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black
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the
brave

the newham mag

issue 415 // 15 Nov – 12 Dec 2019 // Monthly



Cleaner air for all

Breath of fresh air (p14)

NEWHAM
CLIMATE
NOW

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News

Consultation opens on new ward boundaries



Proposed boundary changes would lead to 24 wards

The independent Local Government Boundary Commission for England wants Newham residents' opinions on its draft proposals for new council ward boundaries.

The Commission's plans would mean changes to all but one ward in Newham. Proposals include:

- Six more councillors, meaning Newham would be represented by 66 members;
- Four more wards, meaning Newham would have 24 wards;
- Changes to the boundaries of 19 existing wards, with just West Ham ward remaining the same.

A 16-week public consultation on the recommendations began on 29 October and will end on 17 February, 2020. The consultation is open to anyone who wants to have their say on new council wards, ward boundaries and ward names across Newham.

The recommendations also outline how those councillors should represent 18 three-councillor wards and six wards across the borough made up of two councillors.

Althea Loderick, chief executive of Newham Council, said: "Proposed changes to the ward boundaries in Newham are set to be an important step in ensuring residents have the representation they deserve.

"Plans to increase the number of councillors can help ensure our residents are better represented than ever before by Newham Council.

"This administration has pledged to make Newham a beacon of participatory democracy and these proposed changes to the political map of the borough can contribute towards achieving this goal."

Hard copies of the Commission's report and maps will also be available to view at council buildings. To view the full recommendations, detailed interactive maps, and take part in the consultation, visit consultation.lgbce.org.uk

Change set for political map

News

Floral tributes honour police officer

Wreaths were laid in Stratford to mark the 22nd anniversary of the death of police officer Nina Mackay.

Pc Mackay was stabbed in Arthingworth Street, Stratford, on 24 October 1997 as she and her colleagues from the Territorial Support Group entered a property to make an arrest. She later died from her injuries.

Mayor Rokhsana Fiaz joined representatives from the Metropolitan Police in Newham including Superintendent Waheed Khan and Superintendent Doug Rushworth, to lay floral tributes at a memorial dedicated to Pc Mackay in the street where she was stabbed.

Mayor Fiaz said: "The death of Pc Mackay reminds us that our police officers put themselves in harm's way every day to protect us and our way of life. Sometimes, in doing so, they make the ultimate sacrifice and that is why we continue to honour her bravery."



Floral tributes at the memorial

New walkway links two boroughs



The walkway

A new walkway that links Newham with Tower Hamlets has been opened. It will increase access for pedestrians and cyclists travelling between Canning Town Riverside and the River Lea.

The £593,000 project, which took nine months to build, links Canning Town Station in Newham and Silvocea Way in Tower Hamlets, avoiding the busy A13.

Newham Council said the path will provide residents with the opportunity to choose active ways of travelling around the area, for example walking or cycling. It will also contribute to reducing pollution and help Newham reach its target of being carbon neutral by 2030 and carbon zero by 2050.

The walkway will make walking and cycling to work a viable option for many more people in the two boroughs. It also opens up the River Lea River Park and will allow Newham to further make the most of its waterways.

Cycling and walking boost

Young footballers are fair players

A team of young football players from Newham who took part in an international tournament brought home the Fair Play award.

The team of ten, all from Newham schools, took part in the 18th Danone Nations Cup World Finals in Barcelona last month when they joined teams from 26 other countries in the World Finals. Although they were ranked 17th out of 20, the boys won the Fair Play award which is given to players and teams that best uphold the values of the tournament.

The boys were judged by members of the Danone Referees and Organising Committee over seven games and earned the maximum number of points to win the award.

Paul Belcher, team manager, said: "It was an incredible honour to represent England in the Nations Cup. We went there wanting to win but quickly realised that the Danone Nations Cup was more than just a football tournament. Seeing the boys mix with players from 26 other countries was amazing and I witnessed some incredible displays of character and sportsmanship."



The proud team of footballers from Newham

Residents focus on mental health



Residents found out about services

Council staff joined residents for an information event that highlighted the importance of mental health issues.

More than 160 residents attended the event at Highway Church Hall in Stratford on World Mental Health Day in October. The aim was to celebrate good mental health and raise awareness about the services and support available to those experiencing issues.

A variety of activities took place including poetry, songs, henna painting, and meditation. There was information available on accessing a wide variety of services dealing with substance abuse, domestic violence, homelessness and employment.

A spokesperson for the council said: "It is vital everyone is aware that their mental health is just as important as their physical state for their overall wellbeing."

For more information on mental health support services available visit www.newham.gov.uk/mentalhealth

Focus on mental health

BLACK HISTORY NEWHAM.

Celebrating the past, looking to the future

Thousands of Newham residents enjoyed a variety of exhibitions, talks and performances that celebrated and commemorated the history and achievements of the black community during this year's Black History Month.

Throughout October and early November there were more than 70 events run by Newham Council working with a host of voluntary and community organisations including the Iroko Theatre Company, Ancestry Talks, the Hibiscus Caribbean Elderly Association and Maryland Primary School, and community members Slyvestia Shillingford and Marilyn Fontaine.

The theme of many of this year's events was recognising the past and shaping the future. They included poetry, film screenings, theatre, opera and music performances, workshops and author events, and reflected the feedback from residents who attended the celebrations in 2018.

The varied programme allowed residents of all ages

to celebrate, and learn more about the significant contributions made to the borough's rich history by black people.

The Black Girls Book Club held a discussion about what it means to be a Black British woman. Among the most popular events was a panel discussion between local authors Irenosen Okojie, Courttia Newland and Luan Goldie who talked about their lives, work and inspirations with more than 300 people.

In addition, more than 200 residents experienced the power of opera with *The Powder Monkey*, created by Brolly Productions in collaboration with internationally acclaimed Black composer, Errollyn Wallen MBE.

Other highlights included The New Black Collective's screening of *Inna De Yard* which attracted an audience of more than 250 while almost 200 people took part in a day dedicated to Black History poetry at Newham Poetry Group's Black Ink Festival.



Black Girls Book Club hosted a discussion



The Powder Monkey opera

Janet Kay rocks up for Black History



Citizen Journalist Neandra Etienne went to East Ham Library to see The Rhythm of Life Reggae Exhibition as part of Black History Month. Here she writes about meeting the singer.



Janet Kay

It was one of the most popular events staged during October and attracted more than 500 people.

I met Reggae legend Janet Kay, dubbed the Queen of Lovers Rock, and the first female black British artist to have a chart-topping Reggae single.

Janet has her own celebrations this year to mark the 40th anniversary of her Lovers Rock song Silly Games which topped the charts in 1979. That led to her appearance on Top of The Pops, the BBC's weekly flagship music programme, where she was the first artist to perform Lovers Rock, a romantic form of Reggae, on the show.

She continues to sing live and performed at Newham's Under The Stars event in Central Park in 2015, alongside Reggae artists Maxi Priest and Aswad. The Rhythm of Life Reggae Exhibition reflected on the history and story of Jamaican Reggae music and featured live performers, photographs, workshops, vintage memorabilia, book stalls and traditional West Indian food.

Silly Games was written by Dennis Bovell, who joined Janet for a panel discussion on the song at the exhibition. Dennis is a Barbados-born reggae musician and record producer. He produced and also played some of the instruments on Silly Games.



Dennis Bovell

If you are interested in joining the Citizen Journalists panel, email: Newham.Mag@newham.gov.uk



Task Force will help those living on the street

At this time of year as temperatures fall and it gets darker earlier, the needs of Newham's street homeless community are brought into even sharper focus.

Newham Council has set up a task force, bringing together councillors and officers with experts from national and local charities, the Government, health services, and people with personal experience of living on the streets, to develop solutions to the problem. A comprehensive Homelessness and Rough Sleeper Strategy, will be considered by Newham's Cabinet in December.

An early priority for the task force was a sustained and effective programme of outreach work with the street homeless community, and as a result, since July the ten-strong team has already helped 56 rough sleepers into accommodation, while many others are receiving help and support with health issues, benefits, and drugs and alcohol counselling.

For the first time, this year Newham has opened its winter night shelter service early, with 15 places available

since October. This is in addition to a 20-bed specialist high needs unit in Canning Town, Council-funded temporary accommodation, and three hostels that can be accessed by people new to the streets.

A spokesperson for Newham Council said: "Since this administration came into office, homelessness and rough sleeping have been given much needed attention and focus with a commitment to address the challenges with compassion and care.

"The work of the task force is in its infancy but huge inroads have already been made to support rough sleepers, while exploring ways to get them away from a life on the streets."

If you are worried about a person you see rough sleeping, contact Streetlink at www.streetlink.org or call 0300 500 0914. If you are concerned for the immediate health of a person in the street, contact the emergency services by dialling 999.

A job worth doing

Luke Stockley is a Street Population Outreach Worker in Newham. He talks about his role. “No two days are the same for an outreach worker,” said Luke. “Come rain or shine we go out and do our best to support those who are street homeless.

“An early shift begins at 5.30am and my first job is to visit Stratford Mall to meet people who have spent the night there. When I have to wake a person up I always apologise – but it’s necessary so I can carry out vital welfare checks. If they are willing, I spend time chatting to them to get an understanding of their situation, health and care needs, so we can work out the best way to help them.

“While talking to clients they often disclose the horrific events in their lives which led them to be street homeless. It’s hard not to feel emotional but we’re all human and this is the joy of my role, being there for someone who feels they can talk to you and you are listening to them.

“I have been doing this job for almost three years and I am motivated to go to work every day because I believe if we can help even a single person off the streets, then it is a job worth doing.

“One person I’m happy to have been able to help is a man I will call F who found himself on the streets after losing his job and the home he had been renting for 15 years. F was highly vulnerable and eventually agreed to accept help. As is common for a rough sleeper F had lost his passport and other ID – we applied for replacement documents which allowed him to access benefits and organised a place at Caritas Anchor House’s assessment centre. While there he received specialist help to overcome his past trauma and support to move into longer term accommodation.”



Luke Stockley

Fostering

Make a difference

Have room in your life
to care for a child?

As a Newham foster carer
you'll receive a one off grant
of £750 to set up your home,
plus a weekly allowance.

Want to find out more? Call us on

0800 0130 393

or visit www.newham.gov.uk/fostering



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Swim,*
Smile.*

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Atherton Leisure Centre,
189 Romford Road, Stratford, E15 4JF

East Ham Leisure Centre,
384 Barking Rd, East Ham, E6 2RT

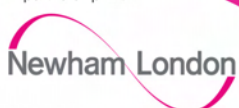
Manor Park Fitness Centre,
464 High St N, Manor Park, E12 6QN

Newham Leisure Centre,
281 Prince Regent Lane, Plaistow, E13 8SD

To find out more call **0300 124 0123†**

or visit **www.activeNewham.org.uk**

in partnership with



†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02).
It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

*swim not available at Manor Park.



SUPPORT FOR GOOD CAUSES



Community groups are celebrating after securing funding for a range of projects that will promote healthy lifestyles, live music, peer mentoring and inclusive sports training.

The money has come from the Aspers Good Causes Fund, which was set up in 2012 by Aspers Casino Westfield Stratford City and Newham Council. It supports community projects based in Newham that aim to help residents build their confidence and skills. Arts, dance, music, sport and charity organisations can also apply for a share of £100,000 if they provide schemes which are inclusive for all.

This year's grants have been awarded to 18 organisations that run a variety of projects. They are: Eastside Community Heritage; Theatre Royal Stratford East; Richard House Children's Hospice; Newham Chinese Association; Newham Cricket Club; Food Academy UK; Memorial Community Church; Thames21; 282 East Ham Squadron; Young Gamers and Gamblers

Education Trust; Alternatives Trust East London; Newham Music; Stratford Arts Trust; Newham Super Choir; Ursuline Links; Community Action Newham; Forest Gate Community Garden and London Youth Rowing.

Their projects include a three-week pop-up theatre festival encouraging students to take part in volunteering; opportunities to take part in rowing activities; promoting healthy lifestyles; support for a community opera project as well as talks aimed at raising self-esteem of disadvantaged teenagers.

Representatives of the groups enjoyed a celebration event at Aspers Casino when they accepted cheques. Richard Noble, Aspers Casino chief operating officer, presented some of the awards. He said: "We were delighted to host the event which showcased the invaluable work that is done in the community in Newham. We are proud to be associated with a Good Causes Fund where our donations make such a difference."



Council tenant and leaseholder surveys

We are carrying out surveys with council tenants and leaseholders to hear what you think about your property, landlord and neighbourhood.

Opinion Research Services (ORS), an independent research agency, will invite council tenants and leaseholders on a random basis between October and December to carry out the annual surveys on your doorstep. We will use this information to improve the services you receive.

For more information contact
Thomas.Wilkinson@newham.gov.uk

People at the Heart
of Everything We Do

Landlords

Do you want immediate tenants for your property? **YES**

Would you like someone to help you find tenants at no cost to you? **YES**

Then let Newham Council find you a tenant for free with no hidden fees or commission.

What we offer:

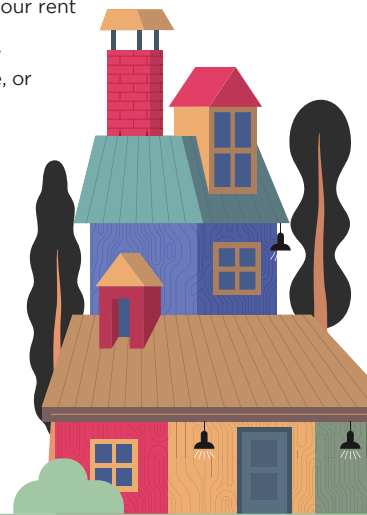
- > Up to £3,000 cash towards your rent
- > Deposit bond -
 - a value of six weeks rent, or
 - one month's rent in advance, or
 - one month's cash deposit.

We also pay you £200 to reserve your property.

If you have properties to let, or would like to find out more about our Private Rented scheme, contact the Housing Supply Team direct on:

020 3373 1149 or email us at **PRSupply@newham.gov.uk** (100 per cent response rate)

www.newham.gov.uk/privatelandlords



SHAPE

NEWHAM

Improving public spaces together

Newham Council is investing in improvements to public spaces across eight of its town centres and we want you to choose how the investment is spent! As part of a series of interactive assemblies you will be able to suggest and vote for your favourite projects. Ensure you have your say at:

BECKTON & EAST HAM
ASSEMBLY 3
27 November 2019 at 6–8.30pm
Beckton Community Centre

GREEN STREET & PLAISTOW
ASSEMBLY 3
4 December 2019 at 6–8.30pm
Applecourt Arts

**FOREST GATE, LITTLE ILFORD,
MANOR PARK & MARYLAND**
ASSEMBLY 3
11 December 2019 at 6–8.30pm
Forest Gate Youth Zone

ISLAMOPHOBIA

AWARENESS MONTH

Newham Council is proud of the borough's diversity and recognises it as a huge asset and a source of strength. A large proportion of our residents are Muslim and, like residents of other faiths, they make a valuable contribution to the life of our borough.

Sadly, many of them have been affected by the rise in hate crime and the negative stereotypes associated with them. Our borough is ranked third highest in London for the number of Islamophobic offences and police recorded 77 cases in the 12 months since June 2018.

During November, which is Islamophobia Awareness Month, Newham Council is working with other partners to raise awareness of Islamophobia and to end the injustice faced by Muslims.

An exhibition held at East Ham Library from 12 November to 14 November highlighted the contributions made by Muslims to the UK and the true scale of Islamophobia across society.

Being targeted for abuse, hate crime or the subject of jokes because of your faith

or appearance is a familiar experience for many Muslims. In common with other residents, they should also have the freedom to express themselves without fear of being subjected to hate, abuse or any form of criticism.

We take all hate crimes seriously and are working closely with police and other partners to provide help and support to anyone affected by it, raising awareness and making sure they know how to report it.

Newham Council has adopted the All-Party Parliamentary Group's definition of Islamophobia which makes it clear that it is rooted in racism that "targets expressions of Muslimness or perceived Muslimness."

Islamophobia is a hate crime and if you have been a victim or have witnessed someone being subjected to hostile behaviour you can report it to the police, at www.met.police.uk, MEND www.mend.org.uk, or True Vision www.report-it.org.uk



Celli Lloyd discussed the importance of air quality during the assembly

Working for a breath of fresh air

Our children are exposed to high levels of air pollution every day, on their way to and from school, and we know their health is suffering because many are developing asthma and bronchitis.

Newham Council is working to improve the quality of air they breathe, particularly on their way to and from school, and is working with children to help ensure they have a healthy future. The Council has launched a six-month pilot scheme to measure and improve air quality around the streets of some of its schools.

As part of the project, called Healthy School Streets, children at Godwin Junior and Woodgrange Infants schools in Forest Gate have been learning how the Council is working to improve the air quality in the streets around their schools.

The schools are the first in the borough – along with Chobham Academy – to be part of the project which aims to make it healthier and safer for children to walk and cycle to school during a six-month trial period.

Celli Lloyd, sustainable transport consultant with MP Smarter Travel, spoke to children about the importance of good air quality and the environment. They also

helped install eight diffusion tubes which measure levels of harmful nitrogen dioxide.

The area outside Godwin Junior School has also been fitted with a solar powered air quality sensor to measure pollution levels every 10 seconds throughout the day. This will provide a quick and accurate measure of the impact of the Healthy School Streets scheme on local air quality during the trial.

On Monday 11 November, the Council's Healthy School Streets scheme for Woodgrange Infants and Godwin Junior schools went live meaning Sebert Road, Cranmer Road and Godwin Road have become pedestrian and cycle only zones at school drop-off and pick-up times. The pilot road closures are designed to improve air quality, road safety and encourage parents and children to walk or cycle on the school run. A similar scheme came into force at Chobham Academy in Cheering Lane, Stratford.



Celli Lloyd explained how the diffusion tube works

Residents who live within the pedestrian and cycle only zones can register for an exemption permit. Blue Badge holders and the emergency services are also exempt.

Automatic Number Plate Recognition (ANPR) cameras will monitor the area and issue fines to non-registered vehicles.

Sine Brown, head teacher at Godwin Junior School, said: "We have been doing a lot of work with our pupils to teach them about the dangers of air pollution and what they can do to help improve air quality. The sensors installed around the school will allow us to teach them more about the causes of poor air quality and the impact that vehicles can have upon it."

Children at several schools have been helping to illustrate posters and leaflets publicising their local projects.

The Council is also engaging with other schools to deliver Healthy School Streets projects including West Ham Church of England primary, Roman Road primary, Salisbury primary, Keir Hardie primary, Carpenters primary and Lathom junior.

For more information, www.newham.gov.uk/HealthySchoolStreets

Newham Council will be holding a Citizens' Assembly on Climate Change at the end of January 2020, putting local people at the heart of discussions on how the borough tackles global warming. For this assembly, residents will be selected randomly to reflect the borough's diverse population. Letters will be sent to households in early January.



An illustration produced by a Godwin Junior School pupil

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Diffusion tubes were installed at the school



NEED HELP WITH A LEGAL PROBLEM?

Community Links is providing **free** evening surgeries on issues relating to **housing, employment and consumer law**.

Please arrive for 4pm

On:

Mondays:
Stratford Advice Arcade
107-109 The Grove
E15 1HP

Wednesdays:
Community Links
105 Barking Road
E16 4HP

To learn more, please contact: 020 7473 2270, or visit:
www.community-links.org/local-services/advice



NATIONAL SAFEGUARDING ADULTS AWARENESS WEEK

18 - 24 NOVEMBER 2019

Come along and take part in discussions on:

- Safeguarding adults
 - Self-neglect
 - Modern slavery
- Preventing financial abuse
 - Keeping safe at home

Monday 18 - Manor Park Library,
685-693 Romford Rd, E12 5AD from 1-3pm

Tuesday 19 - Forest Gate Library,
2-6 Woodgrange Rd, E7 0QH from 1-3pm

Thursday 21 - Katherine Road Community Centre,
254 Katherine Rd E7 8PN from 11am-1pm

For more information contact
nsab@newham.gov.uk / 020 3373 7819

If you want to report abuse or you are concerned about a vulnerable person, please call the 24 hour safeguarding helpline on **020 3373 0440**.

Newham's SEND Local Offer

Find out about local services, support, and activities for children and young people who have special educational needs and disabilities (SEND) including:

- Early help and family support
- Education and SEND
- Specialist health services
- Independent advice and guidance
- Preparing for adulthood
- Travel assistance





ARE YOU READY FOR WINTER?

Winter is a time when many people develop colds, coughs and other illnesses due to the weather but you can survive the season without being unwell, especially if you take sensible precautions.

Flu is a very infectious disease that anyone can catch. It can also lead to complications such as bronchitis, chest infections and pneumonia. Each year, flu kills around 8,000 people. Those with conditions like asthma or diabetes, as well as pregnant women and people over 65 are more at risk.

To make sure you are protected, you can get a flu vaccination. Children and carers should also get vaccinated to protect themselves and their loved ones.

This year, more people than ever before are eligible for a free flu vaccination. Find out if you or someone in your family is eligible and protect yourselves. Visit www.londonflu.co.uk for more details.

Dr Muhammad Naqvi, local GP and chair of NHS Newham Clinical Commissioning Group, said: "It's vitally important that if you are eligible for the free vaccine, you take up the offer.

"Flu has the potential to be really serious – causing complications such as bronchitis or pneumonia for those with underlying health conditions, and in some cases it can be fatal.

"Flu can also lead to financial hardship through work absences so it's important that everyone who is eligible makes an appointment with their GP, midwife or pharmacist to get their flu jab."

Stay warm and prepare your home

Staying warm can also help prevent colds, flu or more serious health conditions. Make sure you are receiving any benefits you are entitled to such as the Warm Home Discount, Cold Weather Payment and the Winter Fuel Payment. For more details, visit www.newham.gov.uk/winter

Stay active, eat well

Stay active, eat fresh fruit and veg and take Vitamin D supplements. Don't overdo the partying. A good night's sleep and regular physical activity like walking will help you de-stress.

Wash your hands often to clean them of any of those seasonal cold, cough and vomiting viruses you may have picked up.

Speak to your pharmacist for advice and treatment first about coughs and colds. Remember coughs, colds and sore throats can't be cured with antibiotics. Your pharmacist will have advice for help with symptoms.

Windrush Scheme Event – Newham

Did you come to live in the UK before the end of 1988 and are you worried about evidencing your right to live here?

If so, we can help.

The Home Office set up the Windrush Scheme to help people get the documents they need free of charge.

If you have lost out on things like jobs and healthcare because you could not prove your right to live in the UK, you may also be able to claim compensation through the Windrush Compensation Scheme.

The Home Office is running an event to help you find out more:

On: Thursday 5th December 2019 5.00pm - 8.00pm

At: East Ham Library, 328 Barking Road, London, E6 2RT

Advisers from the Windrush Scheme will also be on hand to answer questions.

Visit gov.uk/windrush or call **0800 6781925** for more information.

You will not be removed as a result of anything you tell the Windrush teams and your information will not be passed to Immigration Enforcement.



Home Office

16 DAYS of Activism against Gender-Based Violence

Newham Council is recognising 16 Days of Activism against Gender-Based Violence. The 16 days are about preventing domestic violence, promoting our support services, sharing experiences and sending a clear message of zero tolerance towards domestic and sexual violence in Newham.

Thursday 28 November from 10-2pm
East Ham Library, 328 Barking Rd, E6 2RT

- Information stalls
- Find out how to raise a concern for a vulnerable person.
- Inspirational talks

Tuesday 3 December from 6-7.30pm
Stratford Library, 3 The Grove, E15 1EL

- Still I Will Rise - a creative poetry session (writing)

Thursday 5 December 2019 from 5-8pm
Stratford Library, 3 The Grove, E15 1EL

- Information stalls
- Find out how to raise a concern for a vulnerable person
- Inspirational talks

For further information contact
Sharna.Marshall@hestia.org on
0778 829 2343



MARKET TRADERS WANTED

First time traders welcome

We offer casual trading licences and special discounts for new traders.

Pitches available at Queen's Market, Stratford Outdoor Market and The Grove Market.

Visit www.newham.gov.uk/markets

email streets.markets@newham.gov.uk
or call **020 8475 8971**.





Let's talk...

Join the budget conversation

Newham Council faces a tough challenge in meeting our plans to transform the borough so that our residents, businesses and communities flourish and thrive. We need to save 17% of our net annual budget of £260 million over the next three years – that's £45 million by March 2023.

We've been working really hard to make our services more efficient to respond to the growing needs of our residents, but increasing population and changes in legislation requiring us to do more has meant that costs are increasing. We're also feeling the impact of reduced funding from the Government, which has meant the Council has had to make £200m of savings since 2010.





As part of our agenda of good governance and transparency we're improving the financial management in the Council; so that's why we're planning to set the budget for the next three-years. It will be the first time we'll be doing this, as in previous years the budget was set every year through a process where residents weren't involved. That's why this year we want to give you a chance to have your say. We want to involve you in the conversations and decisions about the £45 million of savings that we have to make.

We have to make these savings because we have to set a balanced budget by law. It's not easy to work out where savings can be made as there are so many things to consider. So while we'll make sure every penny we spend goes further, it will be impossible to make the £45 million savings required without making some difficult decisions.

We want you to know every part of the Council will have to be more efficient, work smarter, and make savings but before any decisions, we'd like your thoughts. We have set up an online budget simulator that you can go to with suggestions on how we balance the books and how we spend money.

The simulator will show you the possible impact of your suggestions, such as raising Council Tax or changing what we spend on services. The findings from the simulator will

be collated and help guide the Mayor, Cabinet members and councillors as they make decisions about savings needed across the Council.

So let us know what your priorities are, which services you think we should prioritise and where you think the Council can be spending less. We'd also really be interested in where you think we should try to increase our income, and what you think about increasing Council Tax.

We'll be publishing our budget proposals which will be discussed at a Cabinet meeting on 17 December at East Ham Town Hall which is open to residents. The draft budget will be the only item on the agenda.

In January we'll be holding Budget Forums across the borough where you'll be invited to hear about the proposals along with other residents to discuss and better understand impacts and implications of the proposed Budget.

All of this information will be brought together in a final Budget proposal, which is discussed at a public Full Council meeting on 2 March 2020.

For more information on the process or to take part in the budget simulator, visit www.newham.gov.uk/budget





When you need to spend a penny



Citizen Journalist Rokeya Lita is a Newham resident who moved here from Bangladesh. She has also written two novels as well as columns for a variety of media outlets. Here she writes about a problem that affects us all.

I am one of those lucky people who has travelled to different parts of the world and have learned a lot along the way – particularly about the importance of access to public toilets. But it was a different story coming to London to where I was astonished to find, with a baby ready for changing, that there weren't any public toilets available at Bank station.

We all have a story to tell about needing to go when we are out and about, but often there's nothing available unless you use a pub or a café where you usually have to buy a drink. Sometimes, you are just stranded with nowhere to go.

As women, we are particularly affected by the lack of access to public toilets. I have heard from friends and neighbours who say many women stay at home rather than risk being caught out.

Two years ago, following the closure of public toilets across the borough, due to crime, anti-social behaviour and numerous complaints from residents, Newham Council launched a community toilet scheme to encourage

businesses to make their facilities available to the public.

But is the new system being used? It's difficult to say because there is no data on numbers of people using the scheme. David Humphries, assistant director of recycling, refuse and street cleansing, said: "We closed the old public toilets because they were coming to the end of their contract and designed life. There were only five public toilets and their locations meant they did not provide adequate cover for the whole borough and the majority were not well used.

"The community toilet scheme, which currently operates at 15 locations across the borough, is working to encourage more businesses to offer wheelchair access and baby changing facilities. We are reviewing the provision and trying to recruit more businesses to the scheme. The biggest challenge we face is raising public awareness about the facilities that are available."

What is not in doubt is the need for both a change in personal behaviour and more businesses to sign up to the scheme.

For more information or to join the scheme email

Public.Conveniences@newham.gov.uk

If you are interested in joining the Citizen Journalists panel, email: Newham.Mag@newham.gov.uk



A veteran on his way to the service in East Ham



Youngsters were at the heart of the Armistice Day service



Paying his respects at the Remembrance Sunday service



Children laid wreaths at the Cenotaph

Borough falls silent to remember the fallen

Hundreds of residents attended Remembrance services held across Newham to honour those who gave their lives for their country during the two World Wars and conflicts since.

Mayor Rokhsana Fiaz and councillors were joined by the Royal British Legion, past and present members of the armed forces including West Ham-based G Company 7 Rifles, uniformed services, St John Ambulance, and young people representing various Scouting, Guiding and cadet organisations.

On Remembrance Sunday, 10 November, the Royal British Legion led the parade from Newham Town Hall in Barking Road as it made its way to Central Park, where a ceremony took place at the Cenotaph at 10.55am. Reverend Fred Ashford-Okai led the service which included a two-minute silence which was followed by the laying of wreaths.

Mayor Fiaz said: "The sacrifices that all the

men and women in our armed services have made to protect us need to be remembered and it is important that we do so.

"The servicemen and women that have given their lives in past conflicts, as well as those serving today, should never be forgotten.

"Their sacrifices continue to inspire us, so I'm pleased that residents joined me and Newham Council colleagues to remember them."

Other services were also held at All Saints West Ham Parish Church, in Church Street, West Ham, E15; St Luke's Memorial, in Tarling Road, Canning Town, E16, and St Mark's Memorial, in Factory Road, North Woolwich.

On Armistice Day, Monday 11 November, children from several schools including St Angela's, St Bonaventure's, St Joachim's, St Michael's and St Winefride's, took part in a special service of Remembrance at the Cenotaph in Central Park. They also listened to short talks given by the Royal British Legion and by local historian Lee Skegg.



Remembrance Sunday



**MAKE SURE YOU
USE YOUR VOTE**
GENERAL ELECTION
12 DECEMBER 2019

Newham residents will join people across the country on 12 December to elect the candidates they want to represent them in Parliament.

Newham has two parliamentary constituencies; East Ham and West Ham, and if you want to vote you must make sure you have registered by Tuesday 26 November.

You can vote in the General Election if:

- You are registered;
- You are 18 or over on the day of the election;
- And you are a British, Irish or qualifying Commonwealth citizen.

Residents who are citizens of the European Union cannot vote in UK Parliamentary elections. If you have recently become a UK citizen you can vote but make sure you are registered to vote. You will need to send proof of citizenship to elections@newham.gov.uk

If you haven't registered to vote, you can do it online at www.gov.uk/register-to-vote and it will take just

minutes. You will need your name, address, date of birth and National Insurance number.

It's your vote

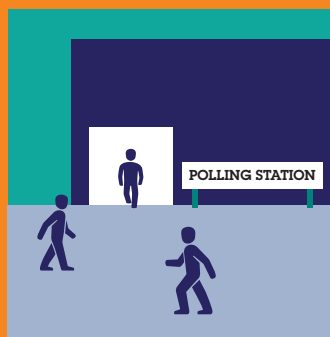
Your vote is your personal right to vote in this election. It is against the law for anyone else to use your vote or to tell you how to vote:

- Do not let anyone use your polling card to vote in a polling station;
- Do not allow anyone to see how you complete your postal vote or tell you how to vote;
- Do not let anyone see your vote in a polling station or tell you how to vote;
- Always put your postal vote in the post yourself. Do not allow anyone else to post it for you.

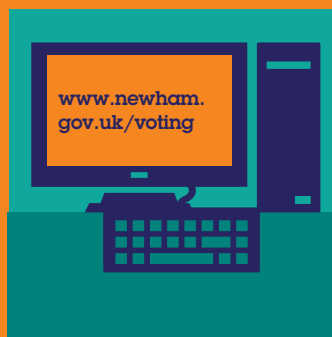
WHAT COMES NEXT? A list of candidates standing for East Ham and West Ham constituencies will be available at Newham Town Hall in Barking Road, East Ham and at www.newham.gov.uk after 5pm, on 14 November.

Newham Council will send you a card, called a polling card, telling you where and when you can vote. Although you don't need a polling card to vote, you can only vote at your designated polling station.

Three polling stations have changed locations. They are: Community Links, 105 Barking Road, Canning Town, E16, which is now at Custom House and Canning Town Neighbourhood Centre, Rathbone Market, 18 Barking Road, Canning Town, E16; 11th Newham Scout Hall, Evesham Road, Stratford, E15, is at Vicarage Lane Community Centre, Govier Close, Stratford, E15; and Thames Barrier Park Pavilion Coffee Shop, Thames Barrier Park, North Woolwich Road, E16, is now at Royal Wharf Community Dock, 2 John Harrison Square, Royal Wharf, E16. To find out where your polling station is, visit www.newham.gov.uk. Polling stations will be open from 7am until 10pm. If you already vote by post, you do not have to do anything.



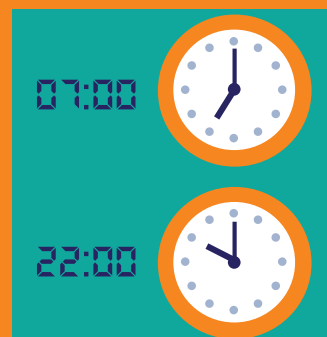
01. You should have received your polling card by **4 December**, letting you know where your polling station is.



02. If you are unsure where your polling station is, you can find out at www.newham.gov.uk/voting.



03. The elections will take place on **Thursday 12 December**.



04. You will be able to vote at any time between **7am and 10pm**.



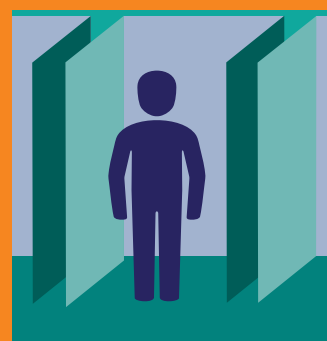
05. There will be someone available at your polling station to answer your questions.



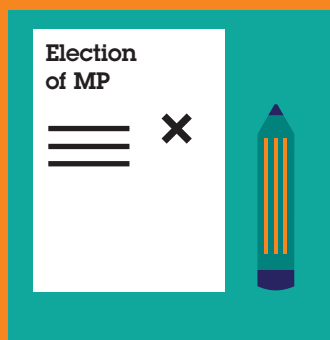
06. They will check your details and make sure that you are **registered to vote**.



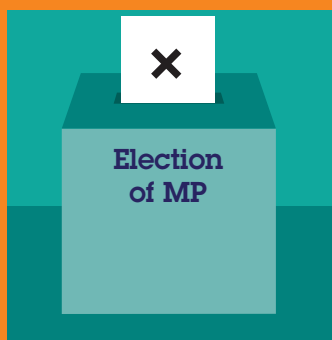
07. You will be given a **ballot paper** with the names of candidates.



08. Take your ballot paper into a booth to cast your vote.



09. On the ballot paper, make sure you only put **ONE cross next to your preferred candidate**.



10. Put your ballot paper in the **appropriate box**.

POSTAL AND PROXY VOTES If you cannot get to a polling station on 12 December but you still want to vote, you can apply for a postal vote, where you return your ballot paper by post to us, or a proxy vote, where you nominate someone to vote in your place.

New applications must be received by 5pm on 26 November for postal votes and by 5pm on 4 December for proxy votes. If you already vote by post, you do not have to do anything.

If you have a postal vote, you must post it in time for it to arrive by 12 December. If you have a postal vote you cannot vote in a polling station on the day of the election and your polling card will state this. **You can hand in your postal vote to a polling station in your constituency on 12 December if you have not posted it in time.**

Helping you make better food choices

Newham residents can now look forward to making healthier choices after the borough was recognised for improving access to nutritionally sound food.

Newham Council has been recognised as one of the most improved local authorities in London in the ninth Good Food for London report. It reveals the councils that are leading the way in securing a better food environment and culture for their residents, workers and visitors. The report is published by the charity Sustain which advocates better food, farming and agriculture practices. The Good Food for London league table shows what councils are doing to support residents to have access to healthy and sustainable food using 11 criteria. It ranks performance on these measures to see if each council is supporting community food growing, infant health,

the London Living Wage, Fairtrade, sustainable catering, animal welfare, healthier food environments and school food.

Jason Strelitz, director of public health at the Council, collected the award on Newham's behalf. He said: "This is just the first step and we see this Good Food league table as a really valuable annual audit opportunity. It will help us shape our long-term plan to make a difference to the food choices our residents make over the next few years."

To continue improving access to healthy and sustainable food, Newham Council has appointed a Head of Food Strategy to lead this work across the Council and its partners. For more details about the Good Food league visit www.sustainweb.org/publications/good_food_for_london_2019/

Good Food For London 2019 Awards

London Borough of Newham

★ **Most improved 2019** ★

Recognised for leading the way to secure a healthy and sustainable food future

www.sustainweb.org/gffl/
#GoodFoodForLondon



West Ham's first Asian firefighter



Citizen Journalist and local historian Peter Williams tells the story of an Indian firefighter who battled his way through the Blitz in West Ham during World War Two.

Arjan Baharsing Advani, nicknamed Jimmy, was born in Karachi in 1915. He graduated in English from Bombay University, now the University of Mumbai, and came to Britain in 1938 to study for a higher degree.

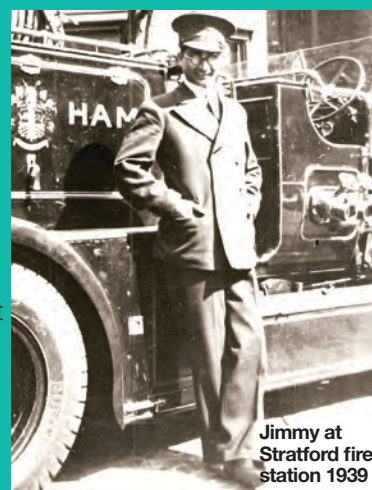
Jimmy's life, however, took a different path as the High Commissioner for India arranged for him to have a year's training with West Ham Fire Brigade.

On 20 March 1939, he joined as an officer cadet. It was not the usual route into the fire service in the UK where people typically worked their way up through the ranks, having started as a fireman. In the early days he worked across several different departments. He is believed to have been West Ham's first Asian firefighter and there is some evidence that he faced discrimination, not just due to his ethnic background, but because he was a graduate. At the outbreak of the war Jimmy joined the Auxiliary Fire Service (AFS) and was promoted to sub officer on

23 September 1940, only two weeks after the start of the Blitz. He distinguished himself as a "zealous and very capable officer – a good disciplinarian and very capable", according to his service record.

In 1942, amid fears that Japan might invade India, Jimmy was seconded to the Indian Fire Service. He was posted to Calcutta, now Kolkata, a city of critical industrial importance and within easy reach of Japanese bombers based in Burma, now Myanmar. He was also involved in firefighting in the period of civil unrest leading up to Indian Independence in 1947.

At 32 he became Chief Officer of the Delhi Fire Service, the first Indian to achieve such a high office. Until then all these posts were filled by British officers. He remained there for 24 years and retired in 1971. He died in 1980. Peter's book on the history of West Ham Fire Brigade is available from Newham Bookshop, 745-747 Barking Road, E13.



Jimmy at Stratford fire station 1939

If you are interested in joining the Citizen Journalists panel, email: Newham.Mag@newham.gov.uk



Jimmy Advani, far right, with his wife, Sundri, who presents Indian Prime Minister, Indira Gandhi, with a flower on Indian Fire Services Day



Age
2

Newham London

15 hours

Free early education and
childcare for 2-year-olds*

“It’s made a huge difference in
my child’s development in many
ways; language, social, emotional
and physical.”

Gulshan, Meena’s mum

To check eligibility please use
our online eligibility checker
www.newham.gov.uk/twoyearold
or contact your local Children’s Centre

*Subject to meeting qualifying criteria





Are you eligible for a FREE flu jab?

The flu kills on average 8,000 people per year. The vaccination is offered free by GPs, local pharmacies and midwifery services to those at increased risk from the effects of flu.

- Parents of children aged two and three
- Children in reception class and school years one to five
- People aged 65 and over
- Pregnant women
- People with long-term health conditions such as diabetes or a heart, lung, kidney or liver disease
- Carers of older or disabled people
- Frontline health and social care workers

Get protected. Get your flu jab now.

Not in the list above? Flu can cause up to a week off work. Contact your pharmacy and get your flu jab.



Alcohol Awareness Month

11-17 November

Newham Council is encouraging residents to give their health a boost by raising awareness of how alcohol affects health in the borough. Alcohol consumption can lead to liver diseases, stroke, contribution to weight gain etc.

If you are concerned about the levels of alcohol you are consuming, please visit drinkcoach.org.uk to take the alcohol test. It's free, quick and confidential.



HAVE YOUR SAY ON THE MSG SPHERE

New information has been submitted in response to a request by the local planning authority. The information is available to view now on the LLDC website and we are hosting two events where you can learn about what has been submitted and get an update on the planning process.

The events will take place on:

Monday 15 December 2019
(5.30 - 8.00pm)

at: **St John's Church, Broadway, E15 1NG**

Thursday 9 January 2020
(5.30 - 8.00pm)

at: **Chandos Community Centre, Colegrave Road, Stratford, London, E15 1DZ**

The deadline for comments is 17 January 2020.



These images have been provided by the applicant as part of the planning application. LLDC has not been involved in the creation or is responsible for the content therein.



Scan me

Education Secretary praises young artists



North Beckton Primary School has received a letter of recognition from Gavin Williamson, the Secretary of State for Education, praising the school's recent success in their contribution to the Young Artists' Summer Show at the Royal Academy of Arts.

The exhibition showcased drawings, paintings, photography, videos and

sculptures by a diverse and talented group of promising young artists. It included a sculpture, *Two Sides to a Line* (above), which was created by Year 5 pupils at the school in Harrier Way, Beckton. It was selected from more than 6,200 submissions.

In the letter, Mr Williamson said: "It is a real achievement and something the whole school can be proud of."

Mark Reynolds, art teacher at the school and former graduate of the Royal Academy, said: "For our artwork to be shortlisted by the Royal Academy is an incredible achievement. It's amazing to get this national recognition and testament to the hard work and creativity of our pupils."

The charity is recruiting a group of people to work on the project



Project to support deaf community

A charity has launched a project to chart the experiences of the deaf community when accessing employment.

Deafroots Association, based in the Stratford Advice Arcade, The Grove, Stratford, has been awarded £50,000 by the National Lottery Heritage Fund for a project that will focus on looking at the impact of the Disability Discrimination Act 2005 on people who were either deaf or hard of hearing.

It aims to understand what life was like for deaf people or the hard of

hearing from 2000 to 2010 in terms of accessing employment, training services and volunteering. It will also look at what positive outcomes came from the 2005 legislation and how significant they have been.

As part of the project, the charity is recruiting ten participants to help conduct interviews and gather a range of materials including oral video histories, a documentary and an exhibition. If you are interested in participating, email outreach@deafroots.org.uk for more details.

CELEBRATE BIRTH OF SIKH FOUNDER



Residents are invited to join members of Newham's Sikh community as they commemorate the 550th anniversary of the birth of the founder of their faith.

A celebratory event on 24 November has been organised by Ekta Sangat London and will include exhibitions and various stalls and workshops all designed to raise awareness about the Sikh religion, health and wellbeing, and Newham Council services.

The occasion marks the celebration of the Gurpurab (birth) of Guru Nanak Dev Ji, the first Guru of the Sikhs. It will be held at Neville Road Community Centre in Forest Gate, starting at 10am with prayers. Stalls will open at 11am.

Ekta Sangat was established this year by volunteers in various Sikh temples with the aim of bringing together children, young people and older residents to support those families struggling to cope with a variety of social issues. For more information, email Harvindervirdee@yahoo.co.uk

Police appeal for gifts for children



Residents and businesses are being urged to donate presents for looked after children as part of the Metropolitan Police's Christmas Tree Appeal.

The appeal, now in its third year, is organised by Pc Karen Pritchard in Newham. Last year more than 400 children received presents collected by police officers across the borough.

Pc Pritchard said: "These presents make a huge difference to children who might not otherwise have a gift to open on Christmas morning. Our aim is to make sure every child in care has the chance to experience the magic of the festive season. If you can spare a gift, no matter how small, I would urge you to donate."

Last year each child received a package of age appropriate gifts including toys, games and books. Pc Pritchard is urging residents to avoid donating clothes, gifts that need batteries or games that need several people to play. To donate, visit www.met.police.uk/christmastree

Children share donated food at harvest festival

Schoolchildren who donated 15 bags and a shopping trolley full of food visited a charity to see how their donations will be used.

The students from Portway Primary School in Stratford visited the Renewal Programme charity as it hosted its annual harvest festival.

Children from Sandringham and Monega primary schools provided entertainment at the charity's office in High Street North, Manor Park. As part of its harvest celebrations, the Renewal Programme collected 30 boxes of food and toiletries for refugees and migrants, many of whom are in temporary housing.

Ruth Bravery, chief executive officer of the charity, said: "It's such an honour to host an event that brings the community together and is a shining example of what makes Newham special."



Pupils with a selection of donated food

Kids' Corner



PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

KIDS' CORNER, WEST WING, 4TH FLOOR, NEWHAM DOCKSIDE, 1000 DOCKSIDE ROAD, LONDON E16 2QU or newham.mag@newham.gov.uk

Parents, guardians are advised that by submitting an entry with the child's details you are giving permission for the Newham Mag to print their name and age to feature in the gallery. Details provided will not be used for any other purpose. Only the winner's details will be sent to Stratford Picturehouse, the prize provider.

GALLERY

Winner



Tashriq Morshed, 7



Anera Lantuch, 8



Leo Lambros, 5



Anshrah Munir, 6

Colour-me-in Crossword

Jokes

Q Where should a 500lb alien go?

A On a diet.

Q What goes up and down but does not move?

A Stairs.

Q What did the paper say to the pencil?

A Write on!

Q What do you call a boy named Lee that no one talks to?

A Lonely.

Q What gets wetter the more it dries?

A A towel.

Q Why do bicycles fall over?

A Because they are two-tired!

Q Were you long in the hospital?

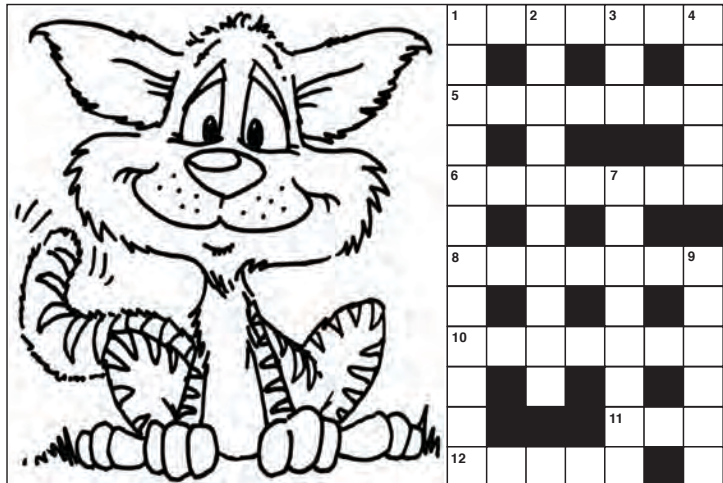
A No I was the same size I am now!

Q Why couldn't the pirate play cards?

A Because he was sitting on the deck!

Q What did one elevator say to the other elevator?

A I think I'm coming down with something!



CROSSWORD

ACROSS

1. Feeling fit (7)
5. There is too much of this contaminating our oceans (7)
6. Person who has been rejected by society (7)
8. Carry out surgical work in a hospital theatre (7)
10. Things done by people (7)
11. Female deer (3)
12. He brings presents at Christmas (5)

DOWN

1. African mammal with massive jaws (12)
2. Flats in a very large building (10)
3. Small child (3)
4. Boat for cruising (5)
7. Re-arrange NO CANADA to find a very large snake! (8)
9. People eat chocolate eggs at this time of year (6)

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newham.mag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



WHAT'S ON

UNDER-FIVES

Storytelling 🌈 Tues, 9.45-10.30am, 10.45-11.30am, Canning Town; Mon, 10-11am, Fri 10-11am, Manor Park; Thurs, 10-11am, Forest Gate; Tues, 10.30-11.30am, Thurs, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton; Mon, 10.30-11.15am, Custom House; Tues, Fri, 11am-12pm, Stratford; Tues, 10.30-11.30am, East Ham (term time only)

Sensory Storytelling 🌈 Run by St Stephen's Early Start. Fri, 1-2pm, Green St

Bumps and Bundles Group 🌈 Fun interactive session for parents and carers of babies under 18 months. Mon, 10-11.30am, Stratford

Saturday Family Fun 🌈 Sat, 10.30am-11.30pm, Beckton

Healthier and Happier Babies and Toddlers 🌈 First Weds of the month, 1-2.15pm, Canning Town

Baby and Toddler Group 🌈 Play sessions run by Plaistow Children's Centre. Mon, 10am -11am, Tues, 9.30-11am, Jeyes C.C

Baby Rhyme 🌈 Weds, 12.30-1.30pm Manor Park, Thurs, 10-10.45am East Ham (term time only)

Jigaree 🌈 Fri, 10-11am, Plaistow; Fri, 1.30-2.30pm, Canning Town

Baby Feeding Support For baby feeding support at other locations check the Facebook page: Newham NCT, or email: branch.newham@nct.org.uk Thurs, 9.30am-12pm, at NCT Milk Bar @ Space, Stratford Salvation Army, 1 Paul Street, E15 4QB

Songs & Smiles 🌈 Music group for 0-4-year-olds, their grown ups and care home residents. Summerdale Court, Canning Town, E16. For more information email songs@thetogetherproject.co.uk Mon, 11am-12pm

Toddler Time 🌈 Parents with children aged three or under welcome for pre-school fun and activities. Contact Mrs F Patel on 020 8514 9860 for more details. Tues, 2-3pm, term time. Sir John Heron Primary, School Road, Manor Park.

YOUNG PEOPLE

East Ham Youth Drop in 🌈 Sony PS4, DJ Decks and other activities for 11-19 year-olds. Includes support in using IT for homework. Mon, 4.15-6.15pm; Tues, 4.15-7.15pm, East Ham; Mon, 4.30-5.30pm, Plaistow

Junior Football Sports Coaching (7-12yrs) 🌈 Coaching provided by activeNewham. Fri, 4-6pm, Jack Cornwell C.C

New Men's Choir (10-18yrs) 🌈 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. Weds, 3.30-5.30pm, Beckton

Homework Club 🌈 Free study support for young people at their local library. Age: varies from site to site. Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow (laptop support); Fri, 4.30-6pm, Canning Town; Fri, 4-5pm, East Ham; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate

Steelpan Workshop (13yrs+) 🌈 Sun, 3-4.30pm, Stratford

Green Street Youth Works (11-19 yrs) Drop in for Tae Kwon-do, Sony PS4, teenage careers, chill zone, healthy living and other activities. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C

Games Club (7-16yrs) 🌈 Weds, 3.30-6.30pm, Forest Gate; Mon, 4.30-5.30pm, Plaistow; Thurs, 5-6pm, Canning Town

AJ Football (4-11yrs) Thurs, 6-7pm, Newham Leisure Centre, 281 Prince Regent Lane, E13 Cost: £5 per session, (first session is free). Contact Anna Russell 07834 386814 or Justin Gardner 07438 033195 for more information.

Chill Spot (11-19yrs) 🌈 Exciting youth initiative includes table tennis, games, debates, creative workshops, film club and more. Mon, Weds, 3.30-6pm, Stratford

Family Rangers 🌈 First Sat of the month, 1-4pm, Plashet Park

Chatter Books (7-12yrs) 🌈 Book club aimed at inspiring young children to read for pleasure. Sat, 2.30-3.20pm, Plaistow; Tues, 4-5pm, North Woolwich; Mon, 3.30-4.30pm, Manor Park; Weds, Fri, Sat, 4-5pm, East Ham

Lego Club (5-12yrs) 🌈 Sat, 3-4pm, Forest Gate; Sat, 2-3pm, Green Street; Sat 12-2pm, East Ham; Tues, 3.30-4.30pm, Manor Park; Mon, 5-6pm, Canning Town; Fri, 4-5pm, Beckton



Science Club at Plaistow Library Join our fun, interactive science club conduct experiments, watch demonstrations and record the results. Tues, 4.30 -5.30pm, Plaistow

All listings may be subject to change. Please contact individual events and activities before attending.

Chess Club ★ Weds, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Mon, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate; Thurs, 5-6.30pm (children's), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 4-5pm, Thurs, 5-6pm, Plaistow; Thurs, 4.30-6pm, Sat, 11am-12.30pm, Manor Park

English Conversation Club ★ Mon, 6-7.30pm, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; First Mon of the month, 10.30-11.30am, Green St

Adult Reading Groups ★ Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate; Last Tues of the month, 3-4pm, Canning Town

ICT Drop in ★ Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate

Crochet ★ Mon, 10am-12pm, Plaistow

Memory Lane Café ★ For people with dementia and carers. Last Thurs of month, 1-3pm, East Ham; Third Weds of month, 12-3pm, Jack Cornwell C.C; First Fri of month, 2-4pm, Canning Town

Basic Computer Skills ★ Thurs, 10am-12pm, Manor Park; Tues, 11.30am-1.30pm, The Well C.C

Together We Can ★ For adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

ESOL Entry 2 (16yrs) ★ ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Tues, 10am-2pm, Plaistow

Art Class ★ No booking needed. Adults only. Weds, 6-7.30pm, Beckton



Writers Group (16yrs) ★ Thurs, 6.15-7.45pm, Canning Town; Last Thurs of month, 5.30-7.30pm, Forest Gate

Life in the UK Classes 12-week course to support prospective candidates who want to take the Life in the UK Test and B1. Contact Franklyn on 02085423904 for information. Mon, 10.30am-12.30pm, Manor Park; Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30-

2.30pm, Green St; Weds, 10am-12pm, East Ham TT; Tues, 12.30-2.30pm, Stratford; Tues, 10am-12pm, Beckton TT

Criss-Cross Pottery Club £8 per hour. Call Chris Wong on 0750 6913032 to book a place. Mon, Tues, 10.30am-3pm, Beckton C.C

Crafty Crafters Club ★ Mixed adults crafts. Mon, 1-3pm, Custom House

Thames Dragons Dragon Boat Club For more information visit www.thamesdragons.com First three sessions free. Sun, 10am-12pm, London Regatta Centre, Royal Albert Dock, E16

E20 Board Games ★ www.facebook.com/groups/E20BG Thurs, 8pm, The Hall, 2 Victory Parade, E20

HOLA East! ★ For Spanish speakers or those who want to improve their skills in the language. Thurs, 6.30-7.45pm, Stratford

Poetry Group ★ For more details, email sonesquin@hotmail.com Mon, 6-7.30pm, Stratford

Creative Writing ★ Learn new skills and make new friends at Stratford's creative writing group. Sat, 11am-1pm, Stratford

Knit & Natter (16yrs) ★ Fri, 10am-12pm, Canning Town; Tues, 10am-12pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10am-12pm, Fri, 10am-12pm, Plaistow; Tues, 10.30am-12.30pm, Green St, Tues, 11am-1pm; Mon, 11am-12.30pm, Beckton; Mon, 1.30-3.30pm, Tues, Thurs, 10.30am-12.30pm, North Woolwich

Table Tennis ★ Mon, 12-3pm, Forest Gate; Tues, 5-6pm, Canning Town; Sat, 3-5pm, Plaistow

Reading for Pleasure Group Join our reading group, make new friends and explore the world of reading. Fortnightly, Thurs, 6.30-7.30pm, Stratford

Studio Sessions - Music Production Workshops ★ Fri, 5-7pm, term time, ASTA Community Centre, 14a Camel Road, Silvertown, E16; Contact Newham Music for more details on 020 3598 6260. Thurs, term time, 6.30-8.30pm, Little Ilford Learning Zone, 1a Rectory Road, Manor Park, E12

Sing East Community Choir ★ Weds, 8-9pm, term time, Chobham Academy, 40 Cheering Lane, Stratford E20. Contact Newham Music for more details 020 3598 6260

East Edge Sisters (E6) Monthly meeting of the Women's Institute branch to allow women to develop new skills, discuss important issues and build new friendships. First meeting free. For more details, email: eastedgesisters@gmail.com Second Tues, of the month, 7.15-9.15pm, St George & St Ethelbert's Church, Burford Rd, East Ham.

Winter Fete Sat, 14 Dec, 12-4pm, Woodgrange School, Sebert Road, Forest Gate, E7 0NJ



COMMUNITY
ACTIVITIES

Newham Super Choir  Tues, 10.30am-12pm, Beckton C.C

Asta Singers Community singing group. Contact 020 7476 5023. Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16

Career Progression Club  Book in advance by calling 020 7476 1666 Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm, RDLAC, Albert Road, North Woolwich, E16

Stratford Book Club Sociable book club, meets at the King Edward VII in Stratford to read fiction and non-fiction titles. Visit www.meetup.com/stratfordbookclub for more information. Last Mon of each month, 7.30-9.30pm

Frost Fair at Cody Dock  Get into the festive spirit with a seasonal market experience. Includes stalls, outdoor games, live music, choir singing, food and drink and other activities. Sat, 30 November, 12 – 5pm, Cody Dock, 11c South Crescent, Canning Town, E16 4TL




BOXING AND
SELF DEFENCE

Mixed Martial Arts Sessions for children run with professional teacher, £2 children, £5 adults. More info at <http://sifudavidsingh.wixsite.com/website> Mon, 6.30-7.30pm, (6-13yrs); Tues, 6.45-7.45pm, (6-13yrs); Thurs, 4.45-5.45pm, (6-13yrs); Thurs, 6-7pm, (adults) Beckton

A1 Judo Club Weds, 5.45-6.15pm Tots (3-4 year olds); 6.15-7.15pm Under 8s, 7.15-8.15pm Over 8s; Sat, 2.15-2.45pm Tots (3-4 year olds), 2.45-3.45pm Under 8s, 3.45-4.45pm Over 8s. East Ham Leisure Centre. Contact Tahmina on 0772 585 8796 or visit www.a1judo.com

Modern Arnis and Self-Defence Tues, 4-5pm, (6 to 11 yrs), Sat 11am-12pm, (9-12 yrs), Jack Cornwell C.C

Tae Kwondo (4-14yrs)  A 10-week programme. To book, email: khanquklackbelt@yahoo.co.uk or call 0798 4684805. Fri, 6.45-7.45pm, Green St


Silat Martial Arts Classes for boys (7-16), £5, 2-3pm; girls (7-16) £5, 3-4pm, and men (16+) £10, 5-7pm, Sun, 266 High St North, Manor Park. Register online at <http://tiny.cc/martialArtsAtJamia> or call 020 8472 5663



GREEN

Newham Green Gym Conservation at East Ham Nature Reserve, Norman Rd, E6. Weds, 10am-1pm and last Sat of month. Visit www.newhamgreengym.org for more details

Community Gardening  Tues 10.30am-12.30pm, Beckton C.C; Thurs, 4.30-6pm, St John's Green, Albert Road, North Woolwich; Fri; 10am-1pm. Grow Together, Be Together Community Garden, Wellington Rd, E6


Community Gardening Course - Cody Dock  Sessions for the over 55s. Call 020 7473 0429 or 0754 3810969 for details. Weds, 1-2pm, Cody Dock, 11c South Crescent,

Canning Town; Tues, 11.30am-1.30pm, The Well C.C

Community Garden – Forest Gate Thurs, 2-5pm; Fri, 1-5pm; Sat, 10am-4pm. 136 Earlham Grove, E7 9AS

Gardening Club  Thurs, 10am–12pm, Plashet Park


Little Grubs Family Growing and Nature Club  Tues, 10am–12pm, Plashet Park

Community Gardening – Abbey Gardens  Abbey Gardens, Bakers Row, E15 (Next to Abbey Road DLR) Sat, 1-5pm



HEALTH AND
FITNESS

Yoga Build strength and tone muscles, reduce body pain, stiffness and fatigue. Suitable for all levels, open to men and women. Mon, 6-7.30pm, Beckton (open to all); Thurs, 8.15-9.15am (over 55s), Forest Gate; Sat, 10am-12pm, Thurs, 5.45-7.45pm (£1 per person) Plaistow; Thurs, 6-7.30pm, (£2 per person) Stratford; Tues, 1.30-2.30pm, (over 50s free, under 50s £2) Jack Cornwell C.C; Mon, 6-7.30pm, Tues, 6-7.30pm, (free for all ages) Green Street; Weds, 12.30-1.30pm, (£3.50 per session) Katherine Road C.C

Breathe Easy Group (18yrs)  For people with lung conditions and their carers. First Thurs of the month, 12.30-2.30pm, Beckton C.C

Yoga for the whole family Tues, 5-6pm, Green Street

Argentine Tango (18yrs) £5 per session. Mon, 6.30-7.30pm, Stratford

Stratford Judokwai Tiny tots (5+). Weds, 6.30-8pm; juniors (9+), Tues, 6.30-8pm, Thurs, 6.30-8pm; youth (13+) seniors, Tues, 8-9.30pm, Thurs, 8-9.30pm, senior beginners, Weds, 8-9.30pm. Carpenters & Docklands

Centre in Gibbins Road, Stratford, E15 2HU. Contact Mick Foulger on 07985601260 or Paul Willis on 07836659605, or mick1f@talktalk.net or paulwillis83@live.co.uk for more details

Tai Chi in the Park (18yrs)  Meet at corner of Forest Lane & Magpie Close. Tues, 10-11am, Forest Lane Park, E7

Salsa Fri, 6.15-7.15pm, East Ham; Sat, 2.30-4.30pm, Forest Gate

Woodside Badminton Club Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. Fri, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbins Rd, Stratford

Zumba Registration essential. Bring water and a towel, for all ages and abilities. Mon, 9.30-10.30am (£3), Tues, 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri, 6-7pm (free) Canning Town; Weds, 6.30-7.30pm (free) Manor Park; Tues 5.30-6.30pm (free) Stratford; Tues, 1-1.45pm £1 for under 55s, Katherine Rd C.C

HEALTH AND FITNESS

UNITYZUMBA Tues, 8-9pm, Thurs, 8-9pm St Mark's C.C.; Fri, 7.30 – 8.30pm, Flipout Trampoline Park, 281 Barking Road, East Ham, E6. Sessions cost £5, call 07886 884 573 for details

Pain Management 🌟 Second Fri of the month, 5.30-7pm, Manor Park

Diabetes Support Session 🌟 Information session on how to prevent and manage the condition with specialist advice. Third Fri of the month, 5.30-7pm, Manor Park

Newham Dog Community 🌟 Monthly dog walks, various group events and activities. Call 07927 176477

or join the closed group on Facebook or visit www.newhamdogcommunity.co.uk

Inclusive Yoga 🌟 A slower, gentle class on the chair, mat or wheelchair. Thurs, 11.15am-12.15pm, Beckton

Hatha Yoga £5 first class, email yogabreathandbody@gmail.com for details. Beginner/Level 1 hatha yoga: Mon, 7.15-8.45pm, Weds, 6.30-7.45pm, Chandos C.C

Zumba 🌟 Child-friendly sessions which will run for an initial 10 weeks and possibly long-term depending on demand. Fri, 10-11am, St Mark's C.C, Tollgate Road, E6



50+ ACTIVITIES

Bingo 🌟 Mon, 1.30-2.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C

Get Active, Get Healthy, & Exercises for Fitness 🌟 Thurs, 11am-12pm, Jack Cornwell C.C

Fitness 🌟 Thursday fitness at 9.15-10am (55+); Thursday fitness at 10-10.45am is open to all (£1 charge for under 55's); Zumba, 1-2pm, Tues, ladies only (55+); Exercise for ladies, 9.30-10.30am, Fri (55+); Exercise for ladies, 10.30-11.30am, Fri, (£1 charge for under 55's), Katherine Road C.C

Golden Oldies Social Club 🌟 Come along to play bingo and have refreshments. Weds, 12-3.30pm, Community Road C.C, Stratford

Tea Dance 🌟 Call 0793 035 2453 for details. Weds, 2.30-4pm, Canning Town

Fit Club 🌟 50+ group social club with dance and chair based exercise for free. Weds, 1-3pm, Beckton C.C

Over 50s Social Club Friendly community group offers a game of dominoes, cards, bingo, a light lunch (£2) and much more. Tel: 020 8514 0903. Weds, 11.30am-3.30pm, Manor Park C.C

Newham Parkinson's Group 🌟 Drop-in sessions for those affected by Parkinson's. 3rd Mon of the month, 11am-1pm, Stratford

Line Dancing Mon, 6.30-7.30pm (55+), Canning Town; Weds, 12.15-1.15pm (£2pp), The Well C.C; Thurs, 1-3pm (£1 per session), RDLAC, Albert Road, North Woolwich

Walking Group 🌟 Social walks in the Beckton and Royal Docks areas. Fri, 1.15pm, Beckton

Tone-Tastic Low impact aerobic class with resistance bands. Mon, 3.30-4.30pm, Forest Gate

Healthy Hearts Programme Weds, 3.30-4.30pm, Plaistow

Drop-in Embroidery Class (50yrs) 🌟 Mon, 11am-1pm, East Ham

Over 60s Social Club Fri, 12.45-2pm, Canning Town

Games and Friendship Club 🌟 Chat and make friends over some games and a cuppa. Thurs, 11am-1pm, East Ham

Art Classes for over 55s Classes run by the Renewal Programme at 395 High Street North, Manor Park, E12. For more details call 020 8471 6954 or www.renewalprogramme.org.uk Middle Eastern Art & Calligraphy, Fri, 10am-12pm; Photography for over 55s, Thurs, 10am-12pm; Textile Design for over 55s, Tues, 1.30-3.30pm

Holiday Spanish Club (50yrs) 🌟 Weds, 12.30-1.30pm, Manor Park

Forever Young (50yrs) Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Forest Gate

St Luke's Over 50s Club Activities include gentle Tai Chi, board games, gardening and sewing. Call Alison Skeat on 0207 366 6403, for details email alison.skeat@chctcrp.org.uk Fri, 10.30am-4.30pm, St Luke's C.C, Taring Road, E16

Tai Chi Mon, 12.15-1.15pm, £2, The Well C.C



Chair Based yoga Tues, 11.30am-12.30pm, Fri, 12-1pm, Jeyes C.C

Creative Coffee Morning (65yrs+) 🌟 For more information, call Colette on 020 8279 1002 or colette@stratford-circus.com Thurs, 10am-12pm, Stratford Circus Arts Centre, Theatre Square, Stratford, E15; Tues, 2-2.30pm, Katherine Road C.C

Over 55's fitness session 🌟 Register at Plaistow Library. Fri, 11am – 12pm, Newham Leisure Centre

All listings may be subject to change. Please contact individual events and activities before attending.

FEMALE SPORTS

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. £2. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

Women's badminton academy £2.05 charge. Fri, 1-3pm, East Ham Leisure Centre, 324 Barking Road, East Ham, E6. Call 07930 162505 for info

Women's Boxing Mon, 9.15-10.15am, Katherine Road C.C


Women's Fitness  Contact courses@bonnydowns.org or call 020 8586 7070 for more details Mon, 6-7pm, The Well C.C

Zanga Zanga Fitness (16yrs) £5 per session. Thurs, 5-6pm, Froud Community Centre, 1 Toronto Avenue, Manor Park


SPORTS

Black Arrows Badminton Club Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16yrs+) Sun, 10-11.30am, 11.30am-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford Email: playtennis@activenewham.org.uk

Football and boxing  60A Albatross Cl, London E6 5NX. For more details, email: AJohny@westhamunited.co.uk. Sat, 10am-12pm



Walking Football (18yrs)  Mon, 10-11am (except Bank Holidays), Call 07790 384413 for more details, Memorial Park AstroTurf, E15 3BP

FOOTBALL

AIR Football (16yrs) Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6

WHU Kicks Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball Sessions Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Mon, 5-6pm, Newham Leisure Centre. Weds, Fri, 5-6pm, NewVic, E13 Contact Paul495@btinternet.com or call 07811 671082

Wheelchair Cricket (12yrs) Thurs, 6-7pm, Newham Leisure Centre. Contact Bradley.Donovan@essexcricket.org.uk



RUNNING AND ATHLETICS

Running and Athletics Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

East End Road Runners Coached sessions. Newham Leisure Centre, E13. Tues, Thurs, 7pm; Sun, 9am. Call 07979 261647

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. Mon, 18 Nov, 7pm, Council, Old Town Hall, Stratford; Tues, 19 Nov, 6pm, Standards Advisory Cttee, Newham Dockside, 1000 Dockside Road, E16; Tues, 3 Dec, 5pm, Cabinet; Tues, 10 Dec, 7pm, Strategic Development Cttee, Old Town Hall, Stratford. For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 23 Nov, 10am-12pm, East Ham Library, Barking Road, East Ham, E6; Sat, 14 Dec, 10am-12pm, Canning Town Library, Rathbone Market, Barking Road, E16. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery Weds, 20 Nov Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query

 CONTACT DETAILS

LIBRARIES

- Beckton Globe** 020 3373 0853
- Canning Town** 020 3373 0854
- Custom House Library** 020 3373 0855
- East Ham** 020 3373 0827
- Green Street** 020 3373 0857
- Forest Gate** 020 3373 0856
- Manor Park** 020 3373 0858
- North Woolwich** 020 3373 0843
- Plaistow** 020 3373 0859
- Stratford** 020 3373 0826
- Archives and Local Studies** 020 3373 6881

COMMUNITY CENTRES (C.C)

- Beckton C.C.** 020 7511 1214
- East Ham Market Hall** 020 8471 0292
- Jack Cornwell C.C.** 020 8553 3459
- Jeyes C.C.** 020 3373 2205
- Katherine Rd C.C.** 020 8548 9825
- St Mark's C.C.** 020 7474 1687
- Vicarage Ln C.C.** 020 8519 0235
- Harold Rd Centre** 020 8472 2805
- Queens Market** 020 8475 8971
- Rabbits Rd Institute** 020 3373 0858
- Royal Docks Learning Activity Centre** 020 7476 1666
- St John's Church** 020 8503 1913
- St Bartholomew's Church & Centre,** 020 8470 0011
- The Community Resource Centre,** 020 3373 2697
- St. Paul's Church Centre** 020 8552 9955
- The Well Community Centre** 020 8586 7070

LEISURE & SPORTS VENUES

- Atherton Leisure Centre** 189 Romford Rd, E15
- East Ham Leisure Centre** 324 Barking Rd, E6
- Newham Leisure Centre** 281 Prince Regent Ln, E13
- NewVic** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16

THEATRE ROYAL STRATFORD EAST PRESENTS

STRATFORD
EAST

STRATFORD

CATFORD

THE WEST FIELD

DICK WHITTINGTON

SAT 23 NOV 2019 —
SAT 11 JAN 2020

Book and lyrics David Watson
Music and lyrics Robert Hyman

stratfordeast.com

VAT No. 233 3120 59 Charity No. 233801 Reg No. 556251

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Celebrate Christmas in Newham

Begin your festive celebrations with free fun activities, entertainment and the switching on of Christmas lights to mark the beginning of the festive season.

East Ham Library

Saturday 23 November 3.30-6.30pm

Switch-on 5pm

For more information contact East Ham Library on 020 3373 0827 or email CN.Eastham@newham.gov.uk

Beckton Globe Library

Tuesday 26 November 4-6pm

Switch-on 4.45pm

For more information call 020 3373 0853 or email CN.BecktonRoyalDocks@newham.gov.uk

Canning Town Library

Wednesday 27 November 4-7pm

Switch-on 5.30pm

For more information call 020 3373 0854 or email CN.CustomHouseCanningTown@newham.gov.uk

Stratford Library

Thursday 28 November 4pm-6pm

For more information call

020 3373 0826 or email CN.Stratfordwestham@newham.gov.uk

Winter Wonderland with Stratford Original

Thursday 28 November 4.30-7pm

Switch-on 5pm

Theatre Square, E15 1BX

For more information email Stratford Original: info@stratfordoriginal.com

North Woolwich Library

Thursday 28 November 4-6pm

Switch-on 5.30pm

For more information call 020 3373 0843 or email CN.BecktonRoyalDocks@newham.gov.uk

Forest Gate

Saturday 30 November 4-7pm

Switch-on 5.30pm

At Woodgrange Market Site

For more information contact Forest Gate Library on 020 3373 0856 or email CN.Forestgate@newham.gov.uk

Custom House Library

Tuesday 3 December 4-5.30pm

Switch-on 5pm

For more information call 020 3373 0855 or email CN.CustomHouseCanningTown@newham.gov.uk

Plaistow Library

Monday 9 December 5-6.30pm

For more information call

020 3373 0859 or email CN.Plaistow@newham.gov.uk

Green Street

Saturday 21 December 12-4pm, Switch-on 4pm

At Queens Market

(Courtesy of Queens Market Team)

For more information call

020 3373 0857 or email

CN.Greenstreet@newham.gov.uk