



Henderson Herald

Free

INSIDE – Earlham Nursery - Community Shop - Help For Households - Festive Puzzles - Welcome Beth...and lots more from your local community...

Winter 2023

Smile! West Earlham Infant School Tackles Dental Crisis Head On

After seeing more and more children coming into school with aches and pains in their mouths and tooth decay, West Earlham's deputy head teacher Jade Hunter decided it was time to take action.

With Norfolk and Waveny being recently named one of the five worst 'dental deserts' in the country, Ms Hunter decided to take matters into her own hands.

After speaking to parents, most of whom said they found it almost impossible to find a NHS dentist, Ms Hunter contacted Plummers, a Norfolk-based dentist.

Plummers already gives talks in schools about oral hygiene as part of their Happy Smile Club, and the deputy head asked them to go one step further.

As a result of this, Plummers sent two dentists to the school for a day to carry out check-ups, and if any problems were found the children were referred to the surgery where any issues were rectified.

In total

the dentists saw all 180 pupils in the assembly hall of the school.

The idea was so popular that other schools have already been in touch to see how they can provide the same service.

Ms Hunter commented, "If children come into school uncomfortable or in pain, they cannot concentrate, so we are glad we have found a way to address this."

Well done to Ms Hunter for

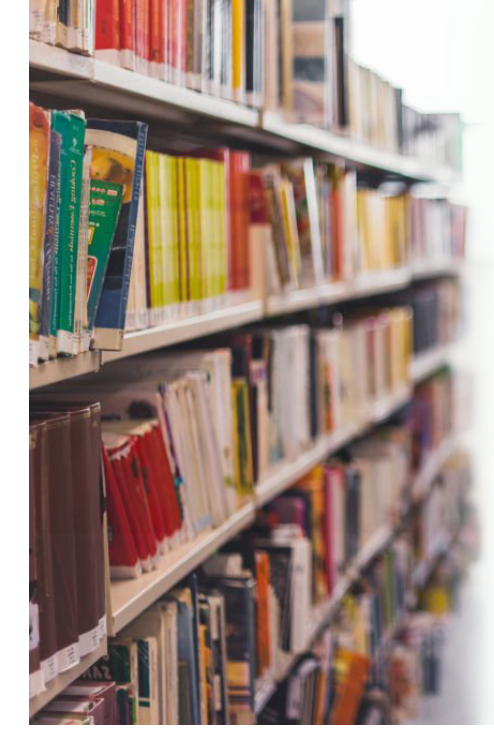


getting her teeth into the dental problem!

West Earlham Infant School currently have funded Nursery places - for more details please see the flyer below.



Lots On At The Library



Firstly, all of us at West Earlham Library hope you all had very merry Christmas and we would like to wish you a very happy and prosperous 2024.

2023 was a busy year for us; we recently had an author visit from local writer David Viner and started a new group: Arabic Coffee Morning Get Together on the second and fourth Tuesday at 11AM. This group has welcomed some new arrivals into our community. We are also continuing to welcome

new faces to our Baby Bounce and Rhyme session, as well as our regular Knit & Natter and book groups.

As some of you know, we are doing our Warm and Well bags again. This year they contain a lovely blanket and hot water bottle. We are also doing draught excluders alongside our Toiletries to Go offer. We also have free hot refreshments on a Tuesday afternoon during our Just a Cuppa session.

Coming up there are events in all the Norfolk Libraries to celebrate Digifest in February so please look out for Facebook posts to see when they are and how to book them. We

get deliveries of new books every week, we have computers offering free internet access and there's also our regular printing service.

As ever, if it's entertainment, help, support or good company you need there's a good chance a visit to West Earlham library will be able to provide those things for you.



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

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Fun At Earlham Nursery

We have had such a busy term already at Earlham Nursery School. The children have all settled in really well and have been having lots of fun with some great activities.

In October we visited Algy's Farm to pick pumpkins. Back at Nursery we invited parents in to help us carve the pumpkins, they looked great and the children were very excited to be able to take them home! We also learnt how important it is not to leave pumpkins outside as they are poisonous to hedgehogs.

The children also helped make pumpkin soup, learning to peel and chop the pumpkin, carrots, onion, herbs and garlic. It was delicious. A few days later we warmed our soup on the campfire and enjoyed warm cups of pumpkin soup around the fire. We all enjoyed trying the delicious soup and many children wanted a second helping!

We are excited to begin our next project alongside Emma, from Norwich Castle Museum. The project began with Emma coming to visit the school, where the children spent the day exploring the contents of her treasure chest. Throughout the year the children will be having visits to the Castle Museum, developing their language and building their confidence in unfamiliar spaces.

All staff and children have taken part in The Wildlife Trust's hedgehog walk this month. A hedgehog walks an amazing three kilometres per night. We walked four laps around our acre garden each day and at the end of the week we had walked what a hedgehog manages in one night! On the first day of our walk we found a baby hoglet in our garden, which was a wonderful opportunity to learn about protecting our native wildlife. We rescued the hedgehog

and with the help of Hallswood Animal Sanctuary were able to find it a safe home for over the winter!

On Thursdays Magic Acorns runs from the hall at Earlham Nursery. This is a free drop in family music session for children under three and their parents/carers.

Everyone is welcome.



The sessions run from 10-11am. For more information go to www.magicacorns.co.uk or email info@magicacorns.co.uk

On Fridays we run Forest Adventures. This is a free of charge outdoor forest school stay and play session for children under five and their families. The session runs from 11:30-12:30pm. Come and join us in our amazing garden for campfires, bug hunting, den building, making bird feeders, exploring clay, playing in our mud kitchen, seasonal nature craft, hot chocolate, singing and much more. Meet outside main reception, call 01603 454271 for more details. Please come in appropriate clothing for the weather as this is an outdoor session.

We currently have spaces in our 3-year-old provision, please contact the office on 01603 454271 for more information.



A Beth Of Fresh Air

We are happy to welcome Henderson Trusts' new team member Beth Maycock.

With Miggy having recently left the team to pursue volunteering opportunities in Sri-Lanka, Beth has been taken on to fill his shoes.

After a selection process with many good candidates Beth was chosen, and she's already fitting right into the existing team.

Beth will be supporting our community projects. These include Opt-In, the social group with trips and excursions for more senior residents in the area, Get Set, our programme of activities for young people during the school holidays, Not About the Bike, our afterschool bike workshop for young people, and our other activities such as Girls Group and our Youth Club.

Graham Meads, project manager at Not About the Bike, commented,

"It's great to have Beth in the team. She gets stuck in to all tasks and is a great female role model for the young people who attend our sessions. She couldn't have had a better start and fits right in with the rest of the team."

If you attend our projects you will be sure to meet Beth at some stage in the future, if you haven't already!

From all of us here at the Henderson Trust...

WELCOME!



Earlham Community Shop



Over the past 18 months the Directors of Earlham Community Shop CIC have been working hard to establish a community shop in the area and we are pleased to announce that the shop will be within Earlham Nursery School settings on Cadge Road.

The community shop will be member-based which offers access to a range of affordable fresh produce, long life essentials and household products at affordable prices. Earlham Community Shop CIC is working in

partnership with Norfolk Community Foundation, through their Nourishing Norfolk Network to establish this service for the NR5 locality.

We are currently seeking volunteers so if anyone feels they would like to dedicate a couple of hours each week or have any questions please email:

earlhamcommunityshop@gmail.com

Book in for your Winter Vaccinations

As the temperature drops West Earlham Health Centre are reminding people to book in for their annual vaccinations. Flu and Covid-19 are more serious in older people and those with underlying health conditions, and getting up to date with your vaccinations can help reduce the risk and help ease the pressure on the NHS over winter.

These vaccinations are free to people 65 and over, those who



NHS

have certain health conditions, are pregnant, are in long stay residential care, receive a carer's allowance or live with someone who is more likely to get an infection due to having a weakened immune system.

To book in for your vaccination you can either call your GP Surgery or contact your Pharmacy (for flu vaccinations) or call 119 or visit the NHS app (for Covid-19 vaccinations)

Respite et Prospice

'Cherish the past, look to the future'

Henderson Trust is happy to look back on 2023 as a year when so many groups and activities were delivered in the community.

Using Cadge Road Community Centre as a base we have delivered hundreds of sessions for young people and also developed new activities for older members of the community so they know there is a warm place for them to come and learn new skills and even keep fit. Not About the Bike is our bike project and that too is now working

with more adults who want to come and fix bikes and have a mardle. We were very busy over the summer, running our Summer Sorted and Get Set programmes and making sure families and young people had fun things to do over the holidays.

Next year we hope to do more of the same and we will be making improvements at Cadge Road Community Centre to make it even more welcoming for everybody. None of our work would have been possible

without the generous support of volunteers, local groups delivering their own activities, and a range of partners including Norfolk County Council and Norwich City Council. And of course our thanks must also go to the community and all those who get involved in our work.



Free Counselling for Young People

Youth Connect is a service providing free counselling to young people aged between 18 and 25. It is aimed at those living with mental health issues who typically might not access counselling.

The initiative is part of The Norwich Centre and accredited by the British Association of Counselling and Psychotherapy.

Young People can access up to 10 one-hour sessions and will always see the same counsellor. What's even better is that the sessions are easy to access, and young people can self-refer. The service is strictly confidential and takes place in a comfortable setting.

To arrange a session or for more information contact admin@norwichcentre.org or call 01603 617709 and ask for

COFFEE MORNING

Open **Every Tuesday**
Come... **Have A Cuppa**

Come in We're **OPEN**
9:30 - 11:00 AM

AT **BOWTHORPE ROAD METHODIST CHURCH NR5 8AB**

This winter, join us for **FREE** family events

NORFOLK WILDLIFE TRUST privately supported by AVIVA

NWT Sweet Briar Marshes

A new space for nature and people in our city

- Learn about winter birds
- Make homes for sparrows
- Hunt for treasure
- Feed the birds
- Look at the stars

Take your pick, tell your friends and book via the QR code, or through our website: norfolkwildlifetrust.org.uk/whats-on

The Wildlife Trusts Use QR code to find out more online

Stayin' Alive

Recently Henderson Trust have partnered with Heart to Heart Norfolk and Norfolk Fire and Rescue to install a public access defibrillator outside the Fire Station on Ivy Road. The de-fib is close to Henderson Community Park, so could be accessed by anyone on the park helping out with a medical emergency. To access the de-fib you should phone 999 and the emergency services will provide a code to open the box and access the equipment. Call handlers will also talk you through using the de-fib if needed while help arrives.



Help For Households

For all the info visit Henderson-Norwich.org or scan QR code below...

citizens advice
Grants and benefits to help you pay your energy bills

Money Helper
For free guidance you can trust, we can help.

ageUK
Warm Home Discount

TURN2US
FIGHTING UK POVERTY
Benefits - Winter Fuel Payments and Cold Weather Payments

GOV.UK | Help for Households
Help with your energy bills

Norfolk County Council
warm and well
Keep warm and well
Protect your health this winter

With the country being in the midst of Winter, and the festive period just behind us, many of us are struggling with the cost of living and heating costs.

However, help is at hand.

There are many organisations that can help you with your costs, or provide advice and support to people who are eligible.

Henderson Trust have gathered the details for

schemes that can offer support and provides the links to the websites of these schemes in one handy place on the Henderson Trust website.

To access this you can either scan the QR code in the picture to the left, which take you to the article on our website, or you can visit the website directly at

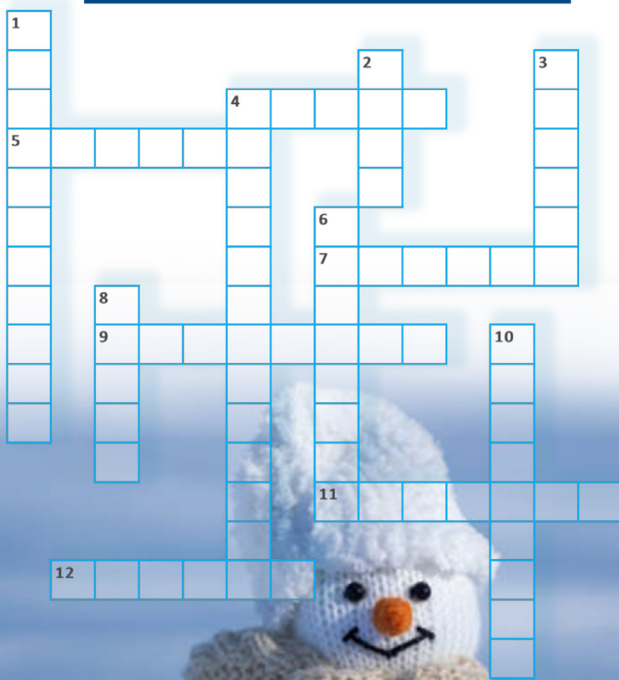
henderson-norwich.org/news/

Organisations such as Citizens Advice can also provide support and advice if needed, dont be afraid to reach out.

Herald

H₄ E₁ A₁ D₂ - S₁ C₃ R₁ A₁ T₁ C₃ H₄ E₁ R₁ S₁

Christmas Crossword



Across

- 4 Christmas Hymn (5)
- 5 Hates Christmas (6)
- 7 Made from distilled wine (6)
- 9 New Years Eve in Scotland (8)
- 11 He has a red nose (7)
- 12 Shiny decoration (6)

Down

- 1 Popular Xmas song (6,5)
- 2 Present if you are naughty! (4)
- 3 Gifts London a tree every year (6)
- 4 Mittsearchers (ang) (9,4)
- 6 Scrooge's first name (8)
- 8 I'm dreaming of a Xmas (5)
- 10 Used to sneak a Xmas peck on the cheek (9)

Can You Spot The Twelve Differences?



FIND THE ANSWERS AT henderson-norwich.org/news/



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