



Sitdown Fitness At Cadge Road

group had reached its capacity. "This funding is great news" comments Beth Maycock, who runs the exercise classes. "The Wednesday group is very popular, and we couldn't fit anymore people in" she continues, "This additional funding means we can now run a class on the Tuesday as well". The seated fitness class is designed for people who may struggle to do regular exercise. It's a gentle class for building strength and mobility and is particularly suited to more elderly people. Beth is a qualified instructor and delivers a friendly and welcoming session.

To sign up you can ask your GP for a referral, or get in contact with Beth directly on:

07535 476004

or by emailing:

beth.maycock@henderson-norwich.org

There is also a lot more going on at Cadge Road Community Centre, including other groups run by Henderson Trust and offerings from other community groups within the NR5 area. The timetable below shows everything that's happening along with contact details for the groups.



What's On At Cadge Road Community Centre



Youth Club:

Weekly 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.



The Spoken Word Ministry:

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



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



Craft Connections:

A free informal arts & craft group for people aged over 18. No experience necessary. Held weekly 10am – 12pm. Contact: Beth.Maycock@henderson-norwich.org or 07535 476004. Booking required.



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.



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 Beth: 07535 476004.



Slimming World:

Slimming World consultant Lorraine runs weekly sessions. Group Wednesdays 9.30am. For more info contact Lorraine: 07961046619



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.



Opt In Social:

An easy going social group for over 50s. Wednesdays 1:15pm – 3pm & Thursdays 1 – 3pm. Free to attend. Free to attend. Booking required. For more info contact Beth: 07535 476004.



Silver Diners:

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

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

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**NSJ
ALL
THE
WAY**

Norwich Social Joggers, a local friendly jogging club that meet regularly at Henderson Park, are celebrating their 5th birthday... and raising money for Henderson Trusts's craft group in the process!

The group is organising a 10km run on Sunday the 10th May setting off from Henderson Community Park at 10am.

Stephen Pizey, who organises the Social Joggers group, stated "We wanted to celebrate our birthday, and help a local organisation. The 10km run is a great way to do this".

"Entrance is only £15, and all proceeds are going to support the craft group, every entrant will get a medal".

Stephen was very keen to stress that the group is open to everyone. "We cater for all abilities", he continued, "beginners night is Monday meeting at 6:45pm, and its just as much about the social element as it is the fitness."

Having met with Stephen the Herald team can confirm that they are certainly a very welcoming group.

If you want to join the 10km run or find out more about joining the group you can email them at:
norwichsocialjoggers@gmail.com
or find them on Facebook.

Or you are quite welcome to come down to Henderson Park on Sunday the 10th May to cheer them on!

norwichsocialjoggers@gmail.com



**Birthday
Fun Run
10K**
unique NSJ medal

**Celebrating
5 years of
Norwich Social Joggers**

**Sun 10th May 2026
Music - Cake - Refreshments**

Come and join us at
Henderson Community Park

Ivy Road, Norwich, NR5 8BF

Arrive 9:45am - 10am start

Registration - £15

Email: norwichsocialjoggers@gmail.com
to register

Proceeds to The Henderson Trust



**Norwich
Foodbank**
Together with Trussell

Norwich Foodbank is pleased to share that during the calendar year 2025, comparing with 2024, there was a 17% reduction in the amount of people accessing the foodbank. The charity has increased and developed on-site partnerships with advice and support agencies including British Red Cross, Citizens Advice, Shelter, Your Own Place and a new money advice charity 'Norwich Community Money Advice Connect Centre' who can provide unconditional, confidential, free, face-to-face advice, in affiliation to the national charity Community Money Advice which provides the regulated debt advice.

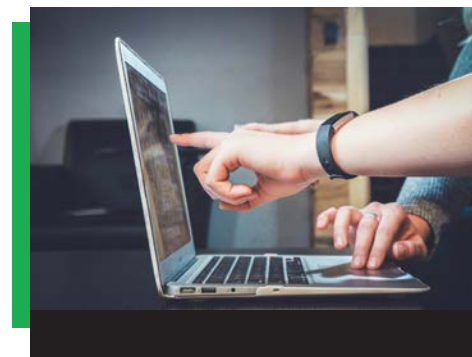
The charity receives regular reports from the partners who are based within distribution centres and the consistent feedback is that when people accept support and engage with help on offer, the chances of needing the foodbank again are greatly reduced.

While food remains the charity's core offer, there is a lot more besides that goes into helping the person or household in need - and this may be as simple as providing a space to listen and chat.

At a distribution centre recently, a lady came in to collect her first ever food parcel and clearly wanted to get out as quickly as she could. The volunteers gently convinced her to have a chat with our advice partner on site before she left and, after starting to chat, her barriers came down and she shared how a situation outside her control had turned her 'from a successful, confident woman into

losing everything in the space of a few months.'

Our advice partner Chris was able to help with a couple of small things, but the biggest help was just listening and providing advice and confirmation of her plans. The team shared that a completely different woman left than the one who had arrived, one that was back in control and with a plan to get back on track and she personally said 'There was no way I would have spoken to you, or anyone, about this if it wasn't for that volunteer'.



Wildlife On Your Doorstep

Norfolk Wildlife Trust acquired Sweet Briar Marshes through our own fundraising and match funding by AVIVA in spring 2023.

We opened the reserve to the public in May 2024 with the aim of protecting this important green space for nature less than a mile from the centre of Norwich, but also, to serve the communities surrounding the reserve as a local wild space that can be reached by foot, by cycle and by those who have difficulties with accessibility.



A transformation of a commercial yard into an area that will make NWT Sweet Briar Marshes our most accessible reserve has begun. If you travel along Marriott's Way, you may have heard noises of construction as you pass the path that takes you into Sweet Briar Industrial Estate. Work is currently underway to build our storage and workshop facility, install services and later, our accessible toilet block and five disabled parking spaces on the former Walker Rubber carpark. Our new facility is on track to open later in the spring.

We're grateful to the Greater Norfolk Growth Board and our project partners Aviva for funding these improvements. Find out more about the work happening at Sweet Briar.



Location of NWT Sweet Briar Marshes in relation to Henderson ward communities.

*No access to Sweet Briar Road to the reserve

Sweet Briar Marshes

To find out more visit:

norfolkwildlifetrust.org.uk/SweetBriar

Or sign-up to our newsletter at :

norfolkwildlifetrust.org.uk/sweet-briar-marshes-e-newsletter



Outdoor Upgrade

Henderson Green Primary School is celebrating a major milestone this term as brand-new playground equipment has been installed across the Reception, KS1, and KS2 outdoor areas. The upgraded spaces are already generating huge excitement among pupils and staff, marking an important investment in active play, wellbeing, and community life.

The new equipment - carefully chosen to support physical development, imaginative play, and collaborative learning - reflects the

school's commitment to creating an inspiring and inclusive environment for every child. From dynamic climbing structures to creative play resources, each playground area has been thoughtfully designed to meet the needs of the children who use it.

"Our vision at Henderson Green is that everyone belongs and succeeds together. These new playgrounds embody that vision - giving children spaces where they can grow, explore, play, and support one another."

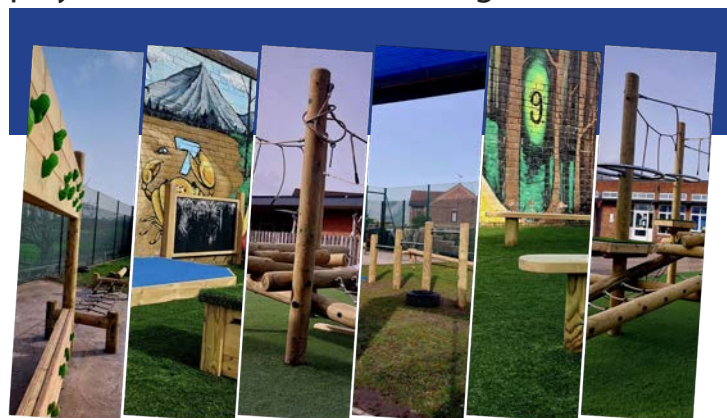
The investment also reinforces the school's core values: Inclusion, Kindness, Respect, Responsibility, Integrity, and Resilience. Staff say the new equipment not only supports physical development but also nurtures these values through shared challenges, cooperative play, and the confidence that comes from taking safe risks.

Children from all year groups have been eager to try the additions, and teachers are

already seeing the positive impact on friendships, behaviour, and enthusiasm for outdoor learning. The new playgrounds will also enhance the school's wider community life, providing vibrant spaces for school events, family activities, and after-school clubs.

Henderson Green warmly welcomes visitors - families and community members - to see the improvements firsthand and share in the celebration of this exciting new chapter for the school.

With renewed energy and beautiful new spaces, Henderson Green Primary continues to champion a joyful, inclusive, and supportive environment where every child can thrive.



Step into the arena. Train like a knight every **Friday from 5pm** at **West Earham Community Centre** in Norwich!



knightsacademy.uk
07427 659 973

VOLUNTEERS Needed!



For more info contact:
: beth.maycock@henderson-norwich.org
: 07535 476004

Youth Group

Monday's 4pm-6pm
Assist in hosting our youth groups for ages 10-16.



Opt In

Wednesday's + Thursday's, 1pm-3pm
Assist in hosting our elderly social group.

Craft Connections

Thursdays 10am-12pm.
Assist in setting up and running our weekly craft sessions, for ages 18+



All groups based at Cadge Road Community Centre, NR5 8DD.

Herald

H₄ E₁ A₁ D₂ - S₁ C₃ R₁ A₁ T₁ C₃ H₄ E₁ R₁ S₁

Summer Sudoku

The goal is to fill empty cells with digits 1-9, ensuring each number appears exactly once in every row, column, and 3x3 block.

Can You Spot The Ten Differences?

7	5	1	8				3		
4							1		
			4				7	8	5
				7					8
2	6	7		4	8				1
			3		6				
	7		6				2	5	4
	8	2							
		4		3					

