

THE Henderson Herald

Free

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- Prince's Trust - and lots more from your local community...

Winter 2022



#More Than Food

Henderson Trust speaks to Hannah Worsley, the Project Manager of Norwich foodbank.

#MoreThanFood – that is the message that Norwich foodbank, as a Pathfinder foodbank within the Trussell Trust network, is trying to promote.

Pathfinder foodbanks are actively seeking a way to end the need for foodbanks. One way Norwich is doing this, is through a joint collaboration with, Shelter, British Red Cross and Citizen's Advice.

This is where the #MoreThanFood message comes in. Rather than just

distributing food parcels to those in need, the project is also finding ways to provide help and advice, with the aim being to help people become self-supporting.

The Pathfinders Project has been running for 12 months, and during that time, the partner organisations have been present at distribution centres to chat to clients and try to help them with any difficulties they may be facing including benefit claims and appeals, housing issues, employment issues and debt concerns.

Norwich foodbank are also looking at having the same advice available in schools and community hubs. By moving away from just the

distribution centres, they hope to catch people before it is 'too late' - before they find themselves in need of a food parcel.

When we spoke to Hannah Worsley, Norwich foodbank Project Manager, she said "we want to help people before they find themselves in a situation where they can't afford to put food on the table. Sometimes people ring up asking for a food parcel, and when we ask them 'what other help can we give you?' the response is generally they haven't got any food. So as a project we need to look deeper into why they haven't got any food and see if there is anything we can do to help to prevent the situation

worsening or arising in the first place".

Norwich foodbank is based at Henderson Business Centre, and while it is an independent charity, it has been supported by Henderson Trust for over ten years. Norwich foodbank occupy two industrial units and have their main office in the business centre. What stood out for us when we visited their warehouse was the amount of non-food items that they have. Everything from nappies and toothbrushes to pet food. So it really is more than just food! They may also be able to offer some help with things like energy, heating and even internet through a national relationship between Vodafone and Trussell Trust.

The fact is, in this day and age there shouldn't be a need for

foodbanks, but sadly there is an even greater need. The work that Norwich foodbank is doing in our area and across Norwich, is amazing. If you are in need of help, whether it be a food parcel or if it is just some advice or help with sorting out your finances, you can contact Norwich foodbank via their website norwich.foodbank.org.uk. Also, if you want to provide some help to Norwich foodbank again please visit their website.

They have a new website where you will find sections on getting help and giving help, as well as other useful information.

norwich.foodbank.org.uk

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.

Craft Connections at the Makers Festival

Craft Connections, the art and crafts women's group run by Henderson Trust, have been invited to have a stall by the Forum at the Makers Festival in March 2023.

Craft Connections runs the arts and craft group weekly from Cadge Road Community Centre. It offers a space for women to get together, socialise and learn all different types of arts and crafts. Sally Fox, who runs the group

commented; "We are all really excited and already planning what we will do. We will be there on Thursday 16th March 10-4pm to run workshops for the public on how to paint lavender using skewers and cotton buds. The stall will be manned by the group and we really hope you can come down to support us and have a go. No experience is needed and the activity is suitable for adults and children." Craft Connections is supported by the East of

England Co Op and runs on a Thursday between 10am and 12pm at Cadge Road Community Centre. If you are interested in attending please contact Sally on 07932 589068

sally.fox@henderson-norwich.org or stop by the Forum for the Makers Festival on Thursday 16th March and have a chat.



statement to see if there are any subscriptions or similar that you no longer need. You might be surprised. And, if you are struggling with debt, speak to the provider as soon as possible to work something out. Norfolk First Credit Union are community led and offer savings and loan schemes to members. Anyone who lives in Norfolk can join.

To find out more information visit their website norfolkfirstcu.com



Winter Warmers

With heating bills set to go up just as the temperature goes down, local residents will be glad to know that there are places to go throughout the day where they can get out of the house, keep warm and connect with others.

In the West Norwich area both the West Earlham and Colman Road Libraries offer warm spaces and will provide a free bad of Winter essentials.

The Baseline Centre in Marlpit is open Monday to Friday 9-5pm and provides free food & drink, free wi-fi, device charging, advice,

people to chat to, activities, groups, employment support and more and the Bowthorpe Church Centre is open Tuesdays 10-12pm, Fridays 10.30-12pm providing free food & drinks, people to chat to and a space to work if needed. There are also plenty of other local groups and clubs you can go along to in the area, including those offered by Henderson Trust. To find out more info visit Henderson-norwich.org



Money Savers

With Winter here Henderson Trust caught up with the staff at Norfolk First Credit Union based in West Earlham to see if they had any handy tips for budgeting in the new year.

Here are some tips...

Knock down the thermostat. Even if it's only a degree or so, it can make a difference. And if you have rooms that you don't use, consider turning the heating down lower in there.

Try not to run appliances such as washing machines

and dishwashers half full. These can be quite expensive to run, making sure they are full will reduce the amount of times you use them.

Don't overfill your kettle. If you boil a smaller amount of water each time you stick the kettle on the savings can add up.

Use alternatives to the hob and oven if possible. If you can use the microwave instead of the hob (for cooking frozen veg for example) you are using much less energy.

Check your expenses. Have a look at your bank

A message from the Trustees of Henderson Trust



Lynda Wilkinson
Chair of Trustees,
Henderson Trust

"This year has been very challenging for The Henderson Trust as it has for everyone, but all the staff have responded magnificently, so my very grateful thanks to them and all our volunteers. The Community Centre at Cadge Road has been a great success, I know lots of staff helped with the decorating and it looks amazing, we were very grateful to the Lord Mayor of Norwich for officially opening it. The centre is very

busy with lots of different groups and activities. Please contact Henderson Trust to find out more.

info@henderson-norwich.org

I am very grateful to all our Trustees who volunteer their time and expertise – they really do help guide all of our work. We very much welcome the support of volunteers and anyone wishing to help in this way should contact us to find out more.

Life will continue to be difficult for some time but I'm sure we can rely on everyone to do their very best, as always. On behalf of the Trustees and staff of Henderson Trust I wish you all a very Merry Christmas and sincere best wishes for a safe and healthy New Year 2023."

Step Into Educational Support

Into University, based at West Earlham Community Centre, are an educational organisation that supports young people to explore their future options and to develop skills and knowledge to achieve their goals. Academic Support is a free weekly after school club for students aged 7-18 years old. It is open for all eligible Primary and Secondary students.

Primary age students will take part in IntoUniversity's tailored curriculum and study topics like History of Art, Coding, Computer Science and Chemistry. All the students are supported by staff to improve their literacy and numeracy skills.

Secondary age students will receive homework help, career advice, CV support and have access to exclusive work experience opportunities. Students in years 6-12 have opportunity to take part in a mentoring programme, where they will receive 1:1 support from a current university student.

To find out if your child is eligible to attend Academic Support or for further information you can register by scanning the QR code below or you can contact IntoUniversity on 01603 367525 or norwich@intouniversity.org



WEST EARLHAM COMMUNITY CENTRE

IntoUniversity

Academic Support

in partnership with

OPEN FOR ELIGIBLE STUDENTS AGED 7-18

PRIMARY
Tuesdays or Wednesdays
3.30pm-5pm

SECONDARY
Mondays or Thursdays
4pm-5.30pm

FREE!

NOT ABOUT THE BIKE

AGES 18+

LEARN TO REPAIR YOUR BICYCLE!

WEDNESDAY DROP-IN 10AM - 1PM

FREE

Part of the **Henderson Trust**

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

RETURNS NOV 2ND!



Help For Households
For further details visit website below
helpforhouseholds.campaign.gov.uk



Turn Up, Drop In, Ride Out!

The Not About The Bike Adult Drop In is back!

Prior to the Pandemic, Henderson Trust's Not About The Bike used to run a popular Adult Drop In session. Unfortunately the service never re-started after the lockdowns were eased.

Now, thanks to a grant from

the National Lottery, the Drop In is back up and running.

The Adult Drop In, or 'Wednesday Group' runs between 10am and 1pm every Wednesday and is open to all. Attendees can come along and use our fully equipped workshop to repair their bikes, all under the supervision of our qualified workshop tutor Graham Meads. We also have a massive selection of used parts that can be accessed in the workshop free of charge.

Graham commented, 'We are so happy to have this group back up and running, we know it has really been missed by people in the community. A big thank you goes to the National Lottery for funding it. We hope to welcome back familiar faces and new members'.

Sessions are free, for more information visit nabnorwich.org.uk

Two Heads are Better Than One

Henderson Green Primary Academy is excited to announce it now has TWO new headteachers!

Clair Gribble and Caroline Laycock are proud to take on the role and excited about this new opportunity to share the prestigious role of headteacher.

The school is part of the Heart

Education Trust and both Mrs Gribble and Miss Laycock have been long standing deputy headteachers within the Trust. Due to family commitments, both headteachers work part time and will work three days each, both sharing Wednesday.

Mrs Gribble said "This is a very exciting time for the school, the parents and children have been extremely welcoming. The staff are raring to make

Henderson Green an outstanding school for the pupils and the community."



Like us at www.facebook.com/hendersontrust

Eye of the Tiger

Tiger Mixed Martial Arts or TMMA, based at The Marlpit Community Centre, provides training in Han Mu Do for people of all levels of experience and ability.

Han Mu Do which translates 'the Korean Martial Way', is a form of mixed martial arts developed by grand master and martial arts historian, Dr He Hong Kim, to incorporate several different styles of traditional and modern Korean fighting arts.

Han Mu Do helps to develop all areas of mental and physical balance. Classes focus on self defence, techniques and are a great way to meet people and have fun whilst learning and improving levels of fitness and confidence.

Charlie Hawkins, Sun Bi Nim,

black belt and world certified instructor, has been a student of TMMA for over 6 years and has recently taken over the running of the school. TMMA has been running out of Marlpit Centre for over 3 years and is keen to continue to support the local community.

Classes are suitable for people of all abilities and Han mu do is

a great way to learn self-defence, get fit and meet new people in a safe and friendly environment.

Classes run on Saturday mornings. If you want to find out more about TMMA or would like to join a class, please email

TMMAhanmudo@gmail.com or find them on Facebook.



Church Coffee Morning

Bowthorpe Road Church Methodist Church is a Methodist Church of Hong Kong. The church holds weekly services in Cantonese, Mandarin and English. With their mission being "To share the Gospel with one heart to Norwich and Beyond"

They are running a bi-weekly coffee morning, which will become a weekly coffee morning from January 2023.

Henderson Trust joined staff from Norwich foodbank and visited the coffee morning to

find out more about the church.

The church is overseen by Pastor Stephen Lau, and is the only church of its kind in Norfolk and people from across Norfolk attend the weekly Sunday services.

The coffee morning was established so that the church congregation and members of the Norwich based Hong Kong community can interact with the local community. In fact Pastor Stephen actively encourages the volunteers to

take the time to sit down and chat with anyone attending the coffee morning.

The coffee morning is open to everyone and runs on a Tuesday morning 9.30am until 11am.



Fire It Up!

Once again Norfolk Fire and Rescue Service will be running the Prince's Trust 'Team' Programme in Norwich.

Starting in late January the free 12-week programme is open to anyone aged 16 to 25 who wants to build their confidence, make friends and get help into the employment or education that they want! Join 'Team' and enjoy a residential week, get involved with a community project, improve

your CV and undertake some extra fun activities with our firefighters at North Earlham Fire station.

A previous learner said - "I would definitely recommend 'Team' to anyone as I have personally gained so much from this course, including a wide variety of skills, interests and personal development which you just can't get anywhere else".

If you are interested in this exciting opportunity contact Andy or Emma from our Youth team to find out more on **07920 792232** or visit www.norfolk.gov.uk/nfrsyouth



Check in for a Check Up

NHS Health Check appointments available in NR5!

As we get older, we have a higher risk of developing some health conditions like high blood pressure, heart disease or Type 2 diabetes. A NHS Health Check can help you reduce these risks and stay healthy. The Norfolk NHS Health Check Practitioners team have appointments available at over 40 venues across the county. Which include 2 venues in the NR5 area, West Earlham Community Centre and The FDC in Bowthorpe. To be eligible for the free health check, you must be: Aged between 40-74 years. Live in Norfolk OR registered with a Norfolk GP. Must be registered with a GP surgery. Haven't had a health check within the last 5 years. Don't have a pre-existing cardiovascular condition. To book an appointment

please visit www.norfolkhealthchecks.reedwellbeing.com or give them a call on 08081750413.

Social Doctors! Lorem ipsum

Wensum Valley Medical Practice has joined the social media circuit. They have a new Facebook page

www.facebook.com/wensumvalleymedicalcentre.

Their page features news, advice and health campaign information as well as other information. Take a look at it so you can keep up to date with news from the Practice.



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