



## A Site To Behold

At Henderson Trust we have been working hard behind the scenes to redevelop our website into a more attractive and current offering that highlights the work we do and services we provide within the community of West Norwich.

Being a small local charity, we understand projects like this can be expensive, so we decided to do the work ourselves! Graham Meads, who runs our Not About the Bike project bravely took on the role.

“We have been in control of updating our website for several years, but the site itself was very old fashioned and outdated” commented Graham. “We knew that we

wanted to change it entirely, to make it more modern, accessible and engaging. Despite having a web and graphic design background there was still plenty to learn on this platform”.

“We think that what we created is much more user friendly. It’s easier to navigate around and features lots more images of what we do, rather than just lots of text”.

The new website features sections on the projects we run, including our dedicated cycle maintenance workshop Not About the Bike, our subsidised ‘Summer Sorted’ trips and the groups we run from Cadge Road Community Centre including ‘Sitting Pretty’ our seated exercise classes, ‘Opt-In’ our social groups for the over 50’s, ‘Craft Connections’ our weekly craft group and our Youth Group.

You will also be able to find information on the ‘Get Set’ project we run in conjunction with Norfolk County Council’s Big Norfolk Holiday Fun project providing free activities for eligible young people during school holidays.

Along with this, there is a dedicated section about the Henderson Community Park and Cadge Road Community Centre. The Community Centre page features all the other groups that run from the Centre including the NR5 Community Hub, Silver Diners, Norwich Choi Kwang Do and Slimming World, so you can find out what’s on at the Centre in one easy to access place.

The web address is the same as it always was [www.henderson-norwich.org](http://www.henderson-norwich.org)

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

# We want your opinion!

Groundwork East are working in partnership with BITC (Business in the Community) and alongside Norwich City Council to explore possibilities for improving Ranworth Road Playground and the corridor of woodland between Freshfield Close and St Mildred's Road.

You may have already filled in a survey asking for your thoughts on general improvements to green spaces in the area, and these responses directly fed into which areas were selected for this next stage. The first survey indicated that green spaces in Earlham are seemingly underused, likely due to safety and maintenance issues, but that they have potential to be valuable community spaces. What was also evident, however, was an overarching desire for more organised community spaces, activities and communication.

Earlham is a community with a clear understanding of the importance of quality green spaces and a deep affection for its natural areas, and now the two areas of improvement have been identified, we can address the challenges that impact on local



desire to make meaningful use of them. Groundwork East invites residents to complete this next survey focusing specifically on these two areas, with the results feeding into visual landscape design options and a draft action plan of how it might be achieved. There will also be an invitation to join workshops where residents and local stakeholders can work with Groundwork East Landscape Architects to develop implementation plans for both sites.

The Earlham community will be at the heart of these conversations, helping to shape a project that we hope will bring lasting benefits to the area.

We'd love you to be involved  
QR code to survey:



Please note that improvement works, features and implementation programmes are all subject to successful fundraising.

Visit to find out more about Groundwork East

[groundwork.org.uk/east/](http://groundwork.org.uk/east/)



## Nature Connections

A fortnightly group for people over 55

May 13<sup>th</sup> and 27<sup>th</sup>

Then every 2nd and 4th Wednesday

1.30pm - 3pm

at Future Projects, The Baseline Centre  
Knowland Grove, NR5 8YD

Relax and recharge through gentle nature activities  
both indoors and out.

All activities free. Just drop by.

Cuppa, cake and a warm welcome await!

To find out more contact Future Projects, The Baseline or Lou Harlow  
lou.harlow@norfolkandwaveneymind.org.uk 07955 288573



## Soundwalk in Redbridge Park and Tudd Woods for people over 55

Join field recordist Martin Scaiff, on a unique walk that tunes us into the natural world. Using specialist microphones, we will take time out to listen deeply to the sounds we wouldn't normally hear. An invitation to be curious, connect and walk with others.

A warm welcome awaits.

Monday 18<sup>th</sup> May

11am - 12:30 pm

Reserve your spot as this a popular event.

For further information and to book please contact Lou Harlow by emailing  
natureconnect@norfolkandwaveneymind.org.uk  
or telephone Lou on 07955 288 573





In the last issue of the Herald we highlighted the fact that local jogging club Norwich Social Joggers were celebrating their 5th birthday by organising a fund raising 10km run to support Henderson Trust's 'Craft Connections' group.

Well, we are happy to say, that they came...they ran...they raised lots of money!

The run, which started from Henderson Community Park, raised an incredible £750 to support the Craft Connections group.

Stephen Pizey, who organises the Norwich Social Joggers group, commented "We are incredibly pleased with the turn out and how the event went. It was great to see so many people out there and we are blown away by the amount we raised".

Beth Maycock, who runs the Craft Connections group for Henderson Trust, was there on the day to hand out medals to the runners. "What a great day" Beth commented. "We are so pleased with the amount of money these people raised to support the group. One of the main expenses with running the Craft

Connections group is buying the supplies, this funding will go a long way to keeping us stocked up so we can keep the group running, its such an important group for the people who attend, they will be blown away.

Norwich Social Joggers is a friendly running group that meets weekly, to find out more email [norwichsocialjoggers@gmail.com](mailto:norwichsocialjoggers@gmail.com) or find them on Facebook.

Craft Connections is a weekly craft group for residents in the NR5 area held at Cadge Road Community Centre, you can find out more on the Henderson Trust website

[www.henderson-norwich.org](http://www.henderson-norwich.org)



**Study Programme**  
**Level 2 Light Vehicle Maintenance & Repair Maintenance**  
 poultec the training specialists

**Who is it for?**  
 This Level 2 course is ideal for 16-19-year-olds progressing from Level 1 or with some prior experience. Based in our industry-style workshops in Norwich, you'll build on your existing skills, gaining deeper knowledge of vehicle systems, diagnostics, and repair techniques to prepare for an apprenticeship or employment.

**What are the benefits?**

- Gain recognised qualifications
- Learn from expert tutors
- Gain hands-on experience
- Learn in an industry-style workshop
- Fully funded training

**What's covered?**

- Health and safety in an automotive environment
- Supporting team members
- Materials, fabrication, tools and measuring devices
- Routine light vehicle maintenance
- Removing and replacing light vehicle chassis units and components

**What's included?**

- Work experience
- Information, advice and guidance sessions
- Employability skills
- Focus months
- Maths & English functional skills included (if required)

**Take your first step into an exciting industry**  
 Contact us: 01362 850983 | [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk)  
 Find us: Unit 4, Henderson Business Centre, Norwich, NR5 8BF

**Study Programme**  
**Level 1 Vehicle Maintenance**  
 poultec the training specialists

**Who is it for?**  
 This course for 16-19-year-olds is the perfect introduction to vehicle maintenance. Based in our industry-style workshops in Norwich, you'll gain hands-on experience using tools, engines, and vehicle systems - building the skills and confidence to progress into higher level training, an apprenticeship or career in the motor industry.

**What are the benefits?**

- Gain recognised qualifications
- Learn from expert tutors
- Gain hands-on experience
- Learn in an industry-style workshop
- Fully funded training

**What's covered?**

- Vehicle technology, workshop methods, health and safety, and housekeeping
- Basic routine vehicle maintenance and tyre inspection/repair
- Removing and replacing engine, electrical, and chassis components
- Light vehicle lubrication, cooling, braking, steering, and suspension systems
- Inspection, repair, and replacement of mechanical components

**What's included?**

- Work experience
- Information, advice and guidance sessions
- Employability skills
- Focus months
- Maths & English functional skills included (if required)

**Take your first step into an exciting industry**  
 Contact us: 01362 850983 | [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk)  
 Find us: Unit 4, Henderson Business Centre, Norwich, NR5 8BF

**Study Programme**  
**Level 1 Welding and Fabrication**  
 poultec the training specialists

**Who is it for?**  
 This Level 1 course is ideal for 16-19-year-olds with no prior experience who want to start a hands-on career in welding and fabrication. Based in our industry-style workshops in Norwich, you'll learn essential welding techniques, health and safety, and fabrication skills to prepare for further training, an apprenticeship or employment.

**What are the benefits?**

- Gain recognised qualifications
- Learn from expert tutors
- Gain hands-on experience
- Learn in an industry-style workshop
- Fully funded training

**What's covered?**

- Manual metal arc welding
- Oxy-acetylene welding
- Tungsten inert gas welding
- Metal inert gas welding
- Brazing and soldering
- Metal fabrication
- Thermal cutting techniques

**What's included?**

- Work experience
- Information, advice and guidance sessions
- Employability skills
- Focus months
- Maths & English functional skills included (if required)

**Take your first step into an exciting industry**  
 Contact us: 01362 850983 | [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk)  
 Find us: Unit 4, Henderson Business Centre, Norwich, NR5 8BF

# STOP LOAN SHARKS

Norfolk First Credit Union has won national recognition for its work to support the fight against loan sharks.

The credit union, which offers savings and loan services to people who live and work in Norfolk, has been awarded official accreditation by the England Illegal Money Lending Team – Stop Loan Sharks.

The Credit Union has a dedicated Stop Loan Sharks page on its website and has supported campaigns and shared publicity to raise awareness.

Dave Benbow, head of Stop Loan Sharks, said: "We're delighted to welcome Norfolk First Credit Union as an official partner. Their support plays a vital role in helping us disrupt illegal lending".

Scott Porter, director of Norfolk First Credit Union, said: "Achieving partner status with Stop Loan Sharks is a great achievement. We have been working with Stop Loan Sharks providing advice, information, resources and

credible alternatives to being drawn into using loan sharks".

Loan sharks are unregulated and give loans with no paperwork, often adding charges and high interest to loans. They can resort to threats, intimidation and even violence if repayments are not made.

These lenders are not registered with the Financial Conduct Authority, borrowers do not have the protection of consumer law. This can cause huge amounts of stress and impact other finances.

Anyone affected by illegal money lending can call the 24/7 Helpline on **0300 555 2222** or send a WhatsApp message to **07700 102773**.

For more information visit **stoploansharks.co.uk**

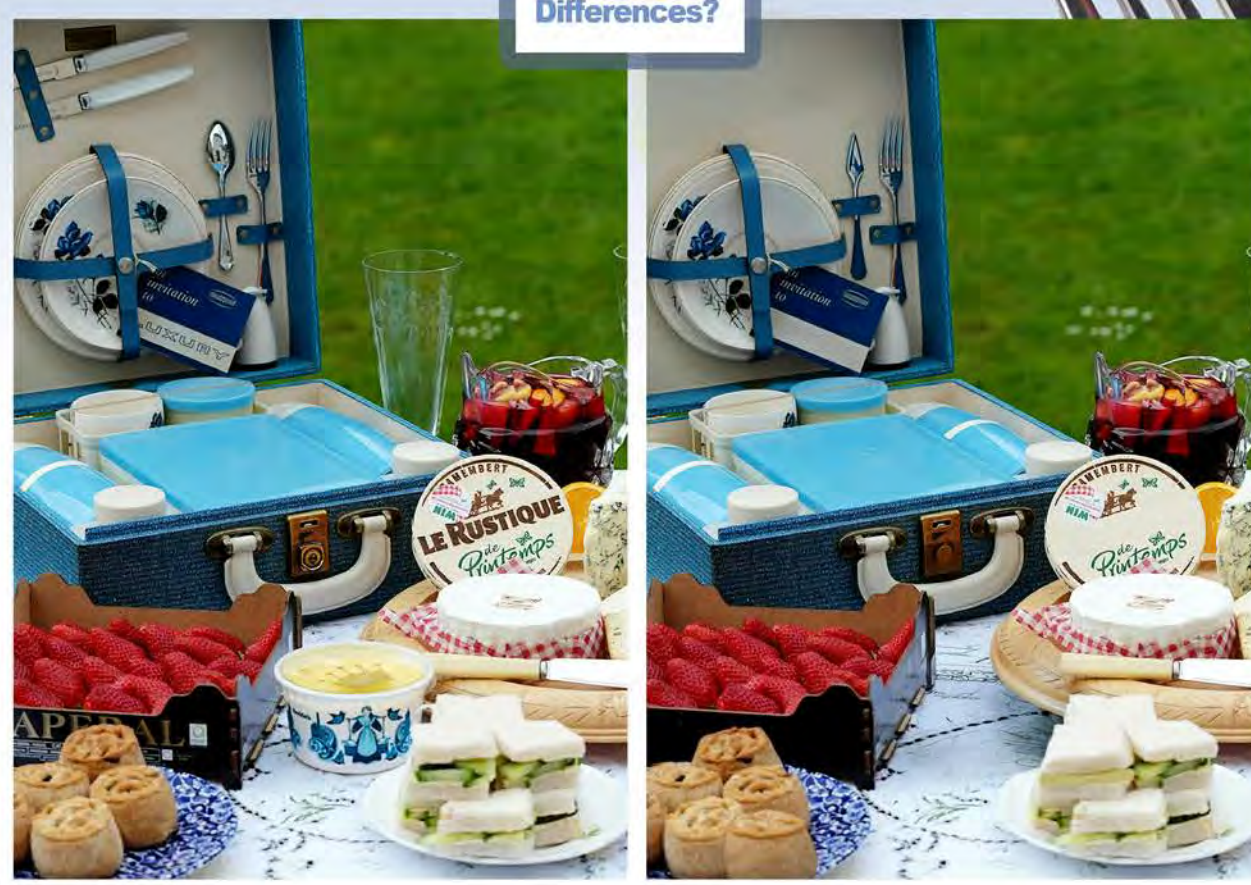
To find out more about Norfolk First Credit Union, visit **norfolkfirstcu.com**



# Herald

H<sub>4</sub> E<sub>1</sub> A<sub>1</sub> D<sub>2</sub> - S<sub>1</sub> C<sub>3</sub> R<sub>1</sub> A<sub>1</sub> T<sub>1</sub> C<sub>3</sub> H<sub>4</sub> E<sub>1</sub> R<sub>1</sub> S

Can You Spot The Twelve Differences?



## SUMMER HENDERSON TRUST WORDSEARCH

D	S	A	E	T	E	R	S	N	E	A	M	R	G
H	O	R	O	N	C	A	D	G	E	R	O	A	D
E	C	T	G	P	O	R	I	R	G	E	C	U	D
N	I	A	E	P	O	C	T	N	M	K	O	O	A
D	A	R	T	S	D	S	K	G	T	R	M	D	O
E	L	R	S	G	E	W	M	G	R	O	M	E	G
R	J	A	E	O	M	D	H	N	I	W	U	E	O
S	O	P	T	U	S	I	S	G	P	D	N	A	E
O	G	D	G	M	O	U	H	J	S	N	I	R	N
N	G	N	A	S	R	L	N	P	O	U	T	L	S
P	E	T	J	M	T	S	I	D	U	O	Y	H	I
A	R	S	I	O	E	M	T	O	T	R	N	A	A
R	S	E	D	S	D	C	P	M	S	G	G	M	D
K	T	R	E	D	R	O	O	L	D	O	E	N	A

- Trips Out
- Groundwork
- Get Set
- Community
- Cadge Road
- Earlham Optn
- Social Joggers
- Sorted
- Henderson Park