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Honouring
their service



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Young
Achievers



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Revisiting
rich past

the newham mag

issue 403 // 16 Nov – 13 Dec 2018 // Monthly

Sights and sounds

Fireworks Night
goes with a bang
(p14)



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News

We need your local knowledge to help shape a better environment

Newham Council is working with the Mayor of London to improve the health of the borough by creating “Liveable Neighbourhoods”.

Together we have ambitious plans to deliver attractive and healthy neighbourhoods for residents and businesses whilst improving air quality.

The Mayor of London, Sadiq Khan, has set aside a pot of money to support boroughs to deliver projects that encourage walking, cycling and the use of public transport.

Boroughs are being asked to submit bids to Transport for London (TfL) for funding between £1m-10m per scheme.

We are currently at the early stages of developing bids for three areas. Having heard from residents in Custom House, we are now in consulting with residents in Stratford, Forest Gate North and Green Street. We want to hear from you about what's important and what would improve your neighbourhoods.

The Stratford/Forest Gate North bid is ground breaking because for the first time Newham Council is joining its neighbour Waltham Forest Council to create a scheme

which will deliver environmental benefits across borough boundaries.

Councillor Rachel Tripp, cabinet member for the environment and highways said: “We really want to get the best results for you and your neighbours, so using your local knowledge, tell us about the improvements that will really give your area a healthy boost. Do you want better cycling infrastructure? Would greener streets encourage you to cut down on car journeys? What stops you from taking up healthier transport options like cycling and walking?”

“I am particularly excited to be working with Waltham Forest because it's obvious that tackling huge issues like air quality and delivering genuine environmental improvements cannot be achieved by boroughs working in isolation.”

So if you live in Stratford/Forest Gate North you can submit your views at www.pclconsult.co.uk/newham-walthamforest by Wednesday 21 November.

If you live in the Green Street area have your say at www.newham.gov.uk/GreenStreetLiveableNeighbourhood by Wednesday 21 November.



Gainsborough pupils and Cllr Tripp on the new Quietway - cycling route

Working for a better borough

News

Councillors fundraise more than £200 to replace stolen school bikes

Councillors have raised money for a primary school that had its bikes stolen. Brampton Primary in East Ham, had 18 bikes stolen earlier this year from a shipping container in the school, the bikes were used by children for after school clubs, and for bike ability courses during half term.

Councillor Joy Laguda, MBE, organised a collection from other councillors to help replace some of the stolen bikes, with £210 raised in total. She presented a cheque to the school alongside Councillor Susan Masters. Cllr Laguda said: "We really wanted to do something to help this school when we heard what had happened as the bikes really helped the school to provide extra curricular activities for the children and keep them fit. I'd like to thank my fellow councillors for their generosity."



Cheque presentation to Brampton Primary School



Staff and guests baked cakes

Newham staff raise money for cancer charity at coffee morning

Newham councillors and staff raised money for people affected by breast cancer at a coffee morning held at the council's Newham Dockside offices. More than £900 was raised for the charity Breast Cancer Care.

Staff and visitors to the building in the Royal Docks enjoyed home-made cakes and bought raffle tickets in support of the fundraiser. There was also a sale of cards and craft items.

Deputy Mayor Councillor Charlene McLean picked the raffle winners and Councillor Julianne Marriot also baked a cake for the event.

Councillor Charlene McLean, said: "Breast cancer is the most common cancer in women in this country and it is really important that we raise awareness of it. The money we've raised will help Breast Cancer Care to provide support and information about prevention and cure to the thousands of people across the UK."

Raising money for the community

...in brief

Newham's biggest leaf pile created in West Ham park



Rokhsana with friends of West Ham park

Mayor Rokhsana Fiaz joined residents for an afternoon of autumnal fun at an event aimed at bringing the community together.

More than 100 residents and friends of West Ham Park got together to create Newham's largest leaf pile.

The event organised by the Friends

of West Ham Park is part of their activities to create enjoyable outdoor experiences, and to introduce people to nature in the park. The idea was developed as a way to encourage exercise in an area where people do not have large gardens, with the friends group working closely with the park's management to ensure the park meets the needs of the community.

Mayor Fiaz, said: "Thank you to the Friends of West Ham Park for planning and hosting this lovely event, I had a fun afternoon diving into a giant leaf mountain with a ton of kids."

London Community Credit Union has a new home in Stratford

Deputy Mayor of Newham, Charlene McLean was on hand to officially open the new branch of the London Community Credit Union (LCCU) after its relocation to Stratford town centre. The move to 34 Broadway is expected to lead to a surge in interest for its ethical savings products, affordable loans and its Debit Mastercard.

The mutual organisation has provided more than £6.5m in loans to residents in Newham over the last three years and is a partner in Newham Council's MoneyWorks. One of the credit union's key objectives is to provide an affordable alternative to high interest lenders.

Deputy Mayor Charlene McLean said: "I am delighted to open the LCCU in the heart of Stratford. This new central location will make it much easier for residents to visit and get financial advice and assistance.

"As austerity bites, more and more people are seeing their standard of living under attack, stagnant wages and soaring rents are pushing families to brink of economic crisis. The credit union provides an accessible and ethical alternative source of lending to more exploitative lenders, who target the vulnerable and desperate." To find out what the credit union has to offer you can pop in to the branch which will be open every day except Sundays.

Boleyn Ward by-election ward results announced

Moniba Khan (Labour) has been elected as a councillor in the Boleyn ward by-election held on Thursday 1 November 2018 after the resignation of Veronica Oakeshott. She secured the majority out of the four candidates who stood in the election. Returning officer Katherine Kerswell announced the turnout to be 23.5 per cent.

The full results are:

- Moniba Khan (Labour) – 1,725
- Fazlul Karim (Conservative) - 327
- Frankie-Rose Taylor (Green) – 172
- Arunasalam Pirapaharan (Liberal Democrats) – 83

Newham Mag is going monthly from December

The council's fortnightly publication is going monthly from December, with the next edition due out on Friday 14 December. The Newham Mag will continue to provide information about Council services, decisions, events and opportunities as well as provide space for voluntary and community groups to promote their services and events, and promote the work of our local NHS, schools and other partners and public bodies.

With an increased number of public meetings, the council will also be looking at other ways it can keep its diverse communities informed.

Bringing people in Newham together



Shrouds of the Somme at Queen Elizabeth Olympic Park



Deputy Mayor, Charlene McClean and Cllr Terry Paul

Mayor Rokhsana Fiaz

It's been a busy couple of weeks with a lot happening and lots to be grateful for and reflective about. I had the honour of attending the Shrouds of the Somme for an Armistice Remembrance Sunday service, to mark the centenary of the end of the First World War. It was led by Reverend Canon Flora Winfield, the Archbishop of Canterbury's special representative to the Commonwealth and it was attended by more than 2,000 people.

It was particularly poignant as The Shrouds of the Somme, which are based in Queen Elizabeth Olympic Park, are an extraordinarily powerful piece of commemorative art. The enormous scale brings a genuine sense of the true cost of the conflict, whilst remembering those who gave their all.

Across the borough, residents, the Royal British Legion and my councillor colleagues gathered at special services to show their gratitude and respect for those who have given their lives. It followed another wreath laying event I participated in the previous week with at the London Stadium, where I marked the Legion's #ThankYou100 Remembrance Sunday event with West Ham Football Club and soldiers.

At cabinet held on 15 November the first part of my Housing Delivery Plan was presented, following our successful bid for funding from the Mayor of London. We

were awarded, £107million, the highest amount awarded to any local authority to start building homes at social rent levels in line with my pledge when I got elected in May.

The Housing Delivery Plan statement sets out Newham's new approach to housing and an ambitious vision that puts residents at the heart of decision-making about their neighbourhoods; delivers more genuinely affordable homes for local people; and sets out clearly the principals and values that will shape housing delivery in this borough. Over the coming months, we'll be having a series of conversations with residents about the plan, so that they can help shape the future of housing delivery in Newham over the coming years.

We all know that our residents are bearing the brunt of the country's housing crisis and for too long there has been a failure to fully respond to the root of this problem.

The Housing Delivery Statement is the first chapter in changing the model of housing in Newham. An approach is required that genuinely transforms housing. Crucially we have to champion the voice of local people as we redefine our approach to housing so we can better respond to their needs and the needs of our entire borough. I look forward to working with our local residents on shaping our borough together.

I've also been in China, travelling

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The Mayor with Ms Hongyu Meng, Deputy Director-General of Yangpu District



Meeting with Ms Shi Yi Ting, Deputy Secretary and Deputy Mayor, Changxing People's Government

11,000 miles there and back, to promote Newham and all that it has to offer as a place and through its people.

Ahead of a visit by the Deputy Mayor of London for Business, Rajesh Agrawal, I spent five days in almost non-stop meetings, enthusing about the Royal Docks in our borough which is at the centre of the most significant development in the Capital over the past two decades.

Here in Newham, we'll be able to show that post-Brexit, not only is London open for business, but Newham is too. However, we will not be selling Newham short because the developments emerging in the Royal Docks have to benefit all of our residents too, with access to jobs, homes and a whole raft of opportunities that were promised over the years but never came.

In Shanghai, I attended the China British Business Council conference which is a major event and spoke with the UK Government Minister for International Trade to promote the UK and London, but specifically Newham as a business destination for Chinese business and those from around the world.

I also visited the ABP business park in Beijing, who have also invested in Newham to create the largest business park outside of China. The ABP Albert Docks development will bring some

20,000 new jobs to our borough over the coming few years. This is one of the highest job investment figures in the UK, and I'll be ensuring that the opportunities presented will benefit our residents as well.

I'll be signing a new partnership agreement with Changxing, a district in Beijing to promote closer working on technology projects and to ensure further investment comes to Newham. But it's not just about business - but about people, so the partnership will include cultural and educational projects too.

I also met officials from Yangpu District, a former dockland and industrial area similar to our Royal Docks which is being regenerated just outside Central Shanghai. They are keen to work with us on educational exchanges, cultural, educational and investment as well.

It was a successful visit, cementing a positive relationship with one of the fastest growing economies in the world, a country keen to do business with Britain and especially interested in Newham.

I met over 40 Chinese business contacts and will be following all of these up over the coming months to encourage them to deliver real investment into Newham that benefit our people.

I'd really like to thank everyone who

came to our fireworks display, this time at its new home at Silvertown Quays in the Royal Docks. It was an amazing event with spectacular fireworks set to great music. Plus there was other great stuff going on with street entertainers, a fun fair and the Millennium Mills building lit up for the occasion. I'm sure you'll enjoy looking at the pictures inside.

There's nowhere in London quite like the Royal Docks and I'm proud we can make the most of this historic location which made this year's display more spectacular than ever. I thank all of our partners who kindly sponsored the event this year.

Lastly, I promised I would look at reducing the number of editions of the Newham Mag when I came in to power and I'm pleased to tell you it is going monthly. We need to look at how we ensure residents are involved in decision making and know what's going on in their area but relying on one publication, printed fortnightly at huge cost, is not the way to do it.

That is why I've introduced Citizen's Assemblies and making more information available as well as increasing the number of cabinet and full Council Meetings. There's more to come, as I'll soon be announcing details of a Democracy Commission to look at ways we can enhance the involvement of our residents and young people in shaping Newham in the coming years.



Newham stands silent at remembrance services across the borough

Newham stood silent this weekend as remembrance services took place across the borough to commemorate those who have lost their lives serving their country.

The Mayor of Newham, Rokhsana Fiaz, stood alongside residents and members of the armed services at Queen Elizabeth Olympic Park (QEOP), while councillors attended memorial events across the borough and laid poppy wreaths.

Crowds gathered to take in the Shrouds of the Somme art installation at QEOP, created by Rob Heard, which depicted more than 72,000 people killed in the Battle of the Somme in the First World War. The shrouds were hand-stitched and laid

shoulder to shoulder in hundreds of rows on the park's South Lawn to create a haunting work of art. Newham Council Chief Executive Katherine Kerswell attended alongside Newham's mayor and listened to the sermon delivered by Rev Canon Dr Flora Winfield.

Services also marked the 100-year anniversary of the Armistice, the agreement which ended the First World War.

Remembrance events included a Cenotaph parade, in East Ham, memorial services at All Saints West Ham Parish Church, East London Cemetery, St Luke's Memorial in Canning Town and St Mark's Memorial in



Silvertown.

Mayor Rokhsana Fiaz said: “The moving ceremony gave me a chance to honour the fallen and express my gratitude to those serving in the forces today.

“On the 100th anniversary of Armistice, the Shrouds of the Somme remembered those who died in the battle and throughout the First World War in this centenary year.

“We must not forget those who have made sacrifices for our community and I was proud to see so many Newham residents paying their respects.”

Newham councillors joined residents at the Royal British Legion parade to commemorate sacrifices

made by members of the armed services in conflicts past and present. Deputy Mayor Councillor Charlene McLean and Councillor Terence Paul attended and laid wreaths at the war memorial in East Ham Central Park.

Children from six Newham schools, St Joachim’s, St Antony’s Primary, St Michael’s Primary, St Winefride’s Primary, St Bonaventure’s and St Angela’s Ursulin, gathered at the Cenotaph in Central Park, on Friday 9 November, for a service of remembrance. The occasion was marked by readings, songs and performances from schoolchildren. Councillor Julianne Marriott was in attendance and laid a wreath at the Cenotaph.



NEWHAM DEAF ASSEMBLY

LET YOUR VOICE BE SEEN



Have your say about how services in Newham, where used by deaf, deafened, deaf-blind and hard of hearing people can be improved, including Housing, Health, Social Care, Youth and Education.

WHEN: Saturday 24 November, 1-5pm

WHERE: Old Town Hall Stratford,
29 The Broadway,
E15 4BQ

There will be British Sign Language Interpreters at the event. Children are welcome and the event is FREE to attend.

For more information contact
CitizensAssemblies@newham.gov.uk

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PLEDGE TO END VIOLENCE AGAINST WOMEN AND GIRLS

Residents are being urged to support Newham Council as part of an international campaign led by the United Nations to end violence against women and girls.

25 November has been designated the International Day for the Elimination of Violence against Women and Girls by the UN. It will be followed by 16 days of activism.

During the 16 days of activism Newham Council will send a clear message of zero tolerance to domestic and sexual violence by staging a series of events across the borough to raise awareness and provide support for domestic and sexual violence victims.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "Violence of any kind against women and girls is completely unacceptable and we are committed to eradicating it. I hope residents will work with us to help eliminate violence in all its forms towards women and girls."



Residents can support the campaign by posting a picture of themselves online with the message 'Never commit, excuse or remain silent about violence against women'.

Events taking place include:

27 November

Newham One Stop Shop Drop-In. 10am – 2pm, Stratford Library, The Grove, Stratford, E15

30 November

Poetry Against Violence, 6 – 8pm Stratford Library, The Grove, Stratford, E15

4 December

Newham One Stop Shop Drop-In. 10am – 2pm, East Ham Library, Barking Road, East Ham E6

6 December

Healthy Relationship Workshop, 11am – 1pm, Custom House and Canning Town Community Neighbourhood Centre and Library, Rathbone Market, Barking Road, E16

Residents can just turn up at any of the events above. For more information contact noreen.mukalazi@newham.gov.uk or telephone **07814615350**

You can use the hashtags #16Days and #Newham, nominating others to take part.

Anyone experiencing domestic or sexual violence, should contact the Newham One Stop Shop 24 hour line on 0845 451 2547 or visit www.newham.gov.uk/dsv for information on the range of support services available. If you are in immediate danger due to domestic or sexual violence and need an emergency response, call 999.

GYM, SWIM,* GROUP EX.

Atherton Leisure Centre, 189 Romford Road, London E15 4JF
Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High St N, London 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

†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 is not available at Manor Park Fitness Centre.

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1 DEC 2018 – 12 JAN 2019

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TAKE THE HIV TEST FOR A LONG, HEALTHY LIFE

Most people diagnosed with the Human Immunodeficiency Virus (HIV) go on to lead long, healthy lives provided they are diagnosed early. National HIV Testing Week, 17-23 November, will raise awareness of the importance of earlier diagnosis of the condition.

More than 1,400 people in Newham are currently receiving treatment for HIV but an estimated 170 people are still unaware of their condition.

To encourage residents to have the test Newham Council has commissioned a free screening programme

which involves a swab being taken, run by GPs in the borough for newly registered patients although anyone can ask to be screened.

More than 13,500 people in Newham took an HIV test in 2017 alone. Getting tested can increase the chance of an earlier diagnosis, meaning earlier access to treatment and support and less chance of transmitting the virus to someone else.

Dr Liat Sarner from Barts Health NHS Trust, said: "With effective treatment, people living with HIV can now lead long healthy lives and we now know that those on successful treatment cannot transmit the virus to others. The earlier you are diagnosed the better it is for your health and for protecting your sexual partners. Having a test is quick and easy so I would encourage everyone to have a test so that they know their status."

Councillor Susan Masters, Cabinet member for health and adult social care, said: "I'm delighted that the council has been able to commission this new HIV screening service through GPs. I'm taking my test today and if you're registering at a GP practice for the first time I encourage you to accept your free test as well."

If you think you may be at risk of HIV you can request a free home testing kit online at www.alleast.nhs.uk or call **020 8496 7237** for advice or to book an appointment.



Cllr Masters having a HIV test

Stunning fireworks

light up Royal Docks



Millennium Mills

Thousands of residents flocked to the Royal Docks to witness Newham's extraordinary fireworks extravaganza on Saturday 3 November.

The annual free event, which marks Guy Fawkes Night, took place at Silvertown Quays in the Royal Docks for the first time. Fireworks were set off from the dock itself and from the top of the imposing Millennium Mills, which was illuminated to provide a beautiful backdrop.

Crowds of more than 15,000 residents gathered to enjoy the spectacular show with many more watching from the perimeter of the docks.

The display was organised by Newham Council in partnership with the Royal Docks Team, which was established by the Mayor of London and the Mayor of Newham to redevelop the Royal Docks.

Newham Mayor Rokhsana Fiaz said: "The spectacular free fireworks display showcased what the Royal Docks can offer the community with the rich and interesting history of the area adding to the show. It was fantastic to see so many residents in the Royal Docks enjoying the display.



Residents met furry friends before the fireworks



The Mayor watched fireworks with residents



Cirque Bijou provided extra entertainment



Cirque Bijou added a unique angle to the event

“I am proud that we are still able, with the generosity of our partners who kindly sponsored the display, to offer these stunning shows in an affordable fashion for our residents.”

Crowds cheered as rockets were launched alongside a dramatic soundtrack, opening with “As One” by pioneering electronic musician and composer Jean-Michel Jarre, featuring samples from “Come Together” by Primal Scream. The track was chosen to mark 30 years since Jarre’s amazing 1988 “Destination Docklands” music, lighting and fireworks event in Royal Victoria Dock which attracted 200,000 people over two nights.

It was the first time the fireworks were staged in the

Royal Docks, with a variety of other attractions on site at Silvertown Quays, including funfair rides, food stalls and musical entertainment from HEART FM’s DJ Roberto.

There was additional entertainment from Cirque Bijou who provided breath-taking performances with stilt-walkers, fire and lit-up puppets.

Sponsorship for the event was provided by Royal Albert Dock developer ABP, by Lendlease and Starwood Capital who are working together on the Silvertown Quays development and by London City Airport and Excel London.

To see more images of the spectacular display, visit www.newham.gov.uk/fireworks

The fireworks lit up the sky over Millennium Mills



Proud to shine a light on our young

When she became Mayor of Newham Rokhsana Fiaz put young people right at the top of her list of priorities. In response to this and to recognise some of the wonderful things young people are doing, the council launched the Newham Youth Achievement Awards, which shines a light on their achievements, be they change makers, sports teams, young entrepreneurs or performing stars. The Mayor wants to shout about their success to counteract the sometimes negative perceptions about them.

Residents especially young people were asked to nominate their talented and inspirational peers, aged from 11 to 25, who have been successful because of their own hard work.

The council, working with the Community Neighbourhoods, Young Mayor's office and the Voluntary Sector Youth Service, also appealed to businesses and local organisations to sponsor the awards and join in celebrating all that is positive about young people.

The awards, which took place on 9 November at Newham Town Hall, in East Ham, consisted of 16 categories, including sport, creativity, courage, community participation and making a difference. Support came from Newham Youth Movements, the Young Mayor of Newham, London Youth, Rights & Equalities in

Newham, Basic Sports and Fitness, The Renewal Programme, Newham Youth Zones, the Kind Care Company, the Newham Mayor, the council's community neighbourhoods, and London Design and Engineering UTC.

Deputy Mayor Councillor Charlene McLean who was a judge and presented some of the awards at the glittering event, said: "It is so refreshing to have an event that sings the praises of young people and recognises their achievements. These awards prove just how capable, hard-working and community conscious our young people are and it is high time we recognised them and their achievements. There were so many excellent entries – it was very hard to choose. I was very pleased and proud to hand out their awards."



Newham Youth Achievement Awards 2018



Newham Change Maker Award
 Winner: Tamika Carter
 Runners up: Fatoumata Barry,
 Yumna Zahra



Academic Excellence Award
 Winner: Diana Azanda
 Runners up: Joel Bish, Micha
 Wahba



Achievement in Sport award
 Winner: Dylan Alexander
 Runners up: Tommy Mackenzie,
 Tomi Fric



Parasports Team of the Year Award
 Winner: Newham Ability Camp



Sports Team of the Year Award
 Winner: Ascension Eagles
 Cheerleaders. Runners up:
 Newham Swords Fencing Club,
 FindX Summer Camp



Young Entrepreneur Award
 Winner: Callum Daniel
 Runner up: Shokoor Ahmadzai



Resilience Award
 Winner: Muhammed Ramjaun
 Runners up: Rhys Dillon, Reggie
 Nelson



Performing Arts Star Award (Individual)
 Winner: Jessica
 Leedham, Runners up: Tamika
 Carter, Tasnin Rashid



Performing Arts Star Award (Group)
 Winner: IMD Legion
 Runners up: Young Women With
 Confidence, Rain Crew



Techno Mastermind Award
 Winner: Elijah Sserunjogi



Young Creative Award
 Winner: Shokoor Ahmadzai
 Runners up: Jermaine Lewis,
 Azeem Mohammed



The Voice Award
 Winner: Yumna Zahra
 Runners up: Naima Chowdhury,
 Fatima Abukar



Youth Project of the Year Award
 Winner: The Renewal Programme,
 Youth Service, Runners up:
 Project Home, Youth Movements



Youth Worker of the Year Award
 Winner: Darius-Delali Baird
 Runners up: Hiwot Amenshosa



Equality and Diversity Champion award
 Winner: Sabrina Maalow
 Runners up: Mehak Malik,
 Melissa Mullenger



Young Carer Recognition Award
 Winner: Shanade Sinclair
 Runner up: Llyan Benamor

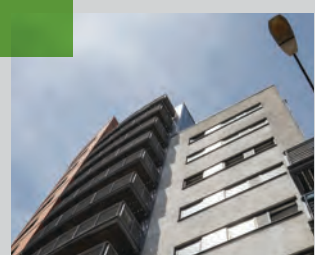
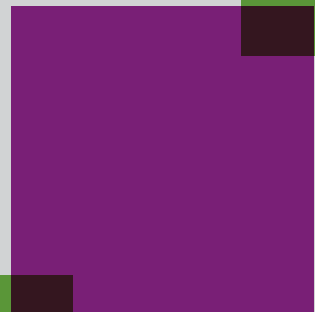


Council tenant and leaseholder surveys



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

Carers Rights Day

Caring for your future

FREE



Friday 30 November 2018, 11am-2pm
 Old Town Hall, Stratford
 29 The Broadway, Stratford E15 4BQ

If you are caring for someone, come along and find out about your rights and how to access available support.

Save time when you do it online

Access information and services at a time that suits you, 24 hours a day, 7 days a week.

www.newham.gov.uk/doitonline



Awards recognise outstanding achievers

A Newham resident who experienced difficulties holding down a permanent job due to anxiety and depression has received an award for his achievements in a full-time role at Queen Elizabeth Olympic Park.

Ricky Quy, 39, from Upton Park, was unemployed and avoided face to face contact with people. Last year that changed when he was given an opportunity as a cleaner at Queen Elizabeth Olympic Park.

His employer, energy and facilities management contractor, ENGIE, were so impressed with him that they gave him a full-time post, with responsibility for keeping the London Aquatics Centre clean and tidy. The job involves working as part of a team and the experience has transformed Ricky from an introverted young man, into someone who enjoys working alongside, and building relationships with others.

He was among many young people who were presented with awards recognising their achievements at

London Legacy Development Corporation's East Works Awards on 1 November. Ricky said: "It's the people that I work with that have made me feel at ease here. If it wasn't for them, I don't think I would still be here. The staff here worked very hard to make sure the job was right for me."

Newham's Deputy Mayor Charlene McLean presented Ricky with the Individual Achievement of the Year award.

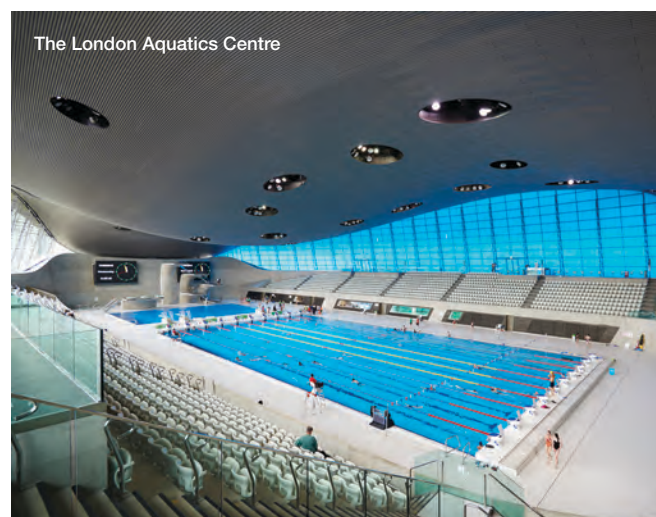
She said: "I was inspired not just by Ricky's individual story but also at hearing just how much the young award winners have achieved with help from local businesses and employers. It just goes to show how much we can achieve when we work together for a common goal."

Ricky was supported on his journey to securing permanent employment by both Groundwork London, as well as ENGIE who are partners of Our Parklife CIC and Newham Council's job brokerage scheme, Workplace.

If you are a Newham resident interested in finding an apprenticeship, visit www.newhamworkplace.co.uk



Cllr McLean presents Ricky with the award



The London Aquatics Centre

BLACK HISTORY MONTH

A CELEBRATION OF A RICH, DIVERSE CULTURE



Thousands of Newham's residents celebrated a month of talks, exhibitions and events that showcased the contributions made by the black community as part of the borough's first Black History Month for a decade.

There were more than 60 art and cultural events run by Newham Council in partnership with a range of organisations including Eastside Community Heritage, Living Song, Maestro 7, The New Black Film Collective, Newham Bookshop, Newham Deaf Forum, Newham Poetry Group, Nzinga Project and The People Speak.

**“Interesting,
informative, fun”**
Samantha, E13

**“Opened up my mind
and has helped me
think what difference
I could make”**
Myleilal, E7

The varied programme of events throughout October allowed residents of all ages to explore the meaning of Black History Month and learn more about the significant contributions made to the borough’s rich history by black people.

One of the most popular was the BlackInk poetry workshops run at the borough’s eight libraries by Sonia Quintero which attracted more than 130 people. Other activities included the art workshops for children on women inventors and a movie, No Shade, at Stratford Picturehouse which attracted more than 230 people. The Young Historian’s Project at the Shipman Youth Centre featured a presentation by young people about their experiences of learning black history.

Newham Mayor Rokhsana Fiaz and councillors Joy

Laguda, Daniel Lee-Phakoe, Jennifer Bailey and James Beckles attended the Windrush 70th anniversary dance at the Old Town Hall, in Stratford.

Deputy Mayor Charlene McLean, who has spearheaded the revival of Black History Month, said: “I was thrilled to see so many of our residents attend workshops, film screenings, and talks - all of which highlight just some of the reasons why they are proud of their rich and diverse black heritage. I’m very glad that we have revived Black History Month as a key event because it resonates with so many aspects of us as a diverse community with a rich history. I can’t wait to see residents’ feedback on what they want to see as part of next year’s celebrations for the occasion.”



**“Interesting debate, great
reading...more please”**
Imogen, E6

**“Great! Thought
provoking”**
Anna, E12

Arts centre launches creative programme for older adults

Stratford Circus Arts Centre has launched a new creative programme for residents aged over 60 in east London.



Residents at the launch

The centre, in Theatre Square, Stratford, will run Stratford Arts Social on a monthly basis, giving people the opportunity to try new activities as well as practice existing skills with workshops in dance, photography, theatre and circus skills. It will take place on the last Tuesday of the month, 10am-1pm.

A weekly Creative Café, held on Thursdays, 10am-12pm, will give people an informal place to meet, discuss creative projects and ideas with a supportive group.

Councillor Susan Masters, Cabinet member for health and adult social care, joined 200 older adults for the launch which took place last month and included a singing workshop and performances of Bollywood and Chinese Fan Dancing.

Cllr Masters said: "I very much welcome this additional chance for our residents to get active and make new connections – it will bolster the many other services for older people on offer through our community neighbourhoods."

To find out more, contact colette@stratford-circus.com or call 020 8279 1002

Staff, children and parents climb mountain for charity



The team of climbers

Parents joined staff and students from Elmhurst Primary School to raise more than £7,000 for charity with a range of fundraising activities including climbing Mount Snowdon.

A team of 25 climbers from the school in Forest Gate braved strong winds and treacherous terrain on the climb to the highest mountain in Wales to raise money for Rohingya refugees through Save the Children charity.

The team also raised money by selling cakes, food, henna hand painting and a sponge the head teacher event in the school playground. One pupil, Hamnah Bhaiya, raised £156 making sweet cones with her birthday money.

The Mount Snowdon climb was organised and led by Rubina Rehman, the school's Global Initiative lead to raise awareness of the Rohingya refugees. She said: "The appeal clearly made a difference to the children, making them feel empowered to do something to make a difference, no matter how small."

To make a donation, visit www.justgiving.com/fundraising/Elmhurst-Staff

Biggest school mural mosaic in London



A mural mosaic that stretches 45m and contains the work of more than 460 children and families has been unveiled at a Plaistow school.

During the October half-term holiday, Art4Space, a not-for-profit social enterprise founded and run by professional artists, installed the mosaic at Upton Cross Primary School at its Kirton Road site. Work on the mosaic, thought

to be the largest of its kind in London, between Upton Cross and Art4Space, began in January 2017.

The team worked with pupils and their families to design and make the mosaic around the theme of local community. It reflects the vibrant multicultural community, with references to local sites such as Green Street Library, Queen's Market and Upton Park Station.

Art4Space also worked with community groups from across London to complete and install the mosaic.

Nick Turvey, executive head teacher at the school, said he was grateful to Art4Space and art teacher Natasha Beavis, for creating a truly remarkable legacy for the school and wider community.

Councillor runs 5km for good causes

Newham Councillor Nazir Ahmed is hoping to inspire other people to get involved in helping good causes after completing a 5km run.

Cllr Ahmed, who represents Little Ilford ward and is also the Deputy Chair of Council, took part in the Muslim Charity Run in Victoria Park, east London.

A total of 27 charities took part in the run to raise money for good causes and raise awareness about leading healthy lives. More than £100,000 was raised.

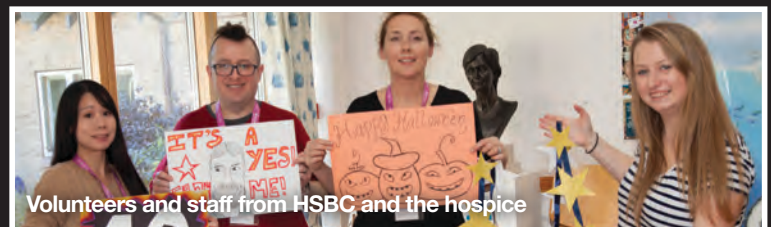
Cllr Ahmed said: "I am really delighted that I was able to run 5km for a good cause and



Cllr Nazir Ahmed

motivate others in interfaith works. It was an amazing experience. By taking part I am hoping to encourage and motivate other people to be actively involved in interfaith dialogue and community cohesion to make our community more tolerant and inclusive."

VOLUNTEERS BRING SPOOKY SPIRIT TO CHILDREN'S HOSPICE



Volunteers and staff from HSBC and the hospice

Volunteers from HSBC bank helped a children's hospice get into the spooky spirit with scary decorations.

They created colourful decorations for Halloween events at Richard House Children's Hospice, in Beckton. They also provided crafting materials, time and lots of effort culminating in a spooktacular party where they danced with the children, some of whom bombarded them with balls in the ball pool.

They met Henrique Buzio, 4, who has been coming to the hospice for music therapy, which

has helped him connect with his voice and experience sounds in different ways.

Mum, Andreia said: "Here was a child who physically couldn't say anything, but music therapy really worked for him and now he can say a few words. He has had such a great time today with his brother Duarte."

Richard House provides clinical care, therapeutic and residential services to life-limited children and young adults, while helping their families through therapy and bereavement support and needs to raise £3.5million.

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



Rayyan Jabir, 10



Zayed Mir, 7



Kharisel Isip, 7



Joslyn Joseph, 11

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.



Colour-me-in Wordsearch

Poem

HEAT

In Autumn it is cold,
Too cold for my liking.
I get cosy and warm,
And start the fire's striking.

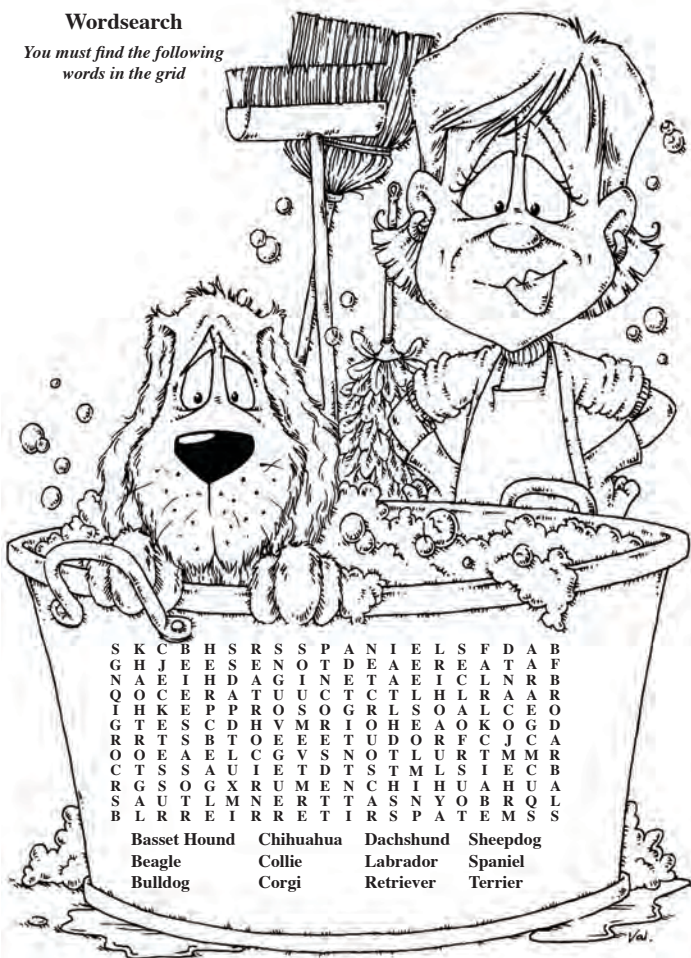
Sometimes I stay at home,
Drinking hot chocolate or coffee,
Sitting on the sofa,
In my hand a stick of toffee.

I love taking trips,
Mainly in the wood,
Running around and climbing trees,
Like any adventurer should.

Zara Kamat, 8

Wordsearch

You must find the following words in the grid



S	K	C	B	H	S	R	S	P	A	N	I	E	L	S	F	D	A	B	
G	H	J	E	E	S	E	N	O	T	D	E	A	E	H	C	L	N	A	F
N	A	O	C	E	R	A	T	U	O	N	C	T	R	L	S	E	A	R	A
Q	I	H	K	E	P	P	R	O	S	M	R	I	O	H	E	A	O	K	O
I	G	T	T	S	C	B	D	H	V	M	R	E	U	D	O	R	F	C	J
R	R	T	S	E	B	L	O	E	E	E	T	U	D	O	R	F	C	J	
O	O	T	S	A	E	L	C	G	V	S	N	O	T	L	L	S	I	E	
C	T	S	O	G	X	R	U	M	E	N	T	C	H	I	H	U	A	H	
R	S	A	U	T	L	M	N	E	R	T	T	A	S	N	Y	O	B	R	
S	L	R	R	E	I	R	R	E	T	I	R	S	P	A	T	E	M	S	

Basset Hound	Chihuahua	Dachshund	Sheepdog
Beagle	Collie	Labrador	Spaniel
Bulldog	Corgi	Retriever	Terrier

WHAT'S ON



UNDER-FIVES

Storytelling 🌍 Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Mon, 10-11am, Fri 10-11am, Manor Park CNC; Thurs, 10-11am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe; Mon, 10.30-11.15am, Custom House; Tues, Fri, 11am-12pm, Stratford; Tues, 10.30-11.30am, East Ham CNC

Stay and Play 🌍 Support for parents and carers to develop their child through play. Tues, 8.15-10.15am, Thurs, 8.15-10.15am, Forest Gate CNC; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford

Bumps and Babies 🌍 For expectant parents, parents and carers of babies under 18 months. Fri, 1-3pm, Forest Gate CNC

Community Golf Come and experience golf in the library. Equipment provided. Wed, 9.30-10.30am, Forest Gate CNC; Fri, 2-3pm, Green St

Music and Movement

🌍 Session for children and parents or carers to get active using different types of dance and musical instruments. Tues, 10.30-11.30am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC; Tues, 10.30-11.30am, Forest Gate CNC



Mum2Mum Conversation Café 🌍 Come along to meet new mothers and feel connected and inspired by your local community. Thurs, 11am-1pm, Custom House & Canning Town CNC

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

Bumps and Bundles Group 🌍 Drop in session. A fun and interactive session for parents and carers of babies under 18 months. Mon, 10am-12pm, Stratford

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.

Saturday Family Fun Fun interactive session provided by local volunteers. Sat, 10.30-11.30am, Beckton Globe

Healthier and Happier Babies and Toddlers

Parent and carers of young children can join us for this monthly session hosted by a health visitor. The sessions will offer advice about looking after babies and toddlers including breastfeeding, weaning, sleep patterns and preparing for school. First Weds of the month, 1-2.15pm, Custom House & Canning Town CNC

Baby and Toddler Group 🌍 Fun time play sessions run by Plaistow Children's Centre. Mon, 9.30-11.15am, Jeyes C.C



YOUNG PEOPLE

Family Movie Club 🌍 Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Fri, 4-6pm Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Fri, 4-5.30pm, Sat, 4.30-6pm, Manor Park CNC

Code Club (7-11yrs) 🌍 Bring your laptop if you have one. Sat, 1.30-2.30pm, Beckton Globe; Tues, 4-5pm, Green St

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 CNC

Teen Reading Group Monthly reading group for 13-18-year-olds. Come along and share your enjoyment with like-minded people. First Tues of the month, 5-6pm, Canning Town CNC

Street Dancing (5-12yrs) Mon, 4-5pm, Canning Town

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

Homework Club Free study support for young people at their local library. Most sessions are supported by volunteers. Age: varies from site to site. Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow; Fri, 4.30-6pm, Custom House & Canning Town CNC; Fri, 4.30-6pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

New Men's Choir 🌍 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. For young men, aged 11-18 years. Weds, 3.30-5.30pm, Beckton Globe

Family Rangers A drop in activity club for families, variety of Go Wild, Arts and Crafts activities. 1st Saturday of every month, 1-4pm, Plashet Park



ACTIVITIES AND SUPPORT

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

Do It Online (18+) 🌐 Computer classes. Weds, 10am-12pm, Fri, 2-4pm, Stratford; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Weds, 1-2.30pm, Custom House & Canning Town CNC; Fri, 2-3.30pm, Beckton; Thurs, 10am-12pm, Green St; Tues, 10am-12pm, East Ham CNC; Mon, 1.30-3pm, Forest Gate

English Conversation Club Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 11am-12.30pm, Beckton Globe

Adult Reading Groups Come and talk about your favourite books and discover new writers. Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate CNC

Dementia Cinema For dementia patients. Cost is £4 although carers go free. Advance booking required for wheelchair users. Last Mon of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15

Skills For Life Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St

Grants Surgery Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's Get The Party Started or Go For It grants. Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC

ICT Drop in Support with emails, My Newham, Parking permits. Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate CNC

Crochet 🌐 Come along to crochet and meet new people. All ages welcome. Mon, 10am-12pm, Plaistow

Memory Lane Café For people with dementia and carers. Last Thurs of month, 1-3pm, East Ham CNC; 3rd Weds of month, 12-3pm, Jack Cornwell Community Centre; 1st Fri of month, 2-4pm, Canning Town CNC

Basic Computer Skills Browse the net and set up email. Thurs, 10.30am-12.30pm, Manor Park CNC

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

Singing for the Brain 🌐 Singing sessions for people with dementia and their carers. 2nd Mon of the month, 2-4pm, Stratford; Last Tues of the month, 1-3pm, Shipman Youth Club, 340 Prince Regent Lane, E16

Mindfulness and Meditation A session for carers run by Breathing Space. Weds, 10.30am-12pm, East Ham CNC

ESOL Entry 2 (16+) 🌐 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 🌐 Art for beginners and people interested in learning more. No booking needed. Weds, 5.30-7.30pm, Beckton

Retro Board Games Group Play some retro board games with a mix of some new ones. Fri, 10am-12pm, Green Street

Plaistow Zumba with Cuban David Call 07956 723915 (Chris) for more details. Mon, 6.30-7.30pm, £5 per class, Queens Road West Community Centre, 63 Queens Road West, Plaistow, E13 0PE

Quiet In Mind Quiet your mind with four classes for free. Wear exercise clothes and bring water, notebook and pen. Book a place on www.eventbrite.co.uk Weds, 10-11am, Beckton C.C.

Rathbone Writers (16+) Thurs, 6.15-7.45pm, Custom House & Canning Town CNC

Elders Christmas Afternoon tea Thurs, 6 December, 1-3pm, Canning Town CNC

Chess 4 Schools Awards Chess club awards ceremony. Mon, 12 Dec, 5.30-7.30pm, East Ham CNC

Walking Yoga Walking Yoga in the park. Learn to correct posture & strengthen core muscles. Fri, 10am-11am, Plashet Park

East End Writers (18+yrs) Join writers Jean Fullerton and Kate Thompson as they talk about the East End and writing about the area in fact and fiction. Booking required. Thurs, 22 Nov, 6-8pm, Custom House & Canning Town CNC

Autumn Jazz Warm up with the Autumn and Winter Jazz bands and light refreshments. Every 3rd Fri of the month beginning 23 Nov, 5-7.30pm, Manor Park library; Mon 26 Nov, 5-7.30pm, East Ham CNC

Meet Your Neighbourhood Team Drop in to The Café to find out about local opportunities and get involved in new initiatives. Mon, 10am-12pm, Central Park Café

Newham Citizen's Assembly Let your voice be heard. Thurs, 22 Nov, 6-9pm, East Ham CNC

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



COMMUNITY
ACTIVITIES

Career Progression Hub To book call 020 7476 1666
Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at
RDLAC, Albert Road, North Woolwich, E16

Asta Singers Community singing group. No experience
required. Contact 020 7476 5023. Mon, 5.45-6.45pm,
Asta Community Hub, 14a Camel Road, E16

Art Expression A voluntary group set up by the Stroke
Association for people affected by a stroke to help in their
recovery and perhaps discover a hidden talent. All abilities
welcome. Mon, 1-3pm, Beckton Globe.

Beckton Women's Group Sewing, fruit decorating and
dancing. £2. Tues, 10.30am-12.30pm, Beckton C.C.

Social Media in Everyday Life (18+) 🌐 1st Sat of month,
11am-12pm, Custom House & Canning Town CNC

Dance For Fun 🌐 Community dance sessions. Sat,
3.15-4.30pm, Custom House & Canning Town CNC

**Christmas Lights switch
ons** Wrap up warm & come
and see your local Christmas
lights switch on. Thurs,
6 Dec, 4-5.30pm, North
Woolwich Library; Fri 7 Dec,
4-5.30pm, Beckton Globe
Library; Tues, 4 Dec, 3.30-
5.30pm, Custom House; Sat,
24 Nov, 2.30-5.30pm, East
Ham (outside Town Hall/
College Gate) Sat, 2 Dec,
4-6pm, Forest Gate CNC;
Thurs, 13 Dec, 5-6pm,
Maryland roundabout,
Leytonstone Rd, Mon, 3
Dec, 4.30-6.30pm, outside
Plaistow Tube station



BOXING AND
SELF DEFENCE

West Ham Boys ABC Call 020 8472 3614 Mon, Weds,
Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am,
girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13

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

Self defence and fitness Fri, 8-9am, East Ham CNC

Mixed Martial Arts (adults) Learn new skills, including
self defence, and boost confidence in any situation,
social, work or on the street. Cost is £3 per session.
Thurs, 6-7pm, Beckton Globe Library

Mixed Martial Arts (6-13) Session for children run
with professional teacher. £2 per session. For more
information visit <http://sifudavidsingh.wixsite.com/website>
Mon, 6.30-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-
5.45pm, Beckton Globe.

Modern Arnis and Self-Defence Tues, 4-5pm, (6 to 11
yrs), Tues, 5-6pm, (16yrs+), Sat 11am-12pm, (9-12 yrs),
Jack Cornwell C.C.

Tai Chi Sword Class Weds, 10.30am-12pm, Beckton C.C



GREEN

Pit Stop Gardeners Join our group of community
gardeners led by Project Green Thumb with a range of
different sites and gardens to visit across East Ham.
Sat, 1-4pm, East Ham CNC

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

Community Gardening Thurs, 4.30-6pm, St John's Green,
Albert Rd, E16; Tues 10.30am-12.30pm, Beckton C.C.

Drop-in community gardening sessions 🌐 Abbey
Gardens, Bakers Row, E15, (Next to Abbey Road DLR
station). Visit www.abbeygardens.org for more details. Tues,

1-3pm; Thurs, 4-7pm and Sat, 11am-4pm

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

Little Grubs Family Growing and Nature Club

Activities for young children and families around the outdoor
learning zone, herb garden including a range of nature and
crafts workshops as well as storytelling sessions. Tues,
10am-12pm, Plashet Park

Gardening Club Community Gardening sessions for all
ages, developing the new community growing space.
Thurs, 10am-12pm, Plashet Park



HEALTH AND
FITNESS

Salsa Come along and take the opportunity to immerse
yourself in the rhythms of Latin America. Fri, 6.15-
7.15pm, East Ham CNC; Sat, 6-7pm, Custom House &
Canning Town CNC

Stratford Judokwai Mixed classes for men and
women, for recreational and competition judo. 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.

Pilates Classes (18+) 🌐 Mon, 9.30-10.30am, Jack
Cornwell C.C; Thurs, 6-7pm, Manor Park CNC; Tues,
6.30-7.30pm, Beckton Centre

HEALTH AND FITNESS

Tai Chi in the Park (18+) Meet at corner of Forest Lane and Magpie Close. [Tues, 10-11am, Forest Lane Park, E7;](#)

Zumba Registration essential. Bring water and a towel, for all ages and abilities. [Mon 9.30-10.30am \(£3\) Fri 9.30-10.30am \(£2\) Over 50s free, Jack Cornwell C.C;](#) [Fri, 6-7pm \(free\) Custom House & Canning Town CNC;](#) [Weds, 6.30-7.30pm \(free\) Manor Park CNC;](#) [Tues 5.30-6.30pm \(free\) Stratford;](#) [Mon, 7-8pm, £2 per session, East Ham Town Hall;](#) [Tues, 9.30-10.30am, over 50s, Forest Gate \(booking required\)](#)

Plaistow Social Walk Social walk to improve fitness and make friends. [Tues, Sat, 10-11am, meet at Plaistow Library](#)

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](#)

Green Street Striders Whether you're walking to

improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Meet at Green Street Library, [Sat, 10.30-11.30am, Green Street](#)

Cycling Lessons [Beginners; Mon, 12-1.30pm, Weds, 10-11.30am; Advanced; Fri, 10am-12pm. Unit 4, Nelson Street Studios, 2 Nelson Street, Canning Town. Call 020 7055 0808 for details](#)

Capoeira Brazilian martial arts and dancing, [Mon, 4-5pm, Canning Town](#)

Stratford Walk [Meet at Stratford Library, Fri, 6-7pm](#)

Pain Management Join the support group to manage pain, learn the importance of exercise, relaxation, diet and self-care. [Every second Fri of the month, 5.30-7pm, Manor Park CNC](#)

Diabetes Support Session Information session on how to prevent and manage the condition with specialist advice. [Every third Fri of the month, 5.30-7pm, Manor Park CNC](#)

50+ ACTIVITIES

Bingo [Mon, 11.30am-1.30pm, Beckton C.C;](#) [Mon, 12-4pm, Jeyes C.C, Thurs, 7-9pm, Jack Cornwell C.C.](#)

Dominoes Group [Weds, 1.30-4.30pm, Plaistow](#)

Get Active, Get Healthy, & Exercises for Fitness [Thurs, 11am-12pm, Jack Cornwell C.C.](#)

Chair Based Exercise For all fitness levels. [Fri, 10.30-11.30am, East Ham CNC;](#) [Tues, 12.30-1.30pm, Manor Park CNC;](#) [Mon, 12.30-1.30pm, Green St;](#) [Fri, 11.15am-12.15pm, Forest Gate CNC;](#) [Weds, 1-2pm, Canning Town CNC;](#) [Tues, 10.30-11.30am, Stratford](#)

Fitness [Fitness circuit, mixed, 9.15-10am, Thurs;](#) [Fitness circuit, mixed, 10-10.45am, Thurs;](#) [Zumba, 1-2pm, Tues, ladies only;](#) [Exercise for ladies, 9.30-10.30am, Fri;](#) [Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.](#)

Line Dancing £1 per session. To book, call 020 7476 1666. Royal Docks Learning & Activity Centre, Albert Rd, E16; [Mon, 6.30-7.30pm \(55+\), Canning Town CNC](#)

Over 60s Social Club Social club with dominoes, board and card games. [Fri, 12.45-2pm, Canning Town CNC](#)

Golden Oldies Social Club Come along to play bingo and have refreshments. [Weds, 12-3.30pm, Community Road Community Centre, Stratford](#)

Yoga Build strength and help reduce body pain and stiffness. Newham library members only. [Thurs, 8.15-9.15am, Forest Gate CNC](#)

Ballroom Dancing [Mon, 10am, £4 per session, St. Paul's Church Centre](#)

Move Me [Low impact fun dance session. Tues, 1.30-2.30pm, East Ham CNC](#)

Chair Based Yoga For those looking for a fun way to exercise. [Tues, 11.30am-12.30pm, Plaistow](#)

Soca Fitness Join in for simple, fun, fitness workouts. [Tues, 1.30-2.30pm, Jeyes C.C.](#)

Tea Dance Only for over 55s. Call 07930352453 for details. [Weds, 2.30-4pm, Custom House & Canning Town CNC](#)

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: 0208 514 0903. [Weds, 11.30am-3.30pm, Manor Park Community Centre, 524 High Street North, E12 6QN](#)

Free Fitness for 50 Plus Under 55 pay £1; 55+ free. [Thurs, 9.15-10am, 10-10.45am, fitness circuit, ladies only;](#) [Tues, 1-2pm, Zumba, ladies only;](#) [Fri, 9.30-10.30am, 10.30-11.30am, exercise for ladies only, Katherine Road C.C.](#)

Age Well Singers Join in to sing film, show and popular songs. All welcome. No audition. Professional singing tutor and professional accompanist. £2 per session. [Thurs, 11.45am-1.15pm, term-time, Stratford Circus. Call 020 8514 2042 for more details.](#)

Newham Parkinson Support Group Drop-in sessions for those affected by Parkinson's. [1st Monday of the month, 11am-1pm, Stratford Library](#)

Hatha Yoga Yoga session for over 55's. £5 first class, email yogabreathandbody@gmail.com for details. [Fri, 10.30-11.30am, Canning Town CNC;](#) [Beginner/Level 1 hatha yoga classes, Mon, 7.15-8.45pm, Maryland Studioz;](#) [Weds, 6.30-7.45pm, Chandos Community Centre.](#)

FEMALE SPORTS

Modern Arnis Martial Arts (16+)

Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

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


Get expert advice from a female coach. £2.05 charge. **Fri, 1-3pm, East Ham Leisure Centre**, 324 Barking Road, East Ham, E6. Call 07930 162505 for info.


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 (16+) 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 (18+yrs)  Mon, 10-11am (except Bank Holidays), Call 07790 384413 for more details, Memorial Park AstroTurf, E15 3BP

FOOTBALL

AIR Football (16+) **Tues, 1-3pm, Fri, 10am- 12pm, Memorial Park, Memorial Ave, E15.** **Fri, 3-5pm, Beckton Powerleague, E6.** Visit www.airfootball.co.uk

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 Sessions

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



SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25) Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13. Contact Paul495@btinternet.com or call 07811 671 082

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

RUNNING AND ATHLETICS

East End Road Runners Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. **Tues, Thurs, 7pm; Sun, 9am.** Call 07979 261647

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



COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Tues, 20 Nov, 6pm, Community Neighbourhoods Citizens Assemblies – Next Steps, Old Town Hall, Stratford;** **6.30pm, Standards Advisory Cttee; Weds, 21 Nov, 2.30pm, Corporate Parenting Board; 7pm, Budget Working Party; Thurs, 22 Nov, 6pm, Community Neighbourhoods Citizens Assemblies – Next Steps; 7pm, Joint Meeting with Investment & Accounts Cttee; 7pm, Joint Meeting with Audit Board, Investment & Accounts Cttee; Mon, 26 Nov, 7pm, Council, Old Town Hall, Stratford; Tues, 27 Nov, 7pm, Health & Adult Social Care Scrutiny Commission.**

CONTACT THE MAYOR

Mayor's Surgery

By appointment only. Limited slots available. **24 Nov, 10am-12pm, Forest Gate Library, Woodgrange Road, Forest Gate.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries

Weds, 21 Nov. Call 020 8430 2000, 10-11 am. Leave your contact details and information about your query. The Mayor will call you back within two days.

 **CONTACT DETAILS**

LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

- Beckton Globe** 020 3373 0853
- Custom House & Canning Town CNC** 020 3373 0854
- Custom House Library** 020 3373 0855
- East Ham CNC** 020 3373 0827
- Green Street** 020 3373 0857
- Forest Gate CNC** 020 3373 0856
- Manor Park CNC** 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

LEISURE & SPORTS VENUES

- Atherton Leisure Centre** 189 Romford Rd, E15
- Balaam Leisure Centre** 14 Balaam St, E13
- 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



Public Health
England

NHS

Fight off flu this winter

If you're 65 or over, pregnant, a carer,
a child aged 2 to 9, or have a long term
health condition, you can get a free flu jab.

Contact your GP, pharmacy or midwife to get it now. If your
child is at school, please return your signed consent form.

**STAY WELL
THIS WINTER**

Newham London

nhs.uk/flu vaccine



Newham London

Newham International Day of Disabled People 2018

Thursday 6 December

Old Town Hall
The Broadway
Stratford
E15 1EL

1-4pm Market Place

4-6.30pm Newham International Day of Disabled
People Citizens Assembly.

Limited spaces available, please register to secure
your place.

For more information, contact:
Co-Productionteam@newham.gov.uk

Register at Eventbrite
<https://newhamidodp2018.eventbrite.com>

Free



London Borough of Newham

COMMUNITY NEIGHBOURHOODS

Celebrate Christmas in Newham

East Ham

Saturday 24 November, 2.30-5pm switch-on 5pm

Outside East Ham Town Hall

For more information call **020 3373 0827**

or email CN.Eastham@newham.gov.uk

Canning Town Library

Thursday 29 November, 4-6pm switch-on 5pm

Rathbone Square, E16 1EH outside the library

For more information call **020 3373 0843**

or email CN.CustomHouseCanningTown@newham.gov.uk

Stratford

Winter Wonderland – St John's Church, E15 1NG

Thursday 29 November 4.30-8pm

For more information call **020 3373 0826**

or email CN.Stratfordwestham@newham.gov.uk

Forest Gate

Saturday 1 December, 5-6pm switch-on 5.15pm

Romford Road outside Barclays Bank

For more information call **020 3373 0856**

or email CN.Forestgate@newham.gov.uk

Green Street

Friday 30 November 4.30-6.30pm switch-on 5pm

World Cup Champions Statue, junction of Green Street and Barking Road

For more information call **020 3373 0857**

or email CN.Greenstreet@newham.gov.uk

Plaistow Library

Monday 3 December, 4.30-6pm switch-on 5.30pm

Outside Plaistow Station

For more information call **020 3373 0859**

or email CN.Plaistow@newham.gov.uk

Custom House Library

Tuesday 4 December 3.30-5.30pm switch-on 5pm

Outside the library

For more information call **020 3373 0855**

or email CN.CustomHouseCanningTown@newham.gov.uk

North Woolwich Library

Thursday 6 December, 4-5.30pm switch-on 4.45pm

Outside the library

For more information call **020 3373 0843**

or email CN.BecktonRoyalDocks@newham.gov.uk

Beckton Globe Library

Friday 7 December, 4-5.30pm switch-on 4.45pm

Outside the library

For more information call **020 3373 0853**

or email CN.BecktonRoyalDocks@newham.gov.uk

Maryland

Thursday 13 December, 4.45-5.45pm switch-on 5.15pm

Maryland Point outside Maryland station

For more information call **020 3373 0856**

or email CN.Forestgate@newham.gov.uk

Green Street

Saturday 15 December, 3-5pm switch-on 4.15pm

Queens Market, Green Street, E13 9BA

For more information call **020 3373 0857**

or email CN.Greenstreet@newham.gov.uk