

Henderson Herald

Free

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Autumn 2023

Adventure of a Lifetime



This year one of our local Explorer Scouts, Poppy Bingham, beat off competition from around the county and won the right to represent the region, and the U.K. at the World Scout Jamboree in South Korea.

With the Jamboree making the national news, we took the opportunity to ask Poppy to write a short piece about the experience for the Herald, and here's what she had to

say...
"I am Poppy Brighten and I am 16 years old. I have been attending Earlham Scout Group since I was 6 years old and now, I attend the Pythons Explorer Unit (which is based at Earlham Scout Group).

Many people may have seen the news regarding the UK contingent being withdrawn from the Jamboree site, due to conditions there. But that didn't mean their experience was over.

"When I heard that Poppy was selected to be part of the Norfolk contingent, I was incredibly proud. I have known Poppy since she was a beaver scout, and all her hard work and dedication to scouting over the years led to this amazing experience for her. This is something that she will remember for the rest of her life".



During the summer holidays, I had the adventure of a lifetime. After many months of hard work and fundraising (with help from my family and donations from others), I finally made it to South Korea for the 25th World Scout Jamboree. Although it did not go to plan and took a completely different route, I still managed to have an absolutely amazing time, mostly thanks to my unit and unit leaders.

I am very grateful to have experienced meeting so many scouts from all over the world and experiencing the Korean culture. From doing Taekwondo to seeing a free K-Pop concert and venturing around temples, I had such an amazing experience.

I would like to say a big thank you to anyone who donated and helped to support my journey." The World Scout Jamboree takes place every 4 years, with each jamboree being hosted by a different country.

The UK Scout Association and the Seoul authorities, quickly put together a programme of activities for the young people so that they were still able to have an amazing experience!

What some people may not realise are the lengths that young people who attend the Jamboree must go to. Norfolk sent 2 contingents to the Jamboree and spaces were very limited. Poppy and other Scouts across Norfolk had to apply to be selected. They were then invited to a selection day, where they had to undertake various tasks and activities, all whilst being watched by the Norfolk contingent leaders.

Then based on how they got on, the leaders had to select just 50 young people out of the 100s that applied. Once selected the young people had to train for 12 months before leaving for South Korea. This included camps, activities, and actual training sessions.

We also caught up with Poppy's Explorer Scout leader, Kelly Ward.



So, for all of the negativity surrounding the Jamboree it still sounds like the attendees had a once in a lifetime experience. Well done to Poppy and all those who helped her get there.

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

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Skyfall

On the 4th of September Roxanne Armes, a local from West Earlham, took part in a tandem skydive celebrating her 16th birthday and raising money for charity.

Roxanne, daughter of Foodbank's Rachel Armes, had the jump paid for as a birthday present and immediately set to raising money for Prostate Cancer UK.

Her initial target was £50. When she broke through this she upped it to £300 and by the time she safely



landed from her jump she had raised an amazing £1531, which is still rising from last minute donations coming in.

Roxanne is extremely proud of the amount raised and now has a taste for more jumps in the future.

Well done Roxanne!

Goodbye Miggy



Henderson Trust Support Worker Miggy Tennakoon

Little Sparks



"We are excited to continue with our loose parts play using anything you can find so that the children can get creative, use their imagination and physical skills to make castles, transport or obstacle courses out of planks, tree stumps and tyres." Jackie Says.

"It's lovely to be close to Marlpit woods and the old railway track for walks, bug hunts and bear hunts. It's also lovely to see the bugs that visit our preschool garden, all we needed was a pack of wildflower seeds in a large tub and the children

think it's amazing.

For more information on places and what's on offer at Little Sparks you can contact Jackie or Donna littleparkspreschool@hotmail.co.uk or look on their Facebook.



After over two years as Henderson Trusts' support worker, helping to plan and deliver activities across our services from sessions in bike maintenance for young people at Not About the Bike to our trips for more elderly residents through the Opt-In project, Miggy is moving on.

"I've had a brilliant time here at Henderson Trust." Miggy commented. "I've worked with some great people in the groups I have assisted with, and I'll miss all of them. I'd just like to take this opportunity to say thanks to everyone for making my time here so enjoyable."

Miggy is taking this opportunity to broaden his

horizons and has signed up to be a volunteer on a project in Sri-Lanka, where his parents originate from.

"It's something I've always wanted to do" Miggy continued. "But I'm sure that when I'm back I'll be popping in to say hi to people if I get the chance"

So, from all of us here at the Henderson Trust, we would like to take this opportunity to say thanks to Miggy and wish him good luck in his adventures.

Henderson Trust have managed to find a replacement for Miggy, and we will introduce her in the next issue. But we know they are big shoes to fill!

Like us at www.facebook.com/hendersontrust

Norwich foodbank Call to Action

Norwich foodbank, part of the Trussell Trust, joined other Foodbanks across the UK in holding a day of action on the 8th and 9th of September to raise awareness for their latest campaign.

The Trussell Trust have joined with the Joseph Rountree Foundation to launch a campaign called 'Guarantee Our Essentials' which will

run until the general election in 2024.

Both national charities are calling on the government to put into policy and law that Universal Credit (a benefit that has replaced many legacy benefits including Income Support, Housing Benefit and Child Tax Credits) must be increased to cover the essentials and not be

allowed to reduce below a certain level, regardless of debts or sanctions.

The current level of Universal Credit for a single person is £85. Trussell Trust and Joseph Rountree

Foundation are petitioning for this to be increased to £120 for a single person and £200 for a couple.

Norwich foodbank joined with others across the country and opened their

warehouse at the Henderson Business Centre to welcome visitors.

Attendees could find out how they operate day to day and all the things the Foodbank do besides food. They also had the opportunity to sign the petition to the government and find out more about the campaign.

If you would like to sign the petition, please do so here:

<https://action.trussell-trust.org/guarantee-essentials-petition>



Summer Fun

It's been a hectic and fun packed Summer at Henderson Trust where we have been running our Sorted families' activities, the Get Set activities for 10-16 year olds and trips for our Opt-In group for more elderly project users.



The summer kicked off with the Lord Mayor's Procession where, after attending a course of workshops with the 'Beatbox Collective' a group of 3 young people were up on stage performing to the crowds alongside a 100-piece

choir outside City Hall!

This led into our main summer activities. This year Get-Set, our programme of activities and days out for young people aged between 10-16 years old, offered 172 places to young people on 15 different activities, our biggest summer yet. The project is funded by the Big Norfolk Holiday Fun fund and we took the young people to Quasar, VR Rooms, paddle boarding, Thorpe Woodlands Adventure Park, High Altitude and tubing at the dry ski slope. A meal was provided with each activity.

Alongside this we also had 5 days out with the Broads Authority with activities including canoeing, boat trips, building shelters, outdoor cooking and geo caching.

While all this was going on we also laid on our 'Summer Sorted' programme which provides

subsidised trips and activities for families within the area.



This year was as busy as ever with over 400 people from the area taking up nearly 1,500 places on 14 different activities. The activities we provided ranged from a free fun arts and crafts day at Cadge Road Community Centre, a trip canoeing on the broads and days out to the beach. The highlight of the holidays was a trip to Colchester Zoo with 150 people attending.

The majority of the costs of Sorted are funded directly by the Henderson Trust through the running of the business centre on Ivy Road.

Scott Porter, who organises the Summer Sorted programme, said "I think this was our best summer ever. We have had bigger programmes, but this year it felt like everyone seemed to really appreciate the trips a bit more, and we got some great comments and

feedback from those who attended. There's sometimes a little hitch, like the time I was running around looking for busses at 10am on the trip to Sea Palling, but everything works out in the end, we got there and the weather was great.

"Once again I have to say that I couldn't do this on my own, and it's as much down to my fabulous team of volunteers to make the trips a success. So a big thanks to Nicky, Renee, Donna, Bethany, Emily and Robert for helping to make things run as smooth as they did."



If this wasn't enough Henderson Trust also carried on its trips for the Opt-In project. Opt-In is a social group for more elderly residents in the area and over the Summer Sally organised trips to Wroxham where they boarded the 'Queen of the Broads' for a boat trip, seeing lots of wildlife including kingfishers and dragonflies. This was followed up with a trip to Felbrigg Hall and then a trip to Gorleston for a meal at the Pier Hotel and a stroll along the prom.

The trips to Wroxham and



Felbrigg were funded by the Connecting Older Peoples fund administered by Norfolk Community Foundation and the trip to Gorleston was funded by Age Uk Norwich and Hatch Brenner.

Sally commented "These trips are brilliant, it gives them a great chance to get out and about and have a great day. The trip on the 'Queen of Broads' was particularly good, the captain had us all in stitches with his commentary. I'd like to say a big thanks to the funders for making it possible."

Now that the Summer is over Henderson Trust will be continuing its regular projects including Sit Fit, the Women's Arts and Crafts Group, Youth Clubs and Not About the Bike. For more information on these, or our holiday activities please visit our website

Photo prompts 7 stone weight loss

When Francesca was shown a photograph of her visiting the local zoo with her daughter and young grandson, she was shocked to tears by how much her weight had increased. Knowing she had her daughter's graduation in 6 months, Francesca decided something had to change!

After joining Slimming World with Paula life has changed so much for Francesca and her family

Inspired by everyone at group, whether they lost or gained, and knowing if others were losing then she would be able to as well, Francesca set off on her journey of weight loss.

"The encouragement by those who had gained, because they didn't give up, spurred me on" Francesca commented. "I was learning about myself and how I could make simple changes to ensure I achieved my weight loss dream of being healthy and able to get down and play with my grandson and not feel anything but pride at my daughter's graduation. The group really does give the support, motivation and ideas for losing weight."

"Paula explained how the plan worked and



that it was easy to follow for all my family. I love my food and it was encouraging knowing platefuls of yummy recipes were still available to me. I decided to give it a go, and my first week I lost an astonishing 5lb! Incredibly by week 12 I was over 2 stone down.

"The first 12 weeks ran through the referral scheme offered between Norfolk County Council and Slimming World, it cost me nothing and I had lost over 2 stone, I couldn't believe it.

"Before I joined, I was unable to walk far or get up the stairs without severe hip, knee and foot pain. Now I can go upstairs in a civilised manner. I decided to set myself a fund-raising challenge to walk 30 miles in a month. I raised over £400 and walked over 60 miles! I can now stand and teach my dance class without feeling embarrassed and I look forward to collecting Archie from school as a healthy Nanny, rather than feeling like a beached whale. My whole life has changed for the better thanks to losing weight.

"I'm now proud to have my photo taken and love the new clothes I can wear. Trips out with Archie are so much more fun, thanks to 7 stone gone."

This is the story of Francesca who achieved her dreams by making small but extremely effective lifestyle changes to improve her life, and you can too by joining Slimming World.

Please contact Paula on:

paulaseaman@aol.com

or

07961 046619

to start your journey of improvement to your life.

**AFFORDABLE
REFURBISHED
BICYCLES
LOCALLY**

**SUPPORTING
COMMUNITY &
ENVIRONMENT**


**Henderson
Trust**



**NOT
ABOUT
THE
BIKE**

ebay



IntoUniversity 
Academic Support
Open for eligible students in Years 7 - 13


Academic Support is a free club for eligible students.

Secondary & college/6th Form students receive homework help, support with college, apprenticeship and university applications, CV support and access to exclusive work experience opportunities.

Sessions run on Mondays and Thursdays from 4.00 pm until 5.30 pm in the West Earlham Community Centre, Wilberforce Road, NR5 8ND.

Use the QR code to sign up or contact us at 01603 367525 or email us at norwich@intouniversity.org



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