

# Henderson Herald

Free

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Spring 2023

## A Royal Effort: Volunteering In Focus

As part of the King's coronation, he has announced an additional Bank Holiday on Monday 8th May. However this Bank Holiday is one with a difference! Instead of going to work, the King has asked that people consider and sign up to do some volunteering in their community.

life can sometimes become routine and dull, you can become stuck in a rut. Volunteering can provide an escape and create some balance in your life.

Volunteering can enable you to gain valuable new skills and experiences, helps you make new friends and forge stronger links with your local

Commitment". But you do have to advise the Job Centre that you are undertaking voluntary work and for how many hours. You may be asking the question "why should I give up my free time, what do I get out of doing that?" Well you will find that actually you get just as much out of volunteering as the

for Henderson Trust, within our Sorted project. "I really love volunteering for Henderson Sorted because it gives me a purpose. It gives me something to be a part of and to be really proud of. It has been an absolute godsend for my mental health, it has given me something positive to focus on. Volunteering is fabulous,

strengths and confidence."

Volunteering means YOU are improving your community, supporting friends and strangers and just broadly making the world a better place. So if you fancy giving volunteering a go, all you need is a willingness to help and to learn.



The initiative is called The Big Help Out. Around 16.3 million people in the UK already undertake voluntary work within their communities and it is proven that volunteering has many benefits.

Unlike many things in life, volunteering is about making a decision yourself to give your time, energy and skills to an activity that can benefit others. Everyday

community. It also boosts your CV and prospective employers generally favour candidates that have undertaken voluntary work.

"Will this affect my Universal Credit?" is a question that is sometimes asked. If you are on Universal Credit, volunteering can count to up to half the time you agree to spend looking for and preparing for work in your "Claimant

organisation or club that you volunteer for. Volunteering is known to boost your confidence and self-esteem and enhance your wellbeing. After all it is human nature to feel good after helping someone out! But don't take our word for it, Henderson Trust spoke to a couple of people who are currently doing voluntary work within our community, and here is what they said. Renee Jacques is a volunteer

I would highly recommend to anyone!"

Vickki Jones is a volunteer at Earlham Scout Group. "Volunteering has helped me build my confidence and find friends I would never have found anywhere else. I have learnt new skills and achieved so much more than I could in a paid job, as well as meeting so many amazing young people and helping them build their

See what opportunities are available as part of The Big Help Out by visiting:

[thebighelpout.org.uk](http://thebighelpout.org.uk)

For longer term opportunities just ask your local groups or clubs, to see if they need any help.

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

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# Don't Lose Your Vote

With local elections coming up on the 4th of May many people may not be aware that from this date onwards people wanting to vote will need to show a form of photo ID to allow them to do so.

This requirement will become law from the 4th of May onwards.

The forms of ID you can use include passport, driving licence, a blue badge, bus pass and proof of age card (bearing the PASS hologram).

All documentation must be

current, a full list can be found at the electoral commission website.

If you don't have an accepted form of ID you can apply for a free voter ID document from the electoral commission.

For more information search the internet for Voter ID.

**Don't Lose Your Right To Vote!**



Bring photo ID to vote

# New Youth Group

You might have noticed that young people don't always get a lot of support, or a lot of opportunities. After chatting to young people and families, a group of us from Crossroads Church decided we might be able to join others in making a difference. We wanted young people to have another place to be supported by adults, grow in their potential, and ask questions about life and faith. So we decided to set up a youth club.

In our first week only one young person came, and the next week two people came. We began to get worried that we wouldn't get many at all! But slowly more young

people heard about it, and now we always have queues waiting outside on a Wednesday evening. What we love more than numbers though, is that young people who come once tend to come back every week, so we get to build good relationships. When we meet we have a cafe, play pool and table tennis, do crafts, drink hot chocolate and have conversations about life and faith. It is a lot of fun!

Anyone aged 11-16 is welcome, so recommend us to the teenagers you know! We meet on Wednesdays from 6:30-7:45pm at St Elizabeth's Church, Cadge Road. We need a parental/carer consent form to be completed for each young person attending.

If you have any questions or would like a consent form, Email [rebekah.wakefield@earlham.church](mailto:rebekah.wakefield@earlham.church)



# Scout & About

Local Scouts have recently completed the BPA. BPA is an annual, overnight, multi-activity adventure hike in Norfolk for Explorer and Network Scouts, to celebrate the birth of the Scout Association's founder, Lord Robert Baden-Powell.

Points were also awarded for leadership, teamwork, arriving and leaving zones and for conduct throughout. There were also checkpoints along the route where more points could be picked up. All of this had to be done within 12 hours and remember it was done overnight!

5 members of the local Explorer Scout Unit, The Pythons, which is based at Earlham Scout Group just off Wilberforce Road, took part in this year's challenge. Four of the members, Chris, Ameer, Natasha and Francesca formed a Python's team. And Poppy who has been selected to attend this year's World Scout Jamboree in South Korea, formed a team with Explorers that are also attending the Jamboree.

They managed to complete almost all of the route and activities, but ran out of time to make it back to their starting point.

21 teams took part in the event (111 Explorer scouts) and the Python's team finished in 10th place. The activities that they completed included locating a "bomb", safely navigating a minefield with it and making safe a "nuclear reactor" that had leaked. Other activities tested their pioneering skills, their communication skills and the actual route tested their map reading skills. Once they finished they were picked up by minibus and taken back to Eaton Vale Activity Centre where they could rest and have a bacon roll, before being collected by their parents and going home to bed.



It was a very challenging event, each team had to complete a walk of around 30km (19 miles). There were 6 zones along the route; at each zone teams completed challenges to win points.

# VALLEY'S RULES



Isla, Riley, Freddie, Diana, Geda and Benjamin in their new kit

## All Kitted Out!

Before Christmas, one of Henderson Trust's trustees heard a segment on local radio about Valley Primary Academy putting out an appeal for help with securing a new football kit and accessories for the school's team.

Henderson Trust contacted the school to see how we could help. The school had already been approached by a local kit supplier, Norfolk Football Ltd, who had kindly agreed to donate the football kit, so Henderson Trust agreed to supply the school team with water bottles and shin pads.

Working together with Norfolk Football Ltd and Valley Primary, the Trust purchased the required water bottles and shin pads, and in February delivered the items and got to see some of the team in their new livery.

In addition to the football kit donated by Norfolk Football Ltd and the shin pads and water bottles donated by Henderson Trust, another local firm East Anglia Forklifts had donated waterproofs, ensuring that the school team had everything they needed ready for their first tournament of the season in March.

There was no doubt the new kit was needed, with the old strip being around 10 years old and described by the children as 'miserable and boring.'

Paul Loveday, pastoral lead at Valley Primary, commented, "It's so great for the children to have a new kit and we have been overwhelmed by the generosity of the people and organisations in Norwich, there were so many people willing to help. The new kit will help the children look good - raising their confidence and helping them play better, it will make a massive difference to them."

# Why Not Opt In?



**OPT In is a social group for the over 50's run by Henderson Trust.**

**The OPT In group meets every Thursday from 1pm at Cadge Road Community Centre. It's a relaxed, casual environment for over 50s to socialise, enjoy a bite to eat, a cup of tea and have a good old Norfolk mardle with each other.**

Miggy, who helps run the group, commented "We started the group because we were hearing from older people within the community that they were sometimes feeling isolated, with not much

to do. We now have a regular group of great people that meet up, and run regular trips out. It really gives people something to look forward to."

In the following months we have trips planned on The Poppy Line steam train and National Trust sites.

The project is supported by the Norfolk Community Foundation through the Connecting Older People Fund.

Booking is a must, please contact Sally at

[sally.fox@henderson-norwich.org](mailto:sally.fox@henderson-norwich.org)

## Better Get Yourself Connected



**Community Connectors in North Earlham - One Year On.**

**It has been just one year since North Earlham opened its arms to Sonya and Rainy as Community Connectors.**

"The welcome has been amazing. The whole community has embraced us" commented Sonya.

Over the past 10 months they have been out and about finding out what's going on in the area. Visiting coffee mornings and warm hubs, community centres and churches collecting conversations about what people love about North Earlham, and how people want to be involved in their local community. This work is part of over 2300 conversations across the whole of Norwich to date!

Sonya and Rainy have been uncovering amazing stories of individuals really making a difference to North Earlham.

Volunteers are playing a vital role in keeping the community thriving, supporting groups for all ages and looking after green spaces.

The Connectors have been catalysts for change and by talking to people and telling the stories of what is going on, they have amplified the reach of community projects and the

wishes of residents in lots of ways.

If you are part of a group that the Community Connectors could visit, or want to chat to one of them please contact

Sonya:

[Sonya@theshoobox.org.uk](mailto:Sonya@theshoobox.org.uk)

or

Rainy:

[Rainy@theshoobox.co.uk](mailto:Rainy@theshoobox.co.uk)



Like us at [www.facebook.com/hendersontrust](http://www.facebook.com/hendersontrust)

**NOT ABOUT THE BIKE**  
**AGES 11-16**  
**FIX, MOD OR CUSTOMISE YOUR BIKE**  
**AFTER SCHOOL DROP-IN 4-6PM**

4-6PM  
 Tuesdays  
 Wednesdays  
 & Thursdays

Go to [www.nabnorwich.org](http://www.nabnorwich.org)  
 or contact [nab@henderson-norwich.org](mailto:nab@henderson-norwich.org)  
 for more information.

**FREE** Part of the **Henderson Trust**



# Norwich FoodHub

Norwich FoodHub is a not for profit project run by a dedicated team of volunteers committed to environmental and social justice. We collect food surplus from retailers, sort and store it, then redistribute to organisations helping people in food poverty. Our impact is two-fold, reducing the environmental cost of food waste and softening the social impact felt by those living in food poverty.

have been working hard over the last few months to support local groups that are tackling food poverty in our city.

Overall, this past year we saved over 30 tonnes of edible food from waste by collecting surplus food from local supermarkets and businesses around Norwich.

We used that food to help share the equivalent of 75,000 meals to people across the city, through our network of over 20 partner charities and community groups, that are providing a wide range of

Here's a testimonial from one of our volunteers:

"I signed up because although I'm still working from home and homeschooling my son, there's always something extra people can do to make a difference.

Signing up couldn't have been easier. Within a day I was signed up to the group's Facebook and the document which lists all the participating supermarkets and collection slots available.

Commitment to collections



Food redistribution charities and food hubs like Norwich FoodHub divert good surplus food from waste to feed individuals and families struggling during the cost of living crisis.

Every year in the UK nearly 10 million tonnes of food is wasted, much of which could be eaten. This is shocking considering figures have revealed that an estimated 15,000 in Norfolk skip meals for a whole day or more each month because they cannot afford food.

Here at Norwich FoodHub, we

different services, including food parcel delivery, free meals, and community food banks.

The work of all of our volunteers has been instrumental in providing all of this food to those that need it in Norwich. Volunteers have helped us provide admin support, developing marketing materials and collecting food from partner businesses.

We need to rescue more food and would welcome the chance to work with new volunteers and organisations.

can be as regular as you like, and the staff are all really friendly, and genuinely happy to welcome new volunteers."

Our aim is to help 150,000 meals reach our partners over 2023, which would mean we'll have redistributed the equivalent of over half a million meals in our first five years.

To find out more about our work and to get involved, head to:

[Facebook.com/NorwichFoodHub](https://Facebook.com/NorwichFoodHub)  
[NorwichFoodHub.co.uk](http://NorwichFoodHub.co.uk)  
[JustGiving.com/CrowdFunding](https://JustGiving.com/CrowdFunding)

# Youth Opportunity



**Norfolk Fire and Rescue Service Youth Development Team are looking for more young people to join the exciting Prince's Trust Team Programme due to start at the end of May.**

If you are aged 16 to 25 you can join them for 12-weeks of fun and adventure to help you gain confidence and move

on with your life. Activities will include a team building residential week, a community project, CV writing and interview skills, first aid qualification, time on work experience and brilliant activities with our crews at North Earham fire station.

**And it's all completely free!**  
 Find out more at [www.norfolk.gov.uk/nfrsyouth](http://www.norfolk.gov.uk/nfrsyouth)

**NEW FOR APRIL 2023**

## SIT-FIT

A 45 minute fun, friendly, low-impact seated exercise class to music, followed by refreshments and a chance to socialise!

**Starting from 18th April.**  
**Free of charge.**

**Wednesdays 12:30 - 13:15**  
**Cadge Road Community Centre, NR5 8DD**

- This class is designed specifically for over 50s to help improve balance, strength, flexibility, general fitness levels and wellbeing
- SIT FIT is perfect for those who have limited mobility and find exercising standing up challenging
- Come along and exercise at your own pace in a relaxed environment with full support

**To get in touch:**  
 Call Sally on 07932 589068  
 or email [Kelly.Parkin@ageuknorwich.org.uk](mailto:Kelly.Parkin@ageuknorwich.org.uk)




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