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Winter 2025

Earlham Nursery School Celebrates their Community Partners

Over the past year Earlham Nursery School has been fortunate to work with some fantastic community partners. Back in spring we welcomed Plummer's Dentist, who ran two workshops for the children on dental hygiene and tooth brushing. The team returned in July and offered free detail screening for every child.

We were delighted to work with Alina and the team from the Forum Norwich, who brought the Science Fair Wondertots to the nursery for a parent and child stay and play session. The children were fascinated by all the experiments and activities, they even got to explore what it might be like to be an astronaut!

In July we were

delighted to welcome Tim Papworth, a National Farmer Union Farmers for Schools Ambassador, who spoke to the children about being a farmer in Norfolk, where our food comes from and the wildlife on his farm. Joining Tim was Alice from Ben Burgess, who surprised the children by arriving in a tractor! Tim has kindly donated over 600kg of delicious Norfolk potatoes to the school and our Community Shop! Over the year we have continued to develop our partnership with the education team at Norwich Castle Museum. For the past 4 years the children have had termly visits to the Castle and events in school. We have also been fortunate to be part of the Mini Wonders parent child project. This is an amazing opportunity for our children and families to explore this

fascinating space. Each week the children eagerly await the visits from Sue, Shelly and their wonderful therapy dogs, Nyla, Star and Suzie. The children love to walk with the dogs round the garden and enjoy sharing their favourite stories. For the past 4 years we have taken the children to Algies farm Shop, Fakenham Road, to pick pumpkins for our pumpkin carving parent and child stay and play as part of our autumn term planning. They are incredibly generous and always give us an amazing deal! We have received some very generous donations from Tracey Drake, Business in the Community. Tracey and the team have provided the school with £100's worth of books! Delicious easter treats and advent calandars, as well as lots of clothes we have been able to offer to families.



**Earlham
Nursery
School**



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



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

Baskets of Hope

Are you looking to cut the cost of your weekly shop? Earlham Community Shop is here to help! Offering low-cost food and household essentials to members, the shop supports local people in making their money go further and new members are always welcome.

Membership is open to anyone living on the 71 roads we are open to, with no complicated sign-up process and no judgement. Once registered, members gain access to affordable groceries, fresh produce, and cupboard staples, all for a fraction of supermarket prices.

But the shop offers more than just budget-friendly shopping. Members are also invited to take part in free workshops and cooking courses, helping build confidence in the kitchen and inspiring new ways to make meals go further.

Why become a member?

Access low-cost food and essentials
Join free cooking and budgeting sessions
Be part of a welcoming, supportive community.
Help reduce food waste locally
Free tea and coffee!

• Visit Earlham Community Shop to sign up today, it only takes a few minutes, and you could start saving straight away.

Membership is £3 to join for the year, to hear more about what we do and check which roads we are open to, please visit our website www.earlhamcommunityshop.co.uk or email us at earlhamcommunityshop@gmail.com.

We are based on site of Earlham Nursery School on Cadge Road. Our opening times can be found on our website and Facebook page.



National GP Shortage



Wensum Valley Practice Helps Train the Next Generation of GPs Amid National Shortage.

The practice is playing a growing role in training future doctors, responding to a national GP shortage that has left the average family doctor in England responsible for 17% more patients than a decade ago. Since 2022, the practice has hosted medical trainees, including two GP registrars.

Year 5 medical students also complete placements at Wensum Valley, seeing patients under the direct supervision of GP partners.

Training at the practice extends beyond future GPs. The lead nurse and clinical pharmacist have both completed educator qualifications, enabling Wensum Valley to support trainee nurses and pharmacists. These placements are designed to give trainees hands-on experience outside hospital or community pharmacy.

Wensum Valley says patients play a crucial role in developing the next generation of clinicians. Longer appointment slots are provided for trainees to explore symptoms in depth, and all consultations are supported by a fully qualified GP.

How Can You Help?

The practice is now seeking volunteers with certain health conditions who would be willing to speak with medical students as part of their learning. Anyone interested is encouraged to contact the practice on 01603 250660 or email nwicb.wensum.valley@nhs.net, addressed to Julie Spurgeon.

By supporting student learning, Wensum Valley hopes to help address the national workforce shortage.



Could you help to shape a new, and ambitious, social enterprise coming to NR5?

If you're passionate about community empowerment, food justice, and social impact, why not join the board of EatSocial and guide our future direction to help us to create meaningful, long-term impact for the local community.

EatSocial has a clear mission: "to harness the power of food to provide immediate and compassionate relief for families in times of need, to strengthen communities, and to create pathways of support that break the cycle of poverty."

We're now looking to recruit non-executive directors on a voluntary basis. If you can spare 2 to 4 hours a month to engage pro-actively with our cause and champion our mission, please email a short statement on why you'd like to be part of EatSocial to hello@eatsocial.org.uk

We're particularly interested to hear from you if you live in NR5, or if you have lived experience related to poverty or food insecurity.

Child Scientists



Nicky from the School of Psychology at the University of East Anglia, is on the lookout for local families with children under 3 to help them with some of their research studies.

These studies look at all areas of child development, such as how children think, remember and pay attention to things and how these abilities change as kids get older. Nicky is always looking for families with young children to take part in their studies and would love more families from our local area to be involved, so that the research represents all children. Sessions are usually run at UEA and take around 30 minutes to an hour. They have free parking and can help with any

transport costs and your child will receive a small gift for taking part.

If you think you might be able to help Nicky and the team at UEA out, you can register by scanning the QR code below and completing a few details. The team will then drop you an email if your child is the right age for a study, give you all the information, and then you can decide whether you would like to give it a go or not. The sessions are very flexible. If your child isn't up for it on the day, no problem at all — they can enjoy the toys, receive their gift, and head off home.

If you have any questions or would like more information, you can email Nicky directly on

child.scientist@uea.ac.uk



Marlpit Community Plot

Would you like to grow food alongside other people in a friendly and supportive community, either on your own small individual plot or working together to develop our orchard, soft fruit area, vegetable beds, forest garden, apiary and herb garden?

Do you want to learn new skills or share your own experience with others? Would you like to do this in a tranquil and beautiful site rich with wildlife and within easy reach of your home? And all with seeds, plants and tools supplied to save you having to carry them about yourself?

Come and visit one of our two Sustainable Living Initiative (SLI) projects, both in the area covered by the Henderson Herald: Grow Our Own on the Bluebell South Allotment site, NR4 7DP; and Marlpit Community Garden, Marlpit Lane, NR5 8XN.

SLI is an organisation that aims to improve the quality of life for individuals and communities through gardening and environmental projects.

We bring people together, sharing skills, ideas

and knowledge to grow food, and to enhance food security and regenerate our land.

We offer a range of activities to suit everyone. Volunteer members work together to establish and maintain the communal areas of the projects where we also offer small individual plots or raised beds for individuals and groups to grow their own food. No experience is needed as more expert members are happy to share their knowledge.

Members are invited to our social events and workshops from basketry to candle-making. We have our own Parents and Toddlers group and a wide range of groups make use of our facilities.

Volunteers work together at Marlpit Community Garden on Tuesdays and Thursdays mornings, and the second and fourth Saturdays of each month. Food sharing is on the first Tuesday and third Tuesdays of the month. At Bluebell someone will be there to welcome you on Sunday and Wednesday mornings 10 – 1, with food sharing the first Sunday of each month. Plot holders who pay a deposit for a key have access whenever it suits them.

Annual membership, £10 for individuals and £20 for groups is open to anyone who wants to be involved in SLI activities. Individual plots are £35 at Marlpit and £30 at Bluebell including membership.

For full details please see our website
www.grow-our-own.co.uk



University Student Mentoring

For students in Years 6-12 who attend Academic Support

University Student Mentoring is a unique opportunity for young people in Years 6-12 who regularly attend our Academic Support sessions.

IntoUniversity Norwich work closely with the University of East Anglia, and match University Student Mentors with students who regularly attend our Academic Support sessions.

Mentors and Mentees will set goals around future, social and academic themes, take part in interactive sessions and attend exciting Mentoring events throughout the academic year.

 University of East Anglia



Corporate Mentoring

For students in Year 13 who attend Academic Support

Corporate Mentoring is an exclusive opportunity for Year 13 students who regularly attend Academic Support.

Work one-to-one with a Corporate Mentor from an IntoUniversity corporate partner on future facing applications such as university or apprenticeships. Gain a better understanding of the working world and gain insight from an experienced professional in a particular field of work.

 MILLS & REEVE

norwich@intouniversity.org
01603 367525

IntoUniversity Academic Support

Open for eligible students in Year Groups 7 - 13

Academic Support is a free after-school club for eligible students.

Secondary students receive homework help, support with college, apprenticeship and university applications, CV support and access to exclusive work experience opportunities.

Sessions run on Mondays and Thursdays from 4.00 pm until 5.30 pm in the West Earlham Community Centre, Wilberforce Road, NR5 8ND.

Use the QR code to sign up or contact us at 01603 367525 or email us at norwich@intouniversity.org



In partnership with
IntoUniversity  UEA  AVIVA

IntoUniversity ACADEMIC SUPPORT

Open for eligible students in Year Groups 3 - 6

Academic Support is a free, weekly after-school club for primary students (ages 7-11 years).

Young people take part in our tailored curriculum and study different university degree topics each term.

Students are supported by staff to improve their literacy and numeracy skills through creative activities and games.



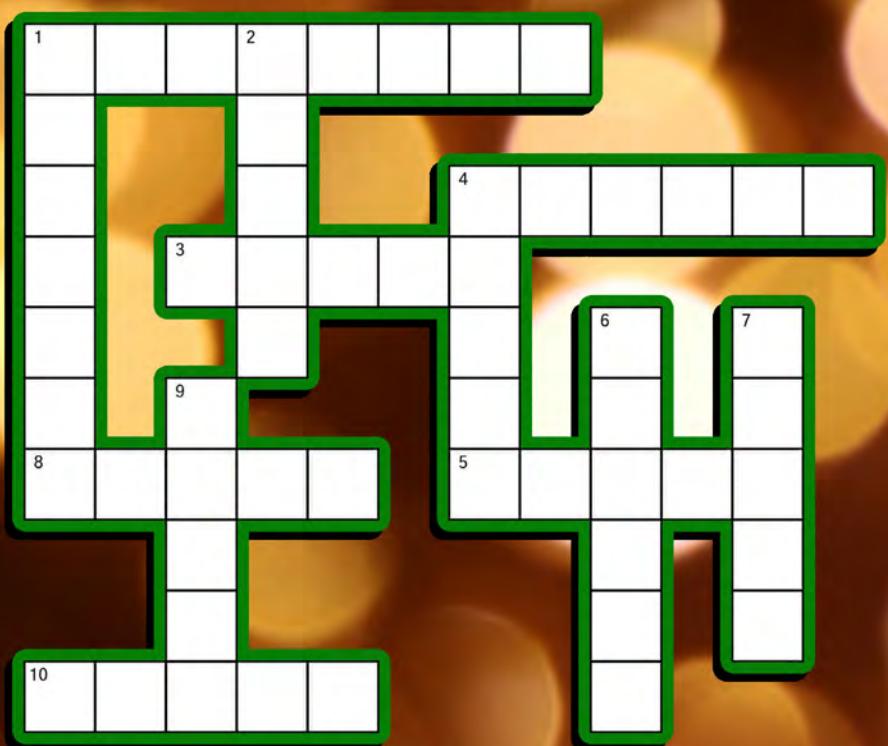
Use the QR code to sign up or contact us -
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Herald

H E A D _ - S C R A T C H E R S

Christmas Crossword



Down:

- 1. Made of three snowballs stacked up
- 2. A Christmas song
- 4. He brings presents on Christmas Eve
- 6. Bright decorations on houses and trees
- 7. Happy and cheerful
- 9. The color of holly leaves

Across:

- 1. Hung by the fireplace
- 3. A warm drink with marshmallows
- 4. Santa rides in
- 5. Often placed on top of the tree
- 8. Santa lives at this Pole
- 10. American for sweets

Can You Spot
The Twelve
Differences?

