

Henderson Herald

Free

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Summer 2023

Set for Summer?

By the time this issue hits the streets Henderson Trust will be gearing up to deliver its programme of summer activities for residents in the NR5 area.

Sorted is a project that provides subsidised activities and days out for families in the area. This year Pleasurewood Hills, Roarr! Dinosaur Park and Colchester Zoo are among the destinations.

Scott Porter, who manages the Sorted project with help from a team of community volunteers, commented.

'Sorted has been running for many years now, and it's still enjoyed by hundreds of people within the community. We subsidise the trips to make them as cheap as we can for local residents, and all transport is provided. This makes it easier for people in the area to get out and do something during those long school holidays.'

"We know a lot of people simply wouldn't be able to take part in activities like these without Sorted, it's

a great project and people make friends too. A lot of people who have been coming on the trips have made great friendships, which helps strengthen

the community."

Alongside Sorted, Henderson Trust also runs their Get Set project, which provides free activities for young people aged 10-16 years old. Get Set is funded by Norfolk County

"I love all the projects I work on at Henderson Trust" comments Miggy, "But Get Set is my favourite."

"We have great fun with the young people, at the activities and chilling at the Youth Hub at Cadge Road afterwards. Food is provided and it's a great way for young people to do something less boring during the school holidays."

This year Get Set is planning trips to Quasar, tubing, VR Rooms, paddle boarding and activities with the Broads Authority.

Sorted operates on a membership programme. It's free to sign up and you will receive a booklet of activities that can be booked before the holidays. While the booking process will have already taken place for this summer there may be spaces left on some of the trips. To find out, or to be added to the mailing list for future trips contact Scott:

scott.porter@henderson-norwich.org

Get Set is free to attend for young people, again places may be taken for this summer but you never know! For more information on Get Set contact: miggy.tenkoon@henderson-norwich.org

Council's Big Norfolk Holiday Fun programme and is run by Sally Fox and Miggy Tennakoon from the Trust.



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

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Park Life

"I love the park, its great to see all the people enjoying the green space, and to be able to chat to them as they are making use of the facilities or walking their dogs".

Overall responsibility for the park falls to Nick Craig, C.E.O. of the Henderson Trust, we spoke to him about the ups and downs of running a park for public benefit.

"When we first took on the land it was in total disrepair, home to lots of anti-social behaviour. The Trustees of Henderson Trust decided they wanted to transform the land for community use, and it's a great honour for Henderson Trust to be able to do this, but also a lot of responsibility."

"Because all of the equipment has to be safe for the public to use, the cost of it is much more than people think. For example the climbing frames alone cost nearly £100,000."



"We are a registered charity and not for profit organisation, which means any money we make from renting out the business centre goes directly back to the community. This pays for the costs of the park and other community projects like Sorted, Not About the Bike, or projects at Cadge Road Community Centre and allows us to support other community projects like Foodbank and the NR5 Community Hub."

"We have had specific grants to cover certain pieces of equipment, such as the climbing frames and gym equipment, but overall any improvements have to come out of our budget."

With Summer here we thought we would take a closer look at the Henderson Community Park and speak to the people who manage it. Henderson Community Park is a 20-acre park nestled in the heart of the NR5 community between Ivy Road, Tollhouse Road and Earlham Grove.

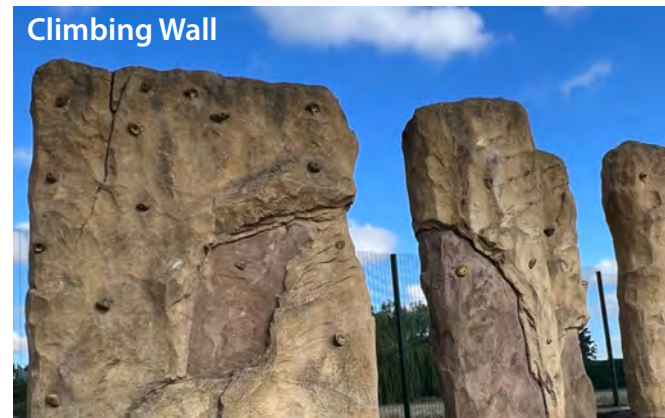
It is one of the few privately owned parks in the country and is owned and managed by the Henderson Trust for the benefit of the local community.

Henderson Trust acquired the land for the park from Norfolk County Council in 2002, and the park is maintained from surplus funds generated by letting offices in the Henderson Business Centre located next to the park.



The park is home to a selection of play equipment, a games area, skate park, climbing wall, running track and a selection of

outdoor gym equipment.



Its also a favourite place for local dog walkers and we often see them making use of the facilities. In addition to this it is home to a wide variety of wildlife and 22 different species of trees.

You can see red kites, buzzards, jays and even woodpeckers on the park, and often we see deer grazing down by the running track.

Dean Oakley, property maintenance operative for Henderson Trust oversees maintaining the park, and he takes great pride in his work. Visitors to the park will often see Dean out and about in his white truck and orange hi-vis, gardening, making repairs and keeping the park clean.



Dean Oakley





"It's great to see people enjoying the park, that's what it's here for and why we do it, but it does make me sad to see the instances of vandalism when they occur. This means we have to either pay money to make repairs or, if it's too expensive, remove the damaged piece of equipment"

"Unfortunately over that last couple of years Henderson Trust have had to spend nearly £20,000 on removing or repairing equipment due to vandalism. We have had to remove several pieces of equipment such as the roundabout and 'the witches hat' climbing frame, which we knew was a favourite of the young people who visit."

"Even replacing the bins and benches when damaged is expensive, a replacement bin will cost almost £400 and takes a full day's work to replace."

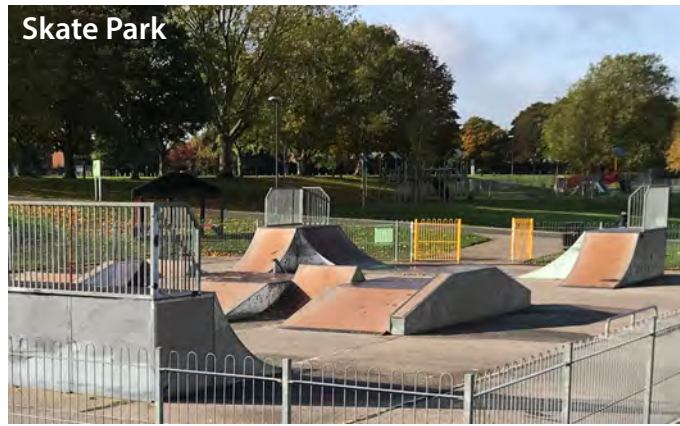


Vandalism on the park

Nick is keen however to keep improving the park if possible.

"The Trustees who direct the operations of Henderson Trust are mainly local residents, and they are very proud of the fact that we are able to provide the park. It's a great space, and we know the community

love it. If we had unlimited money, we would love to make many more improvements. For example, the skate park needs updating, and we are keen to do this at some point. Unfortunately, it's going to cost around £250,000 to upgrade it, and we simply don't have the funds at this time."



"But overall, we view it as a great privilege to be custodians of the park here at Henderson Trust, and we hope to be able to continue to keep it open to the community for many years to come."

So perhaps there's more to keeping the park open than meets the eye? Next time you are in the park be sure to enjoy it, but please remember the difficulties in



keeping it open and encourage others to respect it if possible.

If you have any suggestions for things you would like to see at the park then you can drop Henderson Trust your suggestions by email:

info@henderson-norwich.org

And if you've never visited the park, then what are you waiting for?



Free Youth Course

Summer is a great time for young people to relax and maybe think about what to do next with their time – further education, employment, training or volunteering. But sometimes that can be a hard decision!

The Prince's Trust Team Programme gives young people time and space to think about options, make friends, build confidence, and generally have fun at the same time. Over 12 weeks we give a small group of young people aged 16 to 25 loads of new experiences including a team-building residential, designing a community project and a work experience placement. It's completely free, doesn't affect any benefits and travel costs can be reimbursed. If you want to find out more about your local Team and join our next programme visit: [visit www.norfolk.gov.uk/nfrsyouth](http://www.norfolk.gov.uk/nfrsyouth)

A previous learner from the programme commented "This course is able to really help support people to find their own direction to go in life and gain the confidence that they need to pursue it."



Silver Service

Silver Diners are a welcoming lunch club that serves up hot meals to the community from Cadge Road Community Centre. Aimed at older people, but open to all adults, Silver Diners serve a hot 2 course meal, with drinks, every Tuesday during term time. All for the price of £6 per person.



'It's not just about the food' says Michaela Cameron, who volunteers for the group 'its also about getting together, sharing stories and having a good old mardle. We also sometimes have people and other organisations down to gives talks or to pass on information.' 'We have a great group of people attend but would like more people to come and enjoy it.'

Silver Diners opens its doors at 11am for teas and coffee and serves lunch at around 12:45.

If you want to find out more you can contact Carol on 07500 464025 or pop down and pay them a visit on a Tuesday and speak to them directly.

Bags For Life

Henderson Trusts 'Craft Connections' group, which is a group for women meeting weekly at Cadge Road Community Centre, have been putting their skills to work for a good cause.



The group have created bags for syringe drivers, used by patients suffering from various conditions, which have been donated to the N&N Hospital Trust. They have also taken part in the 'Creative Links Project' creating paintings under the tuition of a local artist that will be displayed at The Forum next year.

To find out more about the Craft Connections group visit the Henderson Trust website www.henderson-norwich.org or the Norfolk Makers Festival website www.norfolkmakersfestival.co.uk

The poster features the 'IntoUniversity' logo with 'iu' in a red square and 'Academic Support' in large black text. Below it, it says 'Open for eligible students in Years 7 - 13'. There are three circular images showing students working. A QR code is at the bottom right. Text describes the club as free and lists services like homework help and university applications. It also provides session times and contact information.

IntoUniversity **iu**
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

IntoUniversity Norwich
In partnership with UEA University of East Anglia

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