

# Henderson HERALD

Free

Autumn 2012

the garage

**Got a talent for breakdance, 'MCing', music or even poetry? Want to perform, but don't know where?**

The Garage's SLAM night returns on Thursday 1 November. Bigger and better than before, this long running night is one of Norwich's best opportunities for young performers to showcase their skills to other young people. With an hour of the hottest young local talent on The Garage stage, performances are open to

anyone. Auditions for main acts will take place from Monday 1 to Thursday 4 October. To book an audition slot or for a friendly chat about performing, contact Alain Mansfield at The Garage, telephone 01603 283382 or email [alain.mansfield@thegarage.org.uk](mailto:alain.mansfield@thegarage.org.uk). And, if you just want to come along and join the audience, tickets are available from The Garage. £3 advance, £3.50 on the door. Telephone 01603 283382. Check out [www.thegarage.org.uk](http://www.thegarage.org.uk) for more information.



## Local Girl, Josie, Carries the Torch

17 year old Josie Andrews beat thousands of applicants to be one of the Olympic Torch bearers in Norfolk earlier this summer. Proud Josie carried the torch on one of the Cromer legs of the relay which saw the Olympic flame travel over 8,000 miles on its journey around the country and finishing up at the amazing Olympic Games opening ceremony in London.

Josie, who has always lived in the West Earlham area of Norwich said; 'it was one of the most fantastic days of my life. I had been practising running with the torch and making sure that I knew what to do with the hand over but the atmosphere when I did it for real was something else! People were cheering, shouting and waving flags and my family and friends were all there to support me - nothing could have prepared me for that. The Olympics only happens once every four years and it probably won't come to the UK again in my lifetime so to be a part of it was a dream come true and something I will never forget.' Josie was nominated to carry the torch by her school PE teacher, Dave Upton because she is so

committed and has volunteered over 400 hours to teach children and young people about sport. Since the relay, Josie has been invited to her old schools to talk to and inspire other children to help in their own communities. Josie began her volunteering at the HatTrick football training program and is currently studying an extended diploma in Sport and Coaching at Easton College and is working with the Taverham Football Club under 15b team. She is hoping to go to America next year to coach 'soccer' during the summer.

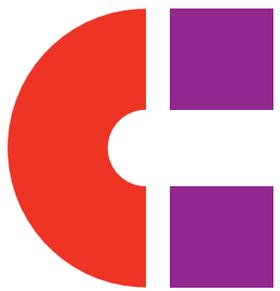


## Children Choose New Name for Local Park

After years of discussion and thought, a new name has finally been agreed for the Park in Ivy Road, Earlham. From now on, the park will be known as the Henderson Community Park. The new name was chosen by pupils from the Valley Primary, Larkman Primary and West Earlham Junior Schools. Christine Brown, Trustee of the Henderson Trust explained; 'The Henderson Community Park is a great resource for children and adults in the area. It is only

right that as times change, the name changes too. The park is not just for the community, it is at the heart of the community. The new name reflects that and we hope that people will enjoy it for years to come. It is also fitting that the children had the final choice of name. They are the ones who will live with the name and we hope it will continue to be the place of many happy memories for them.'

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



**CITY  
ACADEMY  
NORWICH**

# A Most Exciting Place to Learn



The digital technology found throughout the fully wireless building accommodates a wide range of digital devices. These include iPods, iPads, Mac Books, AppleMacs, Laptops and PCs. These resources put students at the forefront of learning.

David Brunton, explained, "It is not just about facilities and a fantastic new building, these outstanding facilities, matched to the good and outstanding teaching which is delivered across the Academy mean that our students are prepared for their future life pathways as well as any other in the country."

He continued; "Our aim is to build upon our current Ofsted grading of 'Good with many outstanding features', to being simply Outstanding - for which we are on course."

If you are interested in finding out more about the Academy then please contact [office@cityacademynorwich.org](mailto:office@cityacademynorwich.org)

Dave Brunton, Principal at City Academy Norwich has announced that the new school building is the most exciting learning environment in Norwich. Students are starting their first full term in the brand new building which has been designed to accommodate traditional teaching alongside innovative project-based learning in flexible study spaces. Even the furniture supports the diverse learning styles ranging from beanbags, soft furnishings and lecture-style seating, right through to traditional desks and chairs.

The school has awe-inspiring spaces such as the central atrium with its wooden bridges, to the innovative science teaching hall. Specialist facilities include:

- dance studio
- drama studio
- fitness suite
- industrial standard catering suite
- computer aided design and manufacturing suite
- radio station
- television studio
- and a recording studio.



## One Person's Junk is Someone Else's Treasure

If you have things cluttering up your garden, garage or cupboards, then maybe Henderson Free Stuff is the place for you to get rid of those unwanted items. It can be found on the notice board part of [www.henderson-norwich.org](http://www.henderson-norwich.org) It's easy to use and is the ideal place to give away things you no longer need and find the ultimate (free) local bargains.

## WNCU - 20 Years Young

The West Norwich Credit Union (WNCU) celebrated its 20th birthday with the Lord Mayor joining in the festivities and cutting the birthday cake. Prospective Labour parliamentary candidate for Norwich South, Clive Lewis, who attended the event, said: 'Credit Unions have a bright future. Not only do they keep local money invested locally, they offer an affordable, accessible and personal banking service without the profits going to large corporations. They also help young people learn about saving and that can only be a good thing.' Henderson Herald readers are being offered exclusive extended special offers on WNCU membership and special rates for Young Savers until the end of September 2012. Go to [www.wncu.net](http://www.wncu.net)



# Starting or Growing Your Business?

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## Need space?

Flexible, modern, affordable and serviced offices and industrial units available now at

**The Henderson Business Centre**

Ivy Road

[www.hendersonbusinesscentre.co.uk](http://www.hendersonbusinesscentre.co.uk)



Visit [www.henderson-norwich.org](http://www.henderson-norwich.org) for all the latest!

# Iceni5 – ‘The Voice’ of Norfolk Music

Iceni 5, the record label based in the heart of the Henderson area started just 18 months ago and is already looking to build on its success with an EP and a second album. Funded by the Big Lottery Fund, Iceni5 gives local people a unique opportunity to learn the music business from the inside out. ‘Getting a break in the music industry is notoriously difficult. You really need to be in the right place at the right time.’ Said Derik Bulwadda, who is one of the Iceni5 volunteers. He explained; ‘This scheme gives people from Norwich real life experience of everything that a music label would do. It’s not just about making music, it’s also about discovering new talent, producing, DJ-ing and the marketing and promotional

bits too. We all muck in and learn from each other every day.’ Iceni5’s last album, ‘War Cry’ was a mix of new music from local bands and musicians of all types and styles. From ‘539 Limited’s’ up-beat Drum and Base with the beautiful vocals of Maya Clarke to ‘Case’ and John Shey’s soulful Reggae Dub track, the album has more than enough for everyone.

Maya Clarke, who is one of Norwich’s hottest vocal talents was originally shortlisted for the TV show ‘The Voice’. She joined the label eight months ago and has already been featured on numerous songs, some of which have been picked up by DJ’s in the USA. Maya said: It is great working with the volunteers at Iceni5, they are all so friendly, keen and talented, Once my day job is over, I come down to the studios and have a great time making music.’

An EP featuring Maya is due out very soon with Iceni5’s new album ‘War Cry 2’ due to be released in October. The album is set to include many artists



**Billy Smith is a producer at Iceni 5**

that have been featured on Iceni5’s new talent show which is broadcast on Future Radio every month. The label is looking for new music and volunteers to help with all aspects of the company and is particularly interested in anyone who could help with administration and marketing. For more information on Iceni5’s music, to download War Cry or to get involved, go to You Tube or Facebook and search for Iceni5.

# Future Looks Back

## Pika-bit-a-litta

Henderson is the first place in the country to launch the pika-bit-a-litta campaign. The idea is that every person picks up just one single piece of litter every day and puts it in the nearest public bin or takes it with them and throws it away at home. Lyndon Green, Campaign Manager said: ‘This is a great way to get everyone involved in making where they live look and feel a little bit nicer. It’s easy to commit to picking up just one piece of rubbish every day and, if everyone gets involved, before long, the Henderson area could be litter free! Pika-bit-a-litta is something that everyone, young or old, can do.’



It is five years since Future Radio 107.8fm started broadcasting full time and staff and listeners have all declared the community radio station a great success.

As well as thousands of hours of entertaining and varied broadcasting to the local area, Future Radio has trained over 500 volunteers, built up a regular audience of over 30,000, become a platform for local talent and offered local businesses a cost-effective place to advertise.

Some of the famous names that have been helped on their way by Future include: BBC Radio One’s Greg James and Ed Sheeran, who won Future Radio’s ‘Next Big Thing’ battle of the bands competition back in 2008.

Nick Craig, of the Henderson Trust said we are proud to have supported Future Radio from the beginning. We know that Future is a great thing for everyone in the area and wish the station many happy returns!

## Look out for Local Bargains!

Shops and businesses in the Henderson area are offering local people the latest money-saving offers and deals on the notice board at [www.henderson-norwich.org](http://www.henderson-norwich.org) Whether you need the best priced cabbages or gym membership, or whatever is on offer locally, check regularly to find it on the ‘Special Offers’ page.

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## On Your bike

If you have been inspired by Chris Hoy or Victoria Pendleton but just have not got the wheels, then Not ‘About The Bike’ (NAB) could be the place for you. NAB which is based at the Henderson Business Centre, refurbishes and recycles unwanted and old bikes. The bikes are sold at a fraction of the cost of other second hand bikes and the profits are put back into the project. Many of the volunteers have been unemployed for some time. The

scheme gives them new and useful skills and a chance to regain their confidence.

If you want a bike but do not want to spend a fortune, you can join a ‘Pimp-My-Bike’ workshop where you choose a bike that has been donated and re-spray it to your own colour scheme, learning how to service and repair your bike at the same time.

For more information, go to [info@nabnorwich.org.uk](mailto:info@nabnorwich.org.uk)



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# Former Canary and England Footballer Opens New Community Sports Centre

Former Norwich City and England footballer Dean Ashton officially opened the Community Sports Centre at the City Academy Norwich earlier this year. The sports facilities are part of the brand new £21m Academy building and have been designed specifically with community use in mind. The centre is now open for community groups and sports clubs to use in the evenings, at weekends and during school holidays. The centre includes a sports hall large enough for

four badminton courts, a gym, a multi activity studio, junior and adult football pitches and four outdoor floodlit netball/tennis courts. Community Sports Manager Jon Osborne said; "We are really excited about the opening of the new Community Sports Centre and the range of sports and activities that we are now able to offer our local community. Our aim is to help people of all ages find a sporting activity that they enjoy and to be more physically active." The centre will provide a range of sports and activities including

basketball, netball, athletics, badminton, dance, zumba, karate, kung fu and football. For more information about the Community Sports Centre please call 01603 452628 (ext 327) or email [lettings@cityacademynorwich.org](mailto:lettings@cityacademynorwich.org) You can also follow the Community Sports Centre on Twitter @CANSportsCentre.



## Academy helps young pupils learn to swim

City Academy Norwich recently teamed up with the Norwich School Sport Partnership to offer pupils from local primary schools the chance to take part in a programme of intensive swimming lessons to help them to learn to swim.

More than 100 pupils took part in the programme from the following local schools; Henderson Green Primary, Larkman Primary, Valley Primary, Bluebell Primary and West Earham Junior.

The 2 week programme of daily lessons was offered to pupils in Year 6 that hadn't previously been able to swim 25m as required by the national curriculum.

Mr Spinks, Head Teacher of Valley Primary School, said; "The children really enjoyed Top up swimming this year.

Swim teacher, Mrs Beaumont made the lessons challenging but fun. They all made very good progress during the two weeks". At the end of the programme all the pupils showed much improved confidence in the water with many of them achieving the target of being able to swim 25m.



**Tell us where this photo was taken and you could win a £10 shopping voucher.**

## For your chance to win!

**Send your name, address, phone number, email address and where this picture was taken**

**to:**

**info@henderson-norwich.org or  
Henderson Trust  
Henderson Business Centre  
Ivy road Norwich  
NR5 8BF**

**Entries must be received before Friday 7th November**

**Competition  
Time**

**Our last competition winner was : Brian Elliff of NR5**