

Henderson Herald

Free

INSIDE - - Cadge Road Overhaul - What's On Guide - Community Connectors
- Head-scratcher Puzzles - and lots more from your local community...

Spring 2024

SPACE (man!)

In February Norfolk's Police and Crime Commissioner, Giles Orpen-Smellie, visited Henderson Trust's Not About the Bike project after it recently received funding from the SPACE fund (Supporting Positive Activities and Community Engagement).

This partnership fund has been set up to help young people, primarily aged 13 to 15 to engage with positive youth activities. Not About the Bike provides a fully equipped bicycle workshop for the whole community. It runs open access, drop-in workshops on Tuesdays and Wednesdays to provide a safe setting for young people to socialise in the evening while teaching them bike repair skills.

On Thursdays, the charity runs more in-depth sessions for young people, and it can also offer sessions specifically for young people who are offenders or are at risk of offending, along with offering a drop-in session for adults on Wednesdays.

Scott Porter, Programme Manager at The Henderson Trust, said: "The SPACE fund allows us to get young people in and deal with them on a more intensive level in a smaller group size if needed. Some young people need extra attention that is not available in larger group sizes." Morgan, who has been attending the Not About the Bike project for

five months, said: "I'm part-time at school. Here, I actually learn about something I want to do. Here, you learn more than you would do if it's in a book, because you're actually doing it instead of writing. If I'm doing it, then I'm more likely to remember it than if I'm writing it in a book."

Scott added: "to give something that is educational, but isn't formally educational is quite an important thing for these young people. Several young people who've participated previously found jobs as mechanics. This funding, and the fact that it is over a 2-year period, really helps us build on the success of the project."

Positive activities leading to employment can help reduce youth offending

and is a key goal of the SPACE funding.

Norfolk's Police and Crime Commissioner, Giles Orpen-Smellie, said: "It's only when you actually come and see for yourself projects like Not About the Bike that you can begin to understand why they are so important for young people, to give them a positive outlook and a reason to go out on a rainy Tuesday night! I'm so pleased that community based provision like this is providing young people with a positive alternative."

Catrin Hamer, Senior Programmes Advisor at Norfolk Community Foundation, said: "We're pleased to see that this funding is already having such

a positive impact on young people. This fund has been a collaborative process from the start, and we were pleased to be able to involve young people in every step of the process."

The SPACE fund is a joint funding project between the Office of the Police and Crime Commissioner for Norfolk (OPCCN), Norfolk Community Foundation, Norfolk County Council and Norfolk Youth Advisory Board, which it seeks to reach young people, primarily aged 13 to 15, and engage them with positive youth activities and funds several projects across the county.



11- 16YRS TUES/WEDS/THURS 4-6PM

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

CADGE ROAD REFURB



During February the Henderson Trust team were hard at work giving Cadge Road Community Centre a much needed make-over.

Henderson Trust took over the management of the well-used community centre in the heart of West Norwich in 2018 and in 2021 they took on the building from Norwich City Council using what is known as a 'Community Asset Transfer'. This means that while the Council still own the building the Trust have it on a longer lease and are responsible for the full running and most of the internal maintenance and checks. Essentially this means that the building is at less of a threat from being closed by the Council for any reason.

However, the Community Centre was in much need of some TLC, and at the end of 2023 the Trust secured a grant of £7,500 from Norwich City Council's 'Community Infrastructure Levy' fund to make some improvements.

"We were aware that there was a lot of work to be done, and that £7,500 does not go very far these days" Nick Craig, CEO of Henderson Trust commented, "So we decided to do

much of the work ourselves rather than pay for contractors".

This approach meant that the team were able to stretch the budget a long way! Nick, Dean, Scott, Kelly and Graham from the Trust set about the work for the whole of February, and the results are great!

All the internal areas were repainted, and matching carpet was laid. The floor of the main hall was completely sanded down and re-varnished. The toilets, sinks and hand dryers and damaged toilet doors were all replaced. Kelly even made the curtains for the hall herself and fixed and re-covered all of the notice boards to match the rest of the building.

To finish things off Sally and Beth re-planted the two planters at the front of the Centre with some bright flowers to give a cheery welcome.

"It was hard work, the hall floor alone took a full week to do" Dean Oakley, Property Maintenance Operative for the Trust commented "But in the end I think the results are worth it, I think the user groups will



appreciate the effort we put in".

Henderson Trust run several of their own projects at the Community Centre. This includes the Opt-In social group for elderly residents in the area, running on Wednesday and Thursday afternoons including regular trips out, funded by

Norwich City Council. Henderson Trust also runs a youth group and girls' group on alternating Monday evenings at the Community centre, which

is funded by the Sir Norman Lamb Mental

Health and Wellbeing Fund.

Other Henderson Trust projects that run from the community centre include 'Sitting Pretty', a chair-based exercise group on Wednesdays for 50's plus, and 'Craft Connections', an arts and crafts group for anyone over 18 that enjoys socialising and crafting. In fact, by the time this Henderson Herald hits the streets the Craft Connections group will have returned from the Forum where they have been showing off their skills as part of the Norwich makers festival for the second year running! If any of these projects interest you, please get in touch to book, contact details are on the Henderson Trust website.

Alongside this, other community groups run regular sessions from the centre. These include The NR5 Community Hub which runs various groups on Fridays for members of the community and special events during other times of the year. Silver Diners run a lunch and social group on Tuesdays where people can come and get a great value nutritious meal.

Norwich Choi Kwang Do base some of their martial art sessions at the centre on Wednesdays & Sundays, and Age UK have just started a monthly social group, Communi-Cake, on the first Monday of each month. The Centre is home to the very well attended local Slimming World group on Wednesdays.

Cadge Road is also used for voting in General and Local elections, as a training venue for local groups and for meetings. With so much going on at the Centre we hope that everyone enjoys the new look and that it helps encourage even more people from the community to get out and join some of these groups.

For a full list of times and who to contact about joining any of the groups at Cadge Road Community Centre please see below or you can check the Henderson Trust website:

www.henderson-norwich.org



WHAT'S ON AT CADGE ROAD COMMUNITY CENTRE?



Youth Club -
Meets fortnightly, 4.30-6pm. For anyone aged 10-16 years. Free to attend. Contact Beth: beth.maycock@henderson-norwich.org or 07535 476004 if interested in joining.



Girls Group -
A small friendly group for girls aged 10-16 years. Fortnightly 4.30-6pm. Free to attend. Contact Beth: beth.maycock@henderson-norwich.org or 07535 476004 if interested in joining.



Slimming World -
Consultant Paula runs weekly sessions. Group times 9am & 10.30am. For more info contact Paula: 07961046619.



Opt-in Social -
An easy going social group for over 50s. Every Wednesday and Thursday from 1pm until 3pm. Free to attend. For more info contact Sally: sally.fox@henderson-norwich.org or 07932589068. Funded by Norwich City Council.



NR5 Community Hub -
Mother & Toddler During term times Fridays 10-11.30am.
Freedom Fridays Adult friendship group, term time 1-3pm.
Youth Sports Hub 11-16 term time Fridays 4.30-6pm.
Community Meals Second & fourth Saturday 11.30am-2.30pm.
Family Disco Nights Every fourth Saturday from 5pm.
For all NR5CH sessions call Rainy on 07767315485.



Henderson Trust Sitting Pretty -
A 45 minute chair-based exercise class for improving posture, balance and strength while having fun. For over 50s. Free to attend. Every Wednesday from 12:30pm- 1:15pm. For more info contact Sally: sally.fox@henderson-norwich.org or 07932589068.



Silver Diners -
Lunch club held during term time Tuesdays 10am – 2pm . For more info contact: silverdinersclub@gmail.com



Craft Connections -
An informal arts & craft group for people aged over 18. No experience necessary and free to attend. Held weekly on Thursdays 10am – 12pm. Contact: Sally.fox@henderson-norwich.org or 07932589068.



Norwich Choi Kwan Do -
Martial arts group meeting weekly 3-5pm – Adults and Black Belt Club. For more info: info@nckd.co.uk or 07792925420/07765371690.



AgeUK Communi-Cake -
Play some games, solve some puzzles & enjoy a warm cuppa and a slice of cake! First Monday of each month 10:30am–12:00pm. Free to attend. To get involved, please contact Age UK Norwich at 01603 496333 or clubsandtrips@ageuknorwich.org



For those of you who haven't met us before we gather conversations from community members across North Earlham, West Earlham, Larkman and Marlpit. The topics we like to talk about are community, health, volunteering and anything and everything in between. We both live in the community, so we are your neighbours trying to get to know you better. Once the spring has sprung and the sun is shining, we are planning to do some door knocking, so hoping to meet you then. We are also going to organise some pop ups in the future which we will keep you informed about through the local West Earlham Library, NR5 Hub page (Facebook), NR5 Community Page (Facebook), local pubs etc.

If any of want to get in touch with us or wants us to come along to any new groups, contact us at our email is:

anwasha@theshoebox.org.uk
sonya@theshoebox.org.uk



CIRCUITS & BOXING AT HENDERSON PARK IS GOING TO GIVE YOU A FULL BODY WORKOUT, IT'S OPEN TO ALL ABILITIES AND GENDERS, IT'S A FUN GROUP WORKOUT OUTDOORS IN THE FRESH AIR WHICH HAS GREAT BENEFITS. SESSIONS ARE HELD BY HANNAH A FULLY QUALIFIED INSTRUCTOR AND PERSONAL TRAINER. CHILDREN ARE WELCOME TO SESSIONS SO CHILDCARE ISN'T A PROBLEM. SESSIONS RUN 10AM UNTIL 10:45 EVERY WEDNESDAY. FREE TRIALS AVAILABLE THROUGH OUR WEBSITE FOR NEW CLIENTS, YOU WILL ALSO FIND OUR FULL TIMETABLE HERE TOO, MEMBERSHIPS AVAILABLE OR PAYG

FREE TRIALS
WWW.SAFYFITNESS.CO.UK

RE-CONNECTED

Hello everyone, we are your local Community Connectors from The Shoebox Enterprises. We have introduced ourselves in a previous edition of the Herald. But we wanted to update you on a change of Connector, our newest member Anwasha Simlai.

Herald

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 - BASKET
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 - CARROT
 - CELEBRATION
 - CHICK
 - CHOCOLATE
 - DAFFODIL
 - DECORATE
 - DYE
 - EASTER
 - EGGS
 - FLOWER
 - GOOD FRIDAY
 - GRASS
 - HUNT
 - JELLY BEANS
 - JESUS
 - LILY
 - MARCH
 - RESURRECTION
 - SPRING
 - SUNDAY
 - TREATS

Easter Wordsearch

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Can You Spot The Twelve Differences?



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