

INSIDE – Earlham Community Shop - Sitting Pretty Fitness - Norwich Science Festival - Christmas Fayre - Alternative Halloween - Sorted & Get Set Updates...and lots more from your local community...

Autumn 2025

BUGS AND BEASTS

Presented by:



Fun In The Park



Bugs and Beasts debuts at Henderson Community Park. In August, Bugs and Beasts made it's first appearance in NR5, bringing a day of hands-on science and nature-themed fun to Henderson Community Park.

Organised by the team behind Norwich Science Festival, the free family event celebrated biodiversity, conservation and the natural world with workshops, games and even some hands-on animal encounters! It also featured other free activities such as face painting and stands from other providers local to the NR5 area including Not About the Bike who provided a free cycle check.

Graham Meads, project manager at Not About the Bike commented "The event was really well attended, and we were certainly very busy bringing life back to old bikes and providing servicing. It was great to see so many people on the park".

The event is part of Science on Your Doorstep – a project from Norwich Science Festival and The Forum, which delivers free, accessible science events to communities across the city.



"Bugs and Beasts was everything we hoped it would be - a fun day out for families and a reason to come out in this beautiful park, hang out with friends and learn about critters of all sizes," said Alina Sandu, Project Coordinator. "We're so grateful to the Henderson Trust and community groups in this area for their support."



Matt Packer, CEO of Henderson Trust who hosted the event commented "We are very grateful to Alina and her team for bringing the Bugs and Beasts event to the area, it was so nice to see so many people attending and getting hands on with the creatures, all while having fun and learning. We had great weather for it and hope to do more events like this in the future."

Special thanks to event funders: Anguish's Educational Foundation, Norwich Freeman's Charity and the John Jarrold Trust – and to all the brilliant families who came along to celebrate the wonderful world of Bugs and Beasts!

To find out more about Norwich Science Festival and upcoming Science on Your Doorstep events, visit: www.norwichsciencefestival.co.uk



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

Christmas Comes Early

Earlham Scout Group and Python Explorer Scouts are getting into the festive spirit early and hosting a Christmas Fayre at Cadge Road Community Centre on Saturday the 15th November.

The local Scout Group, based at the Scout Hut on Bridgefarm Lane, just off Wilberforce Road in West Earlham are holding the event to raise money for equipment for the group such as new tables for the scout hut and tents for the group to use.

The event will feature lots of stalls selling hand-made gifts, food, fun and games and gingerbread decorating. There will also be a chance to meet Santa in his grotto for those of you who want to make an early start on

getting into the Christmas spirit (although you do have to promise to be nice right up until Christmas Day!)

Kelly Ward, group lead volunteer, says “We are really looking forward to the day. It’s always great fun to run events in the local community and we really need your support to help us raise some money to buy much needed equipment for the group. Plus, we have the BEST Santa you have ever seen, it’s worth coming along just for that”.

The Herald team can confirm that they have seen the Santa and are pretty convinced he might even be the real Santa!

So, grab your Christmas cheer and head down to the Community Centre on Saturday the 15th November to enjoy a great day and help out a valuable local group.



Halloween WEST EARLHAM DROP IN



A 100% free light filled alternative to halloween
Sweets, Hot Drinks, Craft, Donuts, Games
31st Oct 4.30–6.30pm
ST MARY'S HALL, HUTCHINSON ROAD

Get Set Summer Fun!



As the nights start to draw in, we can take the chance to look back at the Summer activities that were delivered by Henderson Trust.

Our Get Set project, which is funded by Norfolk County Council's 'Big Norfolk Holiday Fun' program, organises free activity days for young people aged between 11-16 years old

and who qualify for free school meals. This year Get Set was the busiest yet! We had over 200 applications for places and organised trips including mountain biking in Thetford Forest, Paddleboarding on the Norfolk Broads and Tubing at Norfolk Snowsports Club.

SITTING PRETTY

GET FIT WHILE YOU SIT!

Henderson Trust have recently secured funding to expand their popular 'Sitting Pretty' group. Sitting Pretty is a chair based exercise class aimed at people who are in their more advanced years or who suffer from restricted movement. It is a gentle chair based class that focuses on simple stretching and movement exercises to build up fitness.

The funding from Norfolk County Council's 'Active Now' project will allow Henderson Trust to run an additional Sitting Pretty class. The new class will be held on a Tuesday afternoon following on from the Silver Diners lunch club and will be run by Beth, who is a fully qualified instructor for chair-based exercises.

If you would like to find out more, or sign up to the new classes you can contact Beth by email:

beth.maycock@henderson-norwich.org

or find more information on the Henderson Trust website:

www.henderson-norwich.org



Some current members enjoying a seated workout.



The Council recently announced that they have been given further funding from the Government to continue the funding, so Henderson Trust will hopefully be able to provide more of these trips over the coming school holidays. Henderson Trust also funds a limited number of spaces on the trips for those who aren't on free school meals but live in the area. So, if you know a young person who would like to attend then keep an eye on our website and social media in the run up to the holiday periods.



Henderson Trust also ran the regular 'Summer Sorted' holiday activities for families who live in the area. Summer Sorted is a set of subsidised activities aimed at families. It provides organised trips out with transport included and has pick ups around the area. This year Summer Sorted provided over 1,000 places on trips and more than 350 people from the local area accessed the trips. They visited Pettits, the circus at Great Yarmouth, Roarr and Drayton Manor theme park

among others. They travelled to Jimmy's Farm for the first time along with their regular beach trips.

Summer Sorted is available to anyone who lives in the NR5 8 area. To sign up and receive a booklet in the post for upcoming trips,

please email:

scott.porter@henderson-norwich.org

or see the Henderson Trust website for more details.

Shop Local

We've got some exciting news, Earlham Community Shop is now open to even more members of our community! We have widened our catchment area to cover even more roads in the West Earlham, Larkman and Marlpit area, and are also available to anyone who has a child that attends either Earlham Nursery School or Norwich Primary Academy.

For just under 2 years our shop, which is based at Earlham Nursery School, has been supporting local families with affordable groceries, fresh food and cupboard staples. We deliver this service while helping to reduce food waste. From this summer we are expanding access so even more households can benefit from what we do.

Everyone is welcome to come along, sign up, and see how the shop works. You'll still find the same friendly faces, low-cost food and community spirit – just with more people able to join in.

Beyond food we offer a range of services and support. This includes guidance on budgeting, meal planning and accessing other resources. Together we can ensure that no one is left behind and that our community continues to grow and thrive.

So, if you or someone you know could use a hand with food shopping or just wants to be part of something positive locally, come and see us. We'd love to welcome you!

Membership is just £3 for the entire year; this gives you access to our shop and amazing extras such as cooking and budgeting classes. For a full list of roads we are open to, please check our website

www.earlhamcommunityshop.co.uk
or email
earlhamcommunityshop@gmail.com



Earlham Community Shop


A social supermarket based in Earlham

For the full list of roads we are open to please visit our website or email us at earlhamcommunityshop@gmail.com:



earlhamcommunityshop.co.uk

 earlhamcommunityshop@gmail.com

 Earlham Nursery School, NR5 8DB

Herald

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AUTUMN HENDERSON TRUST WORDSEARCH

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Can You Spot The Ten Differences?

Foliage Autumnal Crisp Chilly Harvest	Cozy Conker Fireplace Chestnut Pumpkin	Deciduous Halloween Coco Bonfire Fireworks	Scarf Gloves Hat
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