

Henderson Herald

Free

INSIDE - Lynda Wilkinson - Bowthorpe School Reunited - Why Eric loves volunteering - Don't be lonely this Christmas - Prize competition - Billy's BIG Blue Star - & lots more!

Winter 2016

School Goes GA-GA For Radio

It is difficult to describe the scenes at West Earlham Junior School on a cold lunch time in November.

From the moment that the first few children approached Mr Cannon to ask him 'if it was time yet?' you could hear the murmurs of excitement start to build. As the 'lead teacher of digital studies' started to set up the loud speaker, the tension increased and the chatter began to get louder and louder. Then, the first notes of music blasted out and almost every child in the playground exploded into spontaneous laughter, singing and dancing.

You may be forgiven for thinking that Justin Bieber or Jamie Vardy had made an unexpected visit. But no, the enthusiasm and eagerness were because

the latest edition of the West Earlham Junior School's radio show was being broadcast.

The school recently purchased a fully operational digital studio set-up specifically to help the pupils learn about digital technology and digital coding. These are skills which are becoming more essential in lots of different areas of the modern world of work. In its most basic form, the studio allows the children to learn how to record and edit sounds, voices and music. But it has become so much more than that: giving opportunities to develop their listening, reading, understanding and maths skills as well. Many of the children have grown in confidence or learned new life-skills too. For example, one child disliked writing and did everything he could to avoid it but he wanted to prepare an interview for the radio show and loved every minute of planning, preparing and writing down the questions. Others have used their

Megan, Evie and Imogen prepare for the next show



presentation skills to read stories or the latest news. Every show contains features from the staff such as 'Mrs Blackman's Scientific Factoids', music that has been digitally recorded by the children or regular slots from the children such as Imogen Baker and Evie Butler who love telling their (terrible) jokes in 'Comedy Corner'.

The radio station has been so popular with children and staff and the range of benefits so great that the school are hoping to incorporate even more subjects into the radio production. Mr Cannon explained that: 'I expect that, fairly soon, we will be able to download the children's shows onto the school website so that parents can listen too. At the moment, it is planned that every year-group will make at least one programme but the more they get involved, the more

they seem to get out of it and the more they want to do. This has been a fantastic opportunity for everyone, including the teachers, to learn something new.' Megan Ayto is ten years old and has plans to be a primatologist when she grows up. Even though it may seem that digital skills might not be needed when working with monkeys, Megan loves working on the radio

shows. She said. 'You never know when some of the skills we use in our radio shows will come in handy – whatever you do in the future or as a job.' If you have some spare time to offer and expertise or skills that you feel might help the school's new radio project, please contact Scott Cannon via the school reception 01603 454 569.

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Animal Encounters Of the E.T. Kind

Angelica's Rainbow is a new non-profit organisation based at the old Marl Pit pub on Hellesdon Road. Everyone knows how calming spending time with animals can be and Angelica's Rainbow will be bringing a range of animal encounters to the community for Educational and Therapeutic (ET) purposes. The organisation plans to work with individuals, healthcare professionals and schools to help fight mental health issues, build confidence and to increase community values

If you would like to find out

more please follow their Facebook page @angelicasrainbow or contact 01603 951337 and watch for more news in future editions of the Henderson Herald.



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View From The Chair

By Lynda Wilkinson - Chair of Trustees, Henderson Trust



Whatever your beliefs, with the vote for the UK to leave Europe, the awful scenes of terror and suffering in Brussels and Syria, the Summer Olympics and Para-Olympics in Rio and the US presidential Elections, 2016 has been a mixed year of shock, change, outrage, joy, celebration and triumph over adversity right across the world.

The whole world seems to be a more dangerous place than ever before and many of our favourite celebrities have sadly passed away. Yet, at the same time, astronaut Tim Peake inspired a generation with the wonders of space travel, the Queen celebrated her 90th birthday, Andy Murray won Wimbledon and the number of tigers rose in the wild for the first time in over 100 years.

Although there have been

good times, I have heard a number of people say, 'I will be glad when 2016 is over and we can start again on January 1st 2017'. But as the year does come to an end and we all go into another New Year, it might be time to start taking a bit of responsibility to make things better for ourselves. Maybe we shouldn't expect the government to sort out all of our problems, perhaps it is time to start looking after our own health better rather than relying on a straining NHS and why don't we start looking for ways in which we can help each other – starting right here in the area where we live?

The Henderson Trust has worked tirelessly in the area for over 15 years helping local young people, children and families and providing great opportunities to help build

the local community for everyone. And 2016 has been no different: we have offered places for over 250 families to enjoy summer and winter days out during the school holidays, shown over 100 children and adults how to fix and refurbish their bikes, provided personal training and development opportunities to many more young people from the area and we have kept the Community Park in Ivy Road a clean, tidy and safe place to enjoy for everyone. I am happy to say that the Henderson Trust has done so much for so many people and I am proud to say that, with thanks to the dedicated staff and tireless work from our volunteers, we will be there for the community of West Earlham, North Earlham, Marlpit and Larkman for years to come.

If you want to get involved, make a difference and help your local community, the Henderson Trust has various opportunities for volunteers. Go to www.henderson-norwich.org or call 01603 251700. So, let's look forward, take charge of our own futures and start doing things together – Happy Christmas and I hope you all have a 'positively' great 2017!



Visit www.henderson-norwich.org for all the latest!

Happy Memories

In 2009, the Facebook group 'Bowthorpe School Reunited' was set up for ex-pupils of the school which was built in 1940 and closed in 1991.

The group has grown and now has over 720 members who use the site to find their old school friends, share memories and post pictures for everyone to enjoy, some of the memories even date from the days when the school was known as The Gurney Girls and Henderson Boys School.

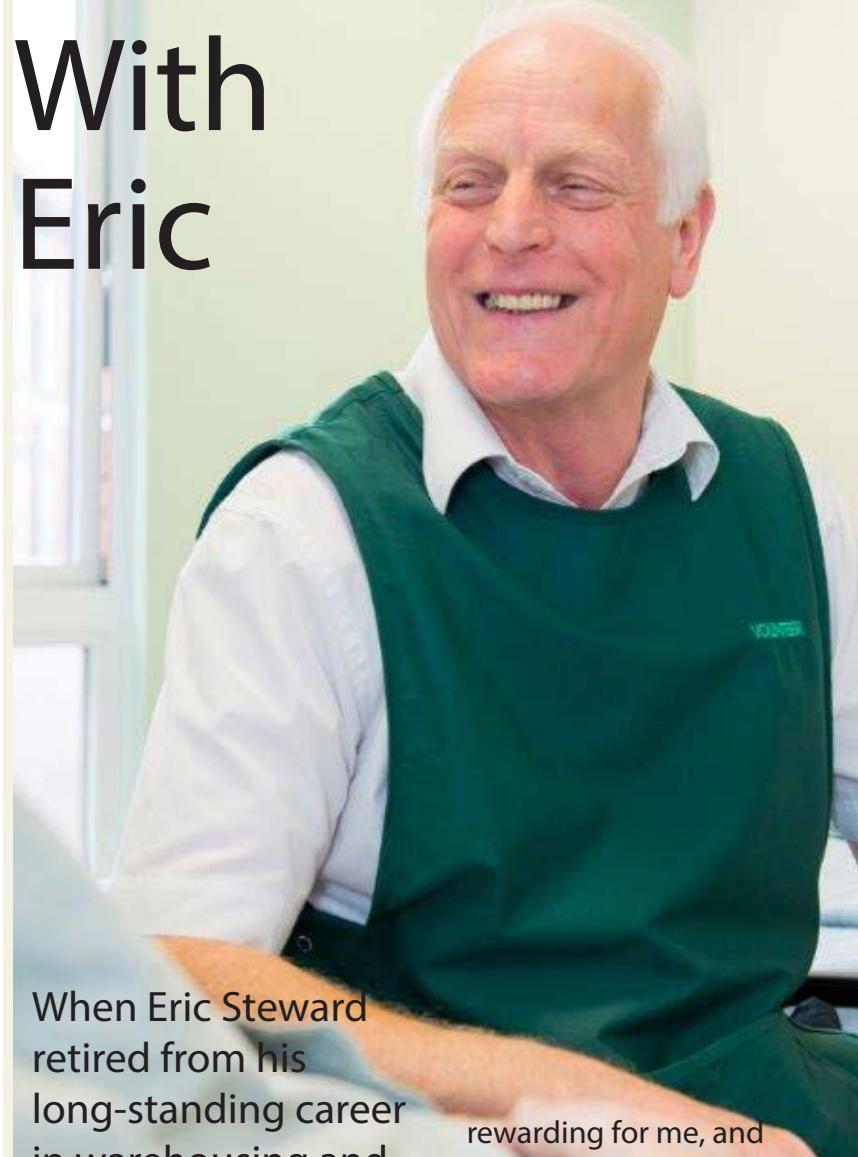
Steve Pizey, who started and runs the Facebook site, told the Henderson Herald that the group recently held a big reunion at the Gas Social Club in Sprowston. Steve said:

'Around 112 ex-pupils and 3 teachers came along to enjoy the evening. It was a very enjoyable and successful evening. It was a real trip down memory lane with food, music from the 70's & 80's, lots of friends to catch up with, plus a charity raffle with some great prizes on offer. There were also old school books, magazines, newspaper cuttings plus lots more school memorabilia on display for everyone to glance through. We even had old cine-film showing

the school playground back in the late 70s plus shots of the School closure party in 1991 filmed by Chris Hook.' A total of £225 was raised during the evening which has been kindly donated to the Henderson Trust's Christmas gift programme which gives a range of small Christmas presents to young people who live in the area and who are living in local authority care.

The Henderson Business Centre and fire station in Ivy Road is built on the old school site where the old rear playground used to be and the old cinder running track and some football pitches still exist in the Henderson Community Park. Chris has kindly allowed us to use some of his old photos of the school as can be seen below. If you have any photos or memories of the Bowthorpe School to share, go to Facebook and search Bowthorpe School reunited.

A Bedside Chat With Eric



When Eric Steward retired from his long-standing career in warehousing and distribution, he was not ready to put his slippers on or put his feet up for good, but he did want something positive to do with his spare time.

Eric wanted to make a real difference to people's lives and so he got in touch with the Norwich Community Hospital in Bowthorpe Road. Now he spends one afternoon a week visiting patients and helping to deliver meals. Eric said. 'I certainly get a lot from volunteering. I visit Alder Ward every Thursday and I sit with patients who don't have visitors by their bedside. I find it really enjoyable and once the conversation gets started, I don't realise how quickly the time goes. I really enjoy every aspect of the role; I meet so many different people who have done all sorts of interesting things in their lifetime. It's very

rewarding for me, and the patients seem to enjoy having someone different to chat to too.'

The Norwich Community Hospital has lots of opportunities for volunteers. There is no template for the kind of person that can volunteer, some are recently retired people with new found time on their hands, others might be students looking to learn new skills or get experience while some are already in full-time work with a little regular free time to help out.

Volunteers come from all walks of life but they all share one common goal – to do something good for the people and communities around them. If you're interested in volunteering, or you would like to find out more about some of the opportunities available at the hospital, please get in touch Samuel.scott@nchc.nhs.uk call 01603 272 337 or visit www.norfolkcommunityhealthandcare.nhs.uk/Get-involved/volunteering

Top Tip For Tip Top Health

One easy, tasty, cheap and warming way of getting your 5 a day is by making your own soups. Make a big batch and freeze portions in plastic boxes for future meals.

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The Henderson Star Award Goes to....



The first ever 'Henderson Star' trophy for volunteers has been awarded to Billy Fysh by the Henderson Trust.

The Henderson Trust Trustees were delighted to give the award to Billy for

his outstanding contribution to the work of the 'Not-About-the-Bike' (NAB) project which helps young people and people with learning difficulties learn about cycle maintenance and refurbishment.

Billy has lived in the area all of his life, attending Larkman School and then Bowthorpe High School. Unfortunately, due to extreme bullying, he had to leave school early and has very low confidence and no qualifications. Billy originally joined one of the NAB project groups to learn about bike mechanics. But he had such a flair for it that he ended up helping to run

the group and has been co-running groups ever since.

Billy said: 'Since coming to NAB, I have overcome my shyness and it feels good to be able to help so many people'. Graham Meads, who runs the project said: "Billy is so confident and motivated now it's hard to believe that he is the same person that first visited us four years ago. He has helped hundreds of people keep their bicycles alive - it is amazing. Our project and the community are lucky to have him!"



Wellbeing Course

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Don't Hibernate This Winter

Although you may feel like hibernating, why not use the top 5 tips from our Henderson Herald GP to stay healthy and active during the cold months of 2017?

- 1) It is natural to want to stay in bed longer during the cold dark days but most people still don't get the 7 – 9 hours of proper sleep each night recommended by the Sleep Council. Try to get enough sleep every night to recharge your batteries
- 2) Keep your immune system working well by drinking more milk and eating cheese and yoghurt to increase your protein and vitamins A and B12
- 3) Don't just fill up on the unhealthy stuff. Eat lots of fruit and veg and if you fancy a sweet treat, try some dried fruit or a fresh satsuma or clementine instead. Homemade soups are a great way to make sure that kids enjoy a balanced and tasty diet
- 4) Get out and about – don't sit around indoors. Wrap-up, and get out in the fresh air with the whole family. Enjoy a good winter walk on the beach or just have some fun at the Henderson Community Park. Regular exercise helps boost your immune system and can help break the tension that can build in a family if you are always cooped up in the house together
- 5) Boost your energy levels with a morning bowl of hot porridge for breakfast. Try adding some chopped dried apricots, some raisins, a sliced banana or other fruit as a tasty and healthy alternative to sugar or salt.

For more information go to
www.nhs.uk/Livewell/winterhealth/Pages/Healthywinter or contact your GP.

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Entries must be received before Friday 24th February 2017

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

