



North West Norfolk BPA 2025

This year our local Explorer Scout Unit again took part in the annual Baden Powell Anniversary event, that is held in February every year. Teams are given 12 hours of darkness (7pm until 7am) to walk the route and complete challenges along the way.

This year the event was held in North West Norfolk. It was a 19 mile circular route that took the explorer scouts through locations such as Wolferton, Dersingham, Snettisham and of course Sandringham (although we’re not sure if the Royal family were home).

This year’s event saw 24 teams from across the county with a total of 117 participants, took on the challenge hike in the snow, sleet and freezing temperatures. In addition there was 83 volunteers based around the route, running activities and providing general support for the event.

8 young people from our local explorer unit based at Earlham Scout Hut – The Pythons ESU - took part in the event. 6 members formed “The Silly Serpents” team and the other 2 joined forces with another explorer unit based in Southern Norwich to form “The Raiders Renegades” team.

One of the challenges on offer during the hike, was to build a secure wall that Jelly Babies were un-able to penetrate.

The materials they were given consisted of spaghetti, marshmallows, jelly babies, envelopes and cocktail sticks (although the cocktail sticks could only be used to pierce a hole in the marshmallows and jelly babies. Fun with the jelly babies was had by all teams, Personally we think that this was a ploy to eat the bodies of the jelly babies.

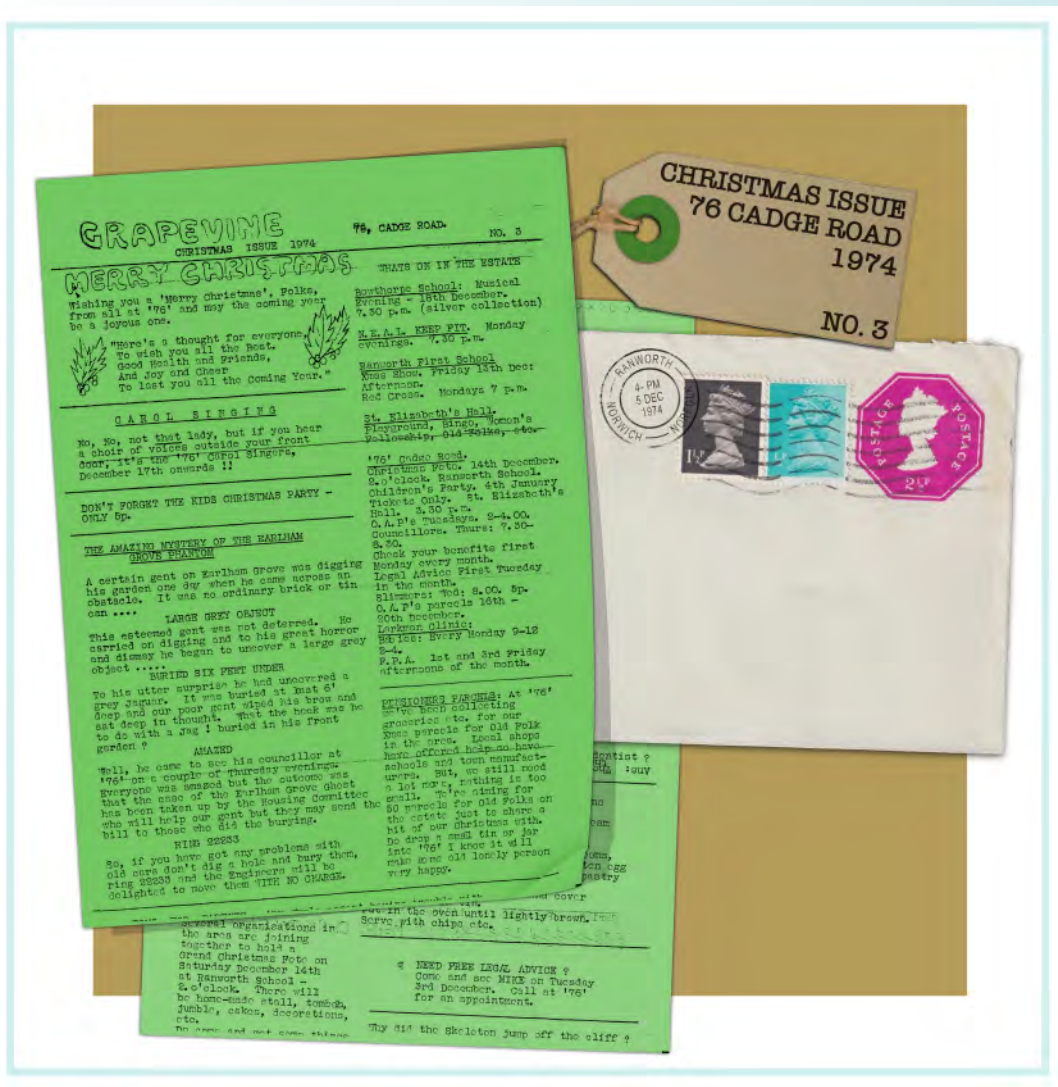
The Silly Serpents and Raiders Renegades did fantastically well all 8 participants completed the night and were exhausted by the finish, and they thoroughly enjoyed the event and were left with a sense of pride and achievement.

Pythons ESU meet on a weekly basis during term time, on a Monday evening 7.30-9.30pm and is open to anyone aged 14-18 years. If you would like more information on Explorer Scouts or any of the other scout sections then please visit norfolkscouts.org.uk if you would be interested in volunteering with Scouts please visit the Norfolk Scouts website. Earlham Scout Group / Pythons ESU are always on the look-out for more volunteers.



History Repeating

Just before Christmas the team at Cadge Road Community Centre had an interesting visitor. It was a lady who used to be involved with running community activities in the 1970's and setting up Cadge Road Community Centre. She had brought us in a copy of the newsletter, called the Grapevine, that they sent out at Christmas 1974 which she had found during a clear out.



So, what was happening at Christmas 1974? Well, according to the 'Grapevine' there were keep fit classes, a school Christmas show at Ranworth School, A Christmas Fete at St Elizabeth Hall, Christmas Parcels for those in need and a Slimming group.

It struck us that many if these things are still active and well used in the community today! Not only do we still produce a newsletter in the form of the Henderson Herlad, but Cadge Road Community Centre also still has a slimming group run by Slimming World, keep fit classes for those of more advanced year run by Henderson Trust, Christmas Fetes and events run by the NR5 Hub and the area still provides food for those in need through Norwich Foodbank based at the Henderson Business Centre.

Which goes to show that the more things change, the more they stay the same.

At The Heart of the Community

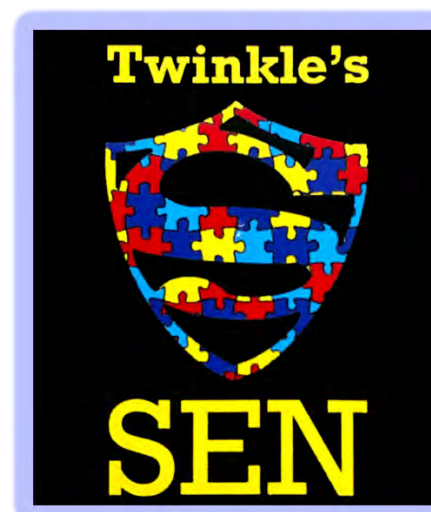
Cadge Road Community Centre is managed by Henderson Trust and sits at the heart of the West Norwich Community. Recently we had two new regular groups start so we thought we would take the opportunity to bring you up to date with what's happening at the centre so you can get involved with the groups if you are looking for something to do, or if they have services that you would benefit from.



Paul's Pals is a new group exclusively for men over 28 that runs every Tuesday evening between 6pm and 8pm. It is run by the volunteers from the NR5 Community Hub and offers men a social space to meet others, play sports, board games, share skills, interests and food together.

Paul's Pals was set up in honour of one of NR5 Community Hubs founders Rainy who sadly lost her brother Paul 3 years ago. Rainy said; "Paul would be extremely proud knowing that his passion to help others continue. Paul was full of banter and loved a good laugh, He was always there for others listening and offering words of advice and support. The purpose of Paul's Pals is to help men better their lives by creating a space men can meet regularly while enabling men to take ownership of the group and support one another".

You can find out more information by searching 'NR5 Community Hub' on Facebook, or you can simply turn up at one of the sessions and introduce yourself to the welcoming team.



Twinkle's SEN meet once a month on a Saturday at Cadge Road Community Centre. Twinkles is a community group formed for parents and families who have children with Special Educational Needs in Norwich and surrounding areas. The group organises days out for families with Special Educational Needs throughout the year, but meets regularly at the community centre to provide support and activities for families.

They are a very warm and welcoming group that offer a great service to their users. To find out more you can visit their website at www.twinklessen.com to find out more about how you can get involved.

Along with the new groups, there's plenty of other things going on at the centre on a regular basis.

Henderson Trust run a general **youth group** and a specific **girls group** fortnightly on Mondays between 4:30pm and 6pm. These groups are available to young people aged between 10 and 16 years old and offer lots of fun activities.

The Trust also runs several popular groups for older residents including **Opt In**, a regular social group meeting on Wednesdays and Thursday between 1pm and 3pm and **Sitting Pretty**, a relaxed chair based exercise class delivered by a fully qualified instructor on Wednesday lunchtimes. Opt In also offers trips out to local places of interest for those who attend.

Henderson Trust also run **Craft Connections** on a Thursday morning. This is an relaxed and informal craft session for people over 18.

All Henderson Trust's activities are free to attend, but you will need to book in advance.

Silver Diners run an informal lunch club on Tuesdays where you can get a very tasty hot meal for a small fee, **Slimming World** meet on Wednesday mornings to offer their very popular slimming classes and **Norwich Choi Kwang Do** are a very popular and low-cost martial arts group that meet Wednesday afternoons and Sundays. They offer a great way to get fit, gain confidence and meet new friends and have been operating in the community for many years.

The **NR5 Community Hub** take over the centre on Fridays during term time offering the **Building Blocks** mother and toddler group providing food and activities, **Freedom Fridays** a very relaxed group for adults in the afternoon and then the **Sports Hub** activity group for high school age young people from 4:30pm to 6pm.

The NR5 Community Hub also organise regular **Community Meals** and **Family Disco Nights** at the weekend.

You can find all the contact details of all the groups at Cadge Road Community Centre in the 'What's On' section below.

WHAT'S ON AT



CADGE ROAD COMMUNITY CENTRE



Girls Group:

A small friendly group for girls aged 10-16 years. Fortnightly 4.30-6pm. Free to attend. Contact Beth: 07535 476004 if interested in joining. Booking required. Visit www.henderson-norwich.org for details.



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. Booking required.



Craft Connections:

A free informal arts & craft group for people aged over 18. No experience necessary. Held weekly 10am - 12pm. Contact: Sally.fox@henderson-norwich.org or 07932589068. Booking required. Visit www.henderson-norwich.org for details.



Sitting Pretty:

A Free 45 minute chair-based exercise class for improving posture, balance and strength while having fun. For over 50s. Booking required. Wednesdays 12:30pm- 1:15pm. For more info contact Sally: 07932589068 Visit www.henderson-norwich.org for details.



Opt In Social:

An easy going social group for over 50s. Wednesdays 1:15pm - 3pm & Thursdays 1 - 3pm. Free to attend. Booking required. For more info contact Sally: 07932589068 Visit www.henderson-norwich.org for details.



The Spoken Word Ministry:

Church group meets weekly for more information contact Eddiechara@gmail.com. Sundays 10.30 - 12pm.



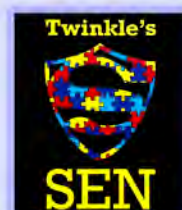
Paul's Pals Mens Social Group:

Mens only club for all over 18, held weekly Tuesdays 6-8pm. For more information contact NR5 Community Hub on Facebook.



Slimming World:

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



Twinkle's SEN Saturday teens club events and activities:

Visit their Facebook for more details or www.twinklessen.com.



Norwich Choi Kwang Do:

Meets weekly during term time 5.30 - 6.30pm Wednesdays and 3-5pm Sundays. Sessions are for all students. Contact: info@nckd.co.uk or 07792925420/07765371690 or visit the NCKD Website www.nckd.co.uk



Silver Diners:

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



Building Blocks:

Mother & Toddler group held weekly during term times. 10-11.30am.

Freedom Fridays:

A friendship group for adults only that meets weekly during term time 1-3pm.

Sports Hub:

An active group for high school age young people, held weekly during term time 4.30-6pm.

Community Meals:

Held on second and fourth Saturday of the month. Cooked meal and warm space. 11.30am to 2.30pm.

Family Disco Nights:

Held on fourth Saturday of the month, starting at 5pm. For all NR5 Community Hub sessions please contact Rainy on 07767315485 or Facebook.

Norfolk Wildlife Trust Sweet Briar Marshes - Beautiful Butterflies

Come along and see how butterflies can inspire your creativity with activities aimed at children from 5 to 11 years old.

What makes us think more of warm summer days than butterflies: In fact a poetic name for them in Welsh is little feather of the summer! Come along and see how butterflies can inspire your creativity with NWT family activities.

The event is suitable for children aged 5 to 11 years old. Please book each child onto the event. Each family group must have at least 1 adult attending - adults do not need to be booked onto the event.

Further joining information will be sent a few days before the event from the email address events@norfolkwildlifetrust.org.uk

Friday May 30th at 10:00AM - 12:00PM

NWT Sweet Briar Marshes
Sloughbottom Park car park
Norwich
NR3 2ES
Book for free at
www.norfolkwildlifetrust.org.uk

Please contact us at events@norfolkwildlifetrust.org.uk if you have any specific needs or requirements in order to make your experience of this event more enjoyable.



Herald

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WORD LIST

APRIL
BASKET
BONNET
BUNNY
CHICK
EASTER
EGGS
FAMILY
GAMES
HAPPY
HOP
HUNT
LAMB
RABBIT
SPRING
SUNDAY
TULIPS
YELLOW

Easter Wordsearch

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A	R	X	Y	G	Q	G	V	L	A	M	B	Y	X	X
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F	A	M	I	L	Y	V	T	U	L	I	P	S	V	L



Can You Spot
The Twelve
Differences?



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