



## Highest Honour for Martial Arts Group.

**Norwich**  
Choi Kwang Do, who run sessions from Cadge Road, St Marys Church Hall and Earlham Scout Hut in the local NR5 area, have had two of their leaders achieve a fantastic milestone.

Master Eric Tuvey and Master Ian Ramsbottom have recently been graded to 5th degree black belts, which means they now have the first Masters of Choi Kwang Do that are based in Norfolk.

Along with this, in the past year the group have had 10 students graded to 1st degree black belts, and 4 students graded to 2nd degree black belts.

Not content with being top performers in the field of martial arts, they also get involved in other community activities. Last year they joined forces with the NR5 Community Hub to take part in the Lord Mayors procession, placing in the top 3 entrants. They were also a finalist for the Norfolk Flourish awards, which is a pledge that groups take to help develop the skills of young people, under the category of 'resilience'.

"The group is a non-profit community organisation run by volunteers. we are truly humbled by everything we have been able to achieve in the last year" Klaine Bunn, one of the leaders for the group commented.

"We are also expanding, with a new specialist class for the most vulnerable that would not be able to attend the majority of martial arts and self-defence classes, SENSations." Klaine continues.

"And we have started training at a new venue, Earlham Scout Hut, to make Choi Kwang Do more accessible for those in the NR5 8 area."

The group are hoping for another great year coming up as they celebrate Norwich Choi Kwang Do 's 30th Anniversary in 2026.

The students also really get a great deal from the sessions they attend. Below are some of the comments they have received from parents and students:

"Choi has helped me in many different ways such as an escape from my troubles. Whenever I have things going on at home or at school, I know I can always attend class sad, angry or upset and always leave with a smile on my face. It has also helped me feel safer when going out places especially being a teenage girl when it's dark coming home from school or just being a girl in general. Choi helps me feel safe because they teach me skills that will be helpful in many

real-life situations. Good and bad."

"I really enjoy Choi Kwang Do and I have lots of friends there".

" My daughter has done choi for the last 8 years. She is now well on her way to becoming a 3rd degree black belt. She is now part of the Assistant Instructor team. Choi has given her more confidence in herself. She enjoys her training. I Would highly recommend it to anyone."

"Choi Kwang Do has truly transformed my son's life. Since starting his journey, I've seen remarkable growth in his confidence, discipline, and motivation in both education and everyday life. The supportive environment and dedicated instructors have not only taught him self-defence but also valuable life skills that will stay with him forever."

As you can see, Norwich Choi Kwang Do really do make a difference to people in the local area. They are currently accepting students. If you want to find out more or enrol in a session, then you can visit their website:

[www.nkcd.co.uk](http://www.nkcd.co.uk)







Tucked away on the Earlham Nursery School site on Cadge Road, Earlham Community Shop is more than just a place to pick up groceries — it's a warm, welcoming space where local people can come together, save money, and feel supported. It was created with one big goal in mind: to make life a little easier for local people by offering essential food and household items at genuinely affordable prices.

'Helping the community accessing cheaper

food and support' - a comment from one of the shop members.

We stock a wide range of products, from cupboard staples and cleaning supplies to fresh fruit and veg — all at a fraction of the usual cost. Thanks to support from the Norfolk Community Foundation and Fareshare, we're able to rescue surplus food and pass those savings straight on to our members. It's better for your wallet and better for the planet!

But Earlham Community Shop is more than just shelves and shopping.



It's a community: "We have run events like cooking classes to help people build kitchen confidence and learn how to make delicious, low-cost meals. It's a great way to learn, share ideas, and meet neighbours. As well as a budgeting course, organised by NatWest and designed to help you make your money go further without the stress. We hope to expand our reach over the year but at the moment, membership is currently open to those with children at Earlham Nursery School and Norwich Primary Academy - as well as those living on the following roads:

Cadge Road, Cadge Close, Darrell Place, Foxley Close, Bixley Close, Fellowes Close, Wrench Road, Clarkson Road, Motum Road, Ranworth Road, Beverly Road, Horning Close, Irstead Road, Filby, Close and Earlham Grove.

We're also always looking for friendly volunteers too! A helping hand in the shop goes a long way, every hour helps! Our amazing volunteers help stock our shelves, keep our shop clean and operate our till and make every customer feel welcome! (Full volunteer training is provided)".

For more information, opening hours, membership enquiries, or to get involved, visit

[earlhamcommunityshop.co.uk](http://earlhamcommunityshop.co.uk)

or contact Connie, the Hub Manager at [earlhamcommunityshop@gmail.com](mailto:earlhamcommunityshop@gmail.com)



# Leader of the pack

In February Henderson Trust introduced their first 'Young Leaders' to help out at the Not About the Bike project.

The project, which offers a fully equipped workshop where young people can drop in and learn to fix their bikes, recently received funding from the JP Blanch Fund which is administered by the Norfolk Community Foundation.

This funding was to provide a course and workbooks. When these workbooks were successfully completed the attendees would receive a certificate to show their competence in bike mechanics. The aim of the course is to encourage the young people to think more about a career in mechanics and to give them some recognition for their work.

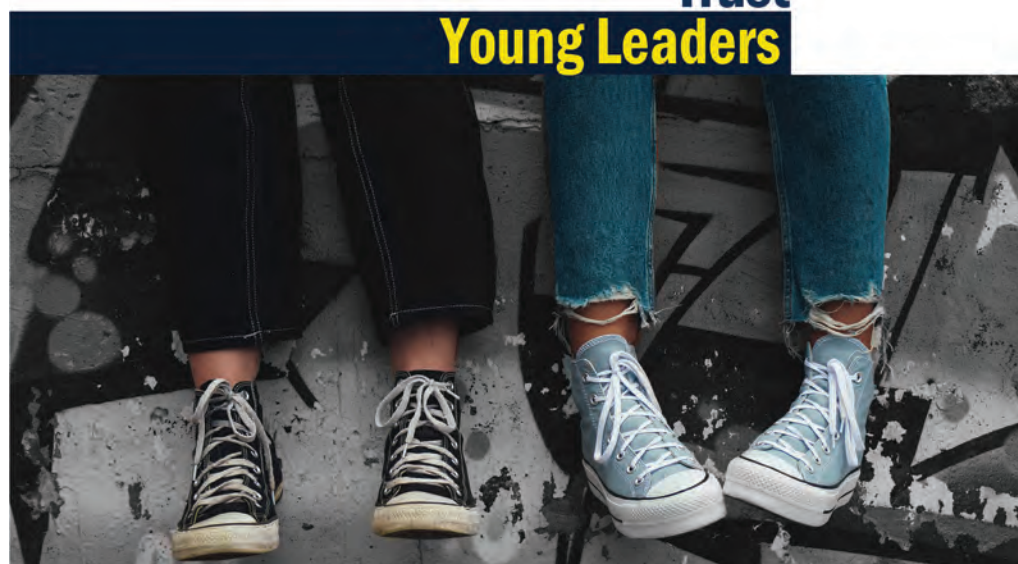
But the project wanted to take things one step further, and introduced the 'Young Leader' programme. Two regular attendees, Mina and Jayden, were selected to be Young Leaders. After an interview they took up their duties helping out in the workshop.

Beth Maycock is leading the Young Leader initiative. "We wanted to give the young people a chance to engage further" she commented. "The project is absolutely great at teaching young people practical skills, but now we can teach them other life skills. They can not only get involved with helping at the workshop and assisting other users, but they also

get the chance to help us plan the development of the project moving forward.

Mina and Jayden have already settled into their roles and both are making a really positive contribution to the project. Henderson Trust hopes it can expand the initiative to the other projects it runs.

To find out more about Not About the Bike, or Henderson Trust's other projects in the area you can visit the website [www.henderson-norwich.org](http://www.henderson-norwich.org)







**Norwich foodbank is marking its 15th anniversary in 2025! - 15 years of serving the community of Greater Norwich, through the Trussell model of emergency food parcels alongside advice and support.**

In the 15 years, the charity has operated out of an office and warehouse in Earlham since 2012 and has had a distribution centre in the local area since 2016 - first at Eternity Christian Centre and now at St Elizabeths church.

Over the years, lots of additional services have been added on to best support those who find themselves in crisis and in need of this

emergency support. This includes face to face support from Citizen's Advice, British Red Cross, Shelter and Your Own Place staff, access to help with gas and electricity and access to free birthday cakes for children.

Norwich foodbank's vision, in line with Trussell, is to see an end to the need for foodbanks - how can they best help someone so they don't need to return to our service.

In the meantime, we are seeing a decrease in donations and we think this is because the cost of living is still biting and people who are 'managing' are no longer able to support charities in the way they may have done before.

If you are in a position to help, please download the Bank The Food app (for free) and choose Norwich foodbank to stay up to date with the items they most need. Alternatively, the foodbank always needs UHT milk, tinned fruit and shampoo. Collections points

are in Sainsburys Longwater, the co-op at fiveways and the warehouse at Henderson Business centre during opening hours. There has been a rise in social supermarkets opening in Norwich and Norfolk over recent years and while this is a step to independence for those who are struggling financially, the foodbank would love to see a future for people who can afford all the essentials. Norwich foodbank will be attending a Lobby Day in June, presenting the MPs that cover the 4 constituencies of the foodbank - Norwich North, Norwich South, Broadland and Fakenham, South Norfolk - with a signed letter from members of the community regarding a campaign called 'Guarantee Our Essentials'. Research from Trussell and Joseph Rowntree Foundation shows that Universal Credit is not enough for a person or household to afford the essentials - food, utilities, travel to work and appointments, rent etc - and policy needs to change to have the basic rate raised and protected so that deductions

(including paying back advances) can't take the payment below a minimum level. For more info:

**Hannah Worsley**  
**Norwich foodbank Project Manager**

**Tel: 03003651123**



**BUGS AND BEASTS**

Presented by:  
**NORWICH SCIENCE FESTIVAL**

**Bugs and Beasts is coming to Henderson Community Park this summer!**

**WED 13 AUGUST 2025**  
**11AM-4PM**

Featuring free drop-in activities and workshops with a nature twist, there is plenty for all ages to enjoy at Bugs and Beasts, but activities are most suitable for ages 3-12.



**Join the team behind Norwich Science Festival for a free, nature-themed event for families at Henderson Community Park this summer holiday!**

Now in its third year in Norwich, this is the first time that Bugs and Beasts is coming to NR5 – with a family-friendly celebration of biodiversity, nature and conservation.

**No need to book, simply drop-in on the day!**

**More details to follow, visit:**

[www.norwichsciencefestival.co.uk/bugs2025](http://www.norwichsciencefestival.co.uk/bugs2025)





Norfolk County Council

Earlham Nursery School

**Earlham Nursery School**  
 Cadge Road, Earlham, NR5 8DB

We have nursery spaces available from September 2025!  
 15 hours FREE nursery spaces for 2 & 3 year old's.

Morning session 8:30am - 11:30am  
 Afternoon session 12:30pm - 3:30pm  
 Monday-Friday, term time only.

30 hours FREE for eligible 2 & 3 year old's 9am-3pm  
 Monday-Friday, term time only.

Contact us on  
 01603 454271  
 office@earlham-nur.norfolk.sch.uk  
 or pop in for an admissions form.

**What we offer at Earlham Nursery School...**  
 Free yoga and music lessons

- Great learning spaces, including a ball pool, hall for PE, library and sensory room.
- An amazing acre forest school garden. Which children access every day! Including free weekly Forest School sessions. Waterproofs & wellies provided.
- Free exciting year long projects with the Sainsbury Centre Art Gallery and Norwich Castle Museum!



# SNEEZING? RUNNY NOSE? ITCHY EYES?

Sound familiar? Whilst there is lots to enjoy about the warmer weather, if you suffer from hay fever it's a time of year many people dread. With high levels of pollen in the air from late Spring through to early Autumn the symptoms can really affect your quality of life. Fear not, whilst there is no cure there are lots of things you can do to ease the symptoms:

- Wear wraparound sunglasses to stop pollen getting in your eyes
- Take a shower and change clothes after being outdoors

- Avoid drying clothes on the washing line outdoors as pollen can get trapped in the fibres
- If possible avoid going outdoors and keep windows closed when the pollen count is high - [www.metoffice.gov.uk/health/public/pollen-forecast](http://www.metoffice.gov.uk/health/public/pollen-forecast)
- Apply a small amount of Vaseline to your nostrils to trap the pollen before it gets into your system
- Avoid smoking or being around cigarette smoke – this will make your symptoms worse. If you would like help to quit visit [www.smokefreenorfolk.co.uk](http://www.smokefreenorfolk.co.uk)

You can also visit your local pharmacist who can advise you on over the counter treatments such as antihistamines, nasal sprays and eye drops to help relieve the symptoms – these treatments can be very effective. For severe and persistent hay fever it may also be worth speaking to your GP. From all at Wensum Valley please take care and enjoy the summer months.

# Herald

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**SUMMER HENDERSON TRUST WORDSEARCH**

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HendersonTrust  
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Playground

OptIn  
SittingPretty  
OutdoorGym  
Sorted  
Trips

Herald  
CadgeRoad  
RunningTrack  
Community  
Park

GetSet  
Trees  
Picnic  
Retro  
NAB

