thank you for making this year's challenge a great success, we loved to celebrate your achievements with you at the medal ceremony.

We also have hundreds of new books to read in the libraries, for children and for adults, so

pop in and take your pick. Don't forget you can borrow up to 45 books!

What's happening in the libraries:

We offer baby weighing facilities in both libraries. Our Baby Bounce and Rhyme sessions run in Earlham Library on Tuesday at 2pm, and on Thursday in West Earlham at 2pm.

On the first Tuesday of the month at 11am West Earlham book group meet in West Earlham Library, new readers are always welcome. Knit and Natter (other yarn crafts welcomed) is on every Thursday from 10 - 12 in West Earlham Library.

In Earlham Library, every week

on a Thursday at 11am our Craft and Chat group meets for an hour, Drop in and Draw meet on a Friday 2pm - 4pm. We also have Earlham Book Group which meets every last Thursday in the month at 5.30pm for an hour, and 'Just a Cuppa' on a Wednesday 11am - 12noon. In autumn we will see the return of Time Travellers visiting the past with documents and photos and the introduction of a new Lego club. Please follow us on Facebook to find out more.

The Friends of Earlham Library are hosting a talk 'Helping Norfolk's Hedgehogs' on Thursday 6th October at 5:45pm, just in time to help them get ready for bed, it's free and fun for all the family!

Craft Group Finds Funding

The 'Wellbeing Women's' craft group, run by Henderson Trust has secured funding from the East of England Co-Op to continue running.

The group, which meets on Thursday mornings at Cadge

Road Community Centre, provides an organised group for women to get together, socialise and practise a wide variety of arts and crafts in a safe and welcoming setting. "We are very pleased and grateful to the East of England Co-Op for granting us funding

to enable our group to continue" commented Sally Fox who runs the group.

To find out more about the project you can contact Sally Fox at sally.fox@henderson-norwich.org or telephone her on 07932589068

Like us at www.facebook.com/hendersontrust

Get Support With Your Slimming!

Slimming World's unique Self referral scheme allows you to be in Control!

Backed by Science & Facts not fads or Myths and with over 50 years of Experience makes us one of the leaders in the field of weight loss.

The referral scheme is Supported by Norfolk County Council and the NHS, offering You the chance of 12 weeks of FREE unrivalled support, food ideas, menus and much more, we Understand, we absolutely get it & we can help.

Slimming World can be life changing! Knowing members have been more active due to our fabulous body magic program, have reduced or

stopped medication altogether because of new healthier eating habits and saving money because the whole family can eat together alongside losing weight.

Wednesday @5.00 & 6.30 pm with Paula 07961 046619.

At Slimming World we love food! Eating from a large selection of unlimited foods that require no weighing, measuring or laborious counting - keeping you full and slimming you down! Without deprivation or hunger. At Slimming World you can eat potatoes, rice, pasta, lean meats, curry, and much more.

Your local groups runs every week, are super friendly and supportive. Also, the kettle is always on!

Costessey group is at Owen Barnes Room Breckland Rd

Earlham is at Cadge Road Community Centre 9.00 & 10.30 am with Paula 07961 046619.

Bowthorpe is at Namco Funscape 9-30 and 11.00 am 5.00pm and 6-30pm with Lorraine 07894 087044.

Scan this code to find out if you qualify for 12 weeks free support and assistance:



Borrow up to £500 Repay using your child Benefit.

Our Family Loan has been created for families or individuals who receive child benefit and want an extra helping hand.

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 in to 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

Forms available on the website or from the Office during opening hours.

If you need to borrow a bit more then loans can be 'topped up' back to £500 once a third of the loan has been paid without issue- with no increase in payments.

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

www.norfolkfirstcu.com

info@norfolkfirstcu.com

01603 501301

22-23 Earlham West Centre
Norwich NR5 8AD

Earlham Cubs Celebration Challenge

2022 is the year of Her Majesty The Queen's Platinum Jubilee, and the county of Norfolk set up a special Platinum Jubilee Challenge led by the Lord Lieutenants Office.

Earlham Cubs Scouts, based at their Headquarters at the Earlham Scout Hut on Bridgefarm Lane stepped up to this challenge!

The challenge had to contain four different elements. A physical challenge, a sustainability challenge, a community challenge and a learning legacy.

With Her Majesty The Queen being the patron of scouting in Great Britain the cubs were keen to do Her Majesty proud.

Led by Cub Scout leaders Kelly, Dan and Vikki the cubs completed a sponsored walk for their physical challenge,

tree planting at Henderson Community park for their sustainability challenge and spent time learning about the Queen's history and recording a video for her for their community and learning challenges.

After reporting back to the Lord Lieutenant's office about the challenges the cubs were paid a surprise visit by the Deputy Lord Lieutenant of

Norfolk himself, Mr Patrick Peel MBE.

Mr Peel spent a session with the cubs explaining to them about the work he does and how the Lord Lieutenant and her deputies represent the Queen while performing duties. Mr Peel also spoke about the Norfolk Air Ambulance Service, of which he was a co-founder. After the session Mr Peel

awarded the cubs and their leaders special certificates and pin badges for completing the challenge.

Cub leader Kelly Ward commented "It was a great honour for us to host the Deputy Lord Lieutenant, the cubs really enjoyed learning about the work he does, and it was a great reward for the work they put in on the

challenge. Unfortunately, many of the trees that we planted on the park were destroyed by vandals, which really upset the children, but this visit helped make up for that."

Following this visit we received the sad news that Her Majesty The Queen had passed away, as has assistant Cub leader Dan Goodrum. The Cubs send their condolences.

