



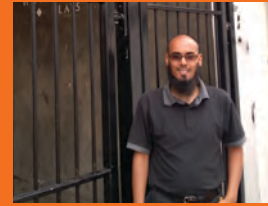
08

Young Learning



09

Summertime Jazz



22

Your Newham

the newham mag

issue 393 // 29 June – 12 July 2018 // Every fortnight



Get ready for our summer events

Weekend of family fun (p13)



Look out for the next issue from **13 July 2018.**

Contents



In this issue

- 03 NEWS** – three pages of news from across the borough
- 06 MAYOR ROKHSANA FIAZ**
– Mayor speaks to residents
- 08 EXTRAS FOR YOUNG**
– our libraries do more
- 09 LIVE JAZZ**
– music for summer evenings
- 13 READY FOR NEWHAM SHOW**
– our eight page guide to a fun-packed weekend



Regulars

- 22 OUR NEWHAM** – community news
- 24 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try



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News

A new approach to help street homeless people

A wave of new projects to assist those sleeping rough in the borough has been announced by Mayor Rokhsana Fiaz, including a 20 bed homeless centre located in the borough, staffed by specialists in mental health, and drug and alcohol treatment; alongside more outreach workers across the borough who will deal with street homeless with compassion and care.

Mayor Rokhsana Fiaz announced the measures as part of a radical new approach to tackle street homelessness.

She said: "It is unacceptable that every night over 70 people are bedding down on the streets of Newham alone.

"It is a disgrace that in 2018 people are forced to risk their safety and health by sleeping on the streets and in Stratford shopping centre.

"With this fresh new approach and funding, I want to ensure that we give people a genuine alternative to sleeping rough, and a clear path to safe, permanent homes as well as the support they need to break the cycle of despair they find themselves in." The funding will be used for the following:

- A 20 bed homeless centre located in the borough, staffed by specialists in mental health, and drug and alcohol treatment

- 20 extra emergency accommodation beds by making hotel rooms available for use all year round
- Increasing the provision of "pop-up" day-care facilities for the homeless, including extra staff, and money to fund the rent of the buildings
- Supporting women suffering domestic abuse – who would normally have no recourse to public funds due to their immigration status
- More outreach workers to work with street homeless across the borough.

The money will also be used to extend a 'Housing First' pilot for homeless people to find a permanent way off the streets. Housing First is an approach which provides a stable, independent home to homeless people with high needs and histories of repeat homelessness. Secure housing is seen as a stable platform from which other issues can be addressed.

Delivery of the new services will be scrutinized and informed by a newly formed homelessness forum which will meet for the first time next month.

The forum will bring together representatives of the homeless community - including those who have experienced street homelessness - with council staff, councillors and members of local voluntary and charity groups.



The new approach will tackle street homelessness

Street homelessness is unacceptable

News

No more 'house of horrors'

One of the worst examples of a dangerous slum, ever uncovered by Newham Council, has been transformed thanks to new owners and Newham Council's Private Housing and Environmental Health Team.

The property in Fourth Avenue, Manor Park, was dubbed 'the house of horrors' and was first inspected in March 2016. Council officers were appalled by what they found at the three bedroom property that was home to a family with two young children.

The kitchen contained a three cornered bath being used as a sink, there was exposed electrical wiring throughout the property, walls were stripped back to the brick work and there were missing ceilings in upstairs bedrooms.

A fridge freezer used by the young family was discovered in a filthy and dangerous back yard, along with the property's only toilet.

The whole property was riddled with chronic damp, and the staircase and most of the floor boards were rotten and dangerous.

The council issued a prohibition notice to the landlord, banning anyone from living in the house until it was made

safe. But within months the property was again being rented out again.

The threat of being found guilty of serious breaches of the law persuaded the owner to sell up.

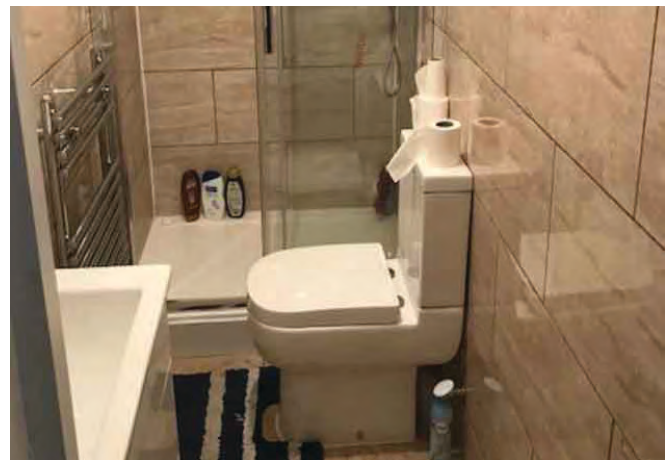
Today the property is completely unrecognisable. Arranged over three storeys, there are four bedrooms, a modern attractive kitchen has replaced the bizarre and filthy "bath sink", the walls and ceiling have been made good, and there are two modern bathrooms. It now operates as a House in Multiple Occupation (HMO) providing decent housing for up to 10 people.

Councillor John Gray, cabinet member for housing, said: "The property was a death trap, and a blight on the whole street, posing a serious hazard not only to the tenants but also to neighbours."

"Through hard work and persistence the Property Licensing Team has restored this property to decent much needed accommodation. It underlines the crucial importance of private property licensing and has seen a criminal landlord driven out of business."



Before: The kitchen contained a bath



After: A modern bathroom

Death trap property was transformed

...in brief

Fly tippers caught by task force

Two Plaistow men will be paying more than £3,000 after being caught fly tipping on the streets of Newham.

Muhammad Akbar, 36, of Patrick Road, Plaistow, was spotted dumping 18 bags of domestic waste in Rochester Avenue, behind Queen's Market, on New Year's Eve last year. He was seen dumping the waste from his Mercedes car at 9pm.

Officers traced his home address from his car registration and he was interviewed by Newham Council's Fly Tip Task Force, and made a full confession. At Thames Magistrates Court, Akbar was fined £1,447, ordered to pay the council £980 in costs, with a victim surcharge of £147.

Suraj Gull, who lives at the same address as Akbar, was spotted on CCTV dumping four black bags of domestic waste in Rochester Avenue on 29 November, and another 18 bags of rubbish on New Year's Eve.

Gull, 26, will carry out 120 hours of unpaid work and will pay £1,020 costs and a victim surcharge of £85.

Carers learn about support

Almost 100 Newham residents were identified as new carers during Carers Week (11-17 June) which included an awareness event by Newham Carers Network. The event saw a range of health and social care providers offer support and advice including information on carers' rights and benefits.

Councillor Susan Masters, cabinet member for health and adult social care, said: "An estimated 25,000 Newham residents perform an unpaid caring role and many don't realise that they may be eligible for extra help. It was great to see first-hand the wide range of support that is on offer."



Cllr Masters at the event

Carers not able to attend who want to find out more about the support they may be entitled to should visit www.newham.gov.uk/carers or call 020 8430 2000 and select option 2.

For more information about Newham Carers Network, visit www.newhamcarers.org.uk email info@newhamcarers.org.uk or call 020 8519 0800.

Central Park closure

Newham Council is apologising to residents for the closure of Central Park, in East Ham on **29 June** while equipment is brought in for the Newham Show on 7 and 8 July.

To ensure public safety, access to certain areas of the park will be affected and will be fenced off from 29 June until 11 July although there will be walkways from each entrance to the park, allowing the general public access to certain areas. For more information visit:

www.newham.gov.uk/newhamshow

LGBT+ in the music industry

Young Newham residents who might be LGBT+ and interested in working in the music industry can find out more at Forest Gate Community Neighbourhood Centre on Thursday 12 July. The event, from, 6-9pm, is aimed at those aged 18-25 and will give residents the opportunity to listen to industry professionals and take part in a Q&A session. For more information contact the Forest Gate CNC on 020 3373 0856 or email:

CN.ForestGate@newham.gov.uk

Citizens' Assemblies

Citizens' Assemblies will take place in each of the eight community neighbourhoods in Newham during the summer. They are part of the Mayor's aims of putting people at the heart of decision making in the borough. They will be held in places that people can gather to discuss local issues, suggest improvements and have a say in shaping the borough.

Residents interested in finding out more are urged to go to the Community Neighbourhood tent at the Newham Show or email citizensassemblies@newham.gov.uk

100 residents were identified as carers



Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

I have been Mayor for just over eight weeks, working with my cabinet to deliver my pledges to build a better Newham.

The first Full Council under my leadership took place at Newham Town Hall, East Ham on 18 June. In line with my promise to put ‘people at the heart of everything we do’, it was a new look and new style meeting with more than 100 residents attending.

There were questions from the public, reports from each of our Cabinet members and the meeting was live streamed via Facebook – and this is just the start of the visibility and accountability I’m determined to bring to Newham.

I also pledged to make Newham a campaigning council, campaigning on the issues our residents care about and for the powers that we as a council need in order to help – and working with our residents to deliver the change that Newham needs.

This is because every day government policy on housing; welfare; and education is harming our residents and damaging their life chances.

Meanwhile, the same government limits what we can do as a council. I will not stand by while their policies hold our residents back.

Over the coming months we will be launching campaigns to:

- End ‘Right to Buy’ – which has decimated council housing, and prevents councils from replacing the social homes that they lose. Since 1982, nearly



10,000 Newham Council properties have been lost to right to buy

- Allow councils more flexibility to borrow to build more homes to tackle the housing crisis and house our residents
- Introduce rent controls in the private rented sector – protecting residents from price hikes
- Allow schools to come back under local democratic control and oppose academisation
- Support the Youth (Services and Provisions) Bill to ensure that councils prioritise youth services and involve young people in decision-making.

Work has already started to deliver on my pledge of 1,000 Newham Council-owned homes at social rents and the Mayor of London's office have said they will unlock the funding and investment we need to build council housing at scale for the first time in decades.

It's not only national policy I'm changing, but local too. We will be a transparent council, listening to our residents

and our Citizens Assemblies, increased council meetings and reinstated public question time will ensure our residents are genuinely involved in decision-making.

And crucially, we are listening to our young people. A new youth safety board coupled with a preventative, public health approach to youth crime and an improved summer provision for young people, will help us to tackle the terrifying violence facing our young people.

Our residents have also raised concerns about the Boleyn Statute moving from its current home and I will be bringing it back to cabinet in July with a recommendation that it stays where it is, in the heart of the community where it already belongs. I will also be looking at how we can support our maintained schools to stay under the local authority and increase our offer to them, whilst campaigning to end academisation.

However it is paramount we all work together - residents, councillors and community organisations to deliver the change Newham truly needs.

So much more than books



Newham's libraries house thousands of books, offering up countless opportunities to young people to explore exciting new worlds, taking readers into both the past and future and presenting challenging ideas, unleashing their creativity.

The council is committed to instilling a lifelong love of reading in all youngsters, from the early years through to teenagers and beyond. With this in mind, volunteers are sought to help with the annual Summer Reading Challenge, where young people are encouraged to read at least six books during the school break.

These volunteers will act as Reading Hackers helping to encourage younger children to continue reading throughout the summer. More than 200 Reading Hackers helped last year and staff are hoping to recruit even more this year. Reading Hackers must be aged between 13-24 and commit to a minimum of one week between July and September, for at least four hours a day.

Library staff are also looking for the input and assistance

of young volunteers with future events such as book clubs, art exhibitions, author readings and musical performances. This follows a highly successful Open Mic poetry event in Beckton last year, organised by young adults.

Changes have been made to library policies recognising the growing needs of the borough's young people for material, both for entertainment purposes and academic studies.

To help support Newham's youngsters and encourage them to use our libraries, the late fee policy has been changed so anyone under the age of 19 will not incur fines. Young people will also now be able to borrow a total of 25 items. This includes books, CDs and DVDs.

If you are a young person interested in putting something fun and creative together in partnership with the borough's libraries then get in touch with **library.activities@newham.gov.uk**

For more information and to apply online go to:
www.newham.gov.uk/readinghacker



Jazz among the books

In addition to picking up books or attending courses, residents can now enjoy free live jazz at Newham's libraries.

The live jazz sessions are provided at Beckton, East Ham and Manor Park libraries from 5.30-7.30pm on a variety of dates (listed below).

Library staff approached music technician Steve Reece to stage free jazz nights for the local community. Since May, he has been working with a trio of musicians to give residents a taste of the genre with live performances as well as mentoring young sound engineers.

Steve, who was awarded a community builder certificate by Newham Council as part of the Community Builders scheme to connect people with others, is a music technician at St Bonaventure's School in Forest Gate. He is also the director of BTL PRO – an audio production company.

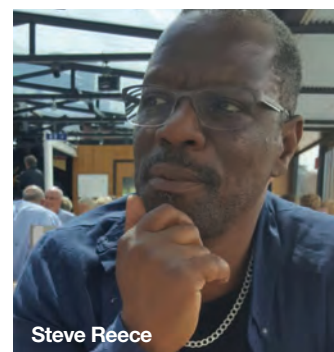
He said: "At the moment we are playing a post-war series of jazz, Ragtime, swing jazz, and Bebop jazz, with a short documentary for educational purposes for those who are not so familiar.

"The children really enjoy watching the live performance of music and the adults love the free jazz. Live music

reconnects people via a shared social experience. They talk, enjoy, and come together for good entertainment."

The next sessions will be held at **Beckton Globe**,

1 Kingsford Way, E6 on 25 August, 27 October and 24 November. At **East Ham Library**, 328 Barking Road, E6 they will take place on 30 July, 30 August and 26 November. **Manor Park Library**, 685-691 Romford Road, E12 will host its sessions on 28 September and 23 November.



Steve Reece

For more details contact the libraries direct at
CN.BecktonRoyalDocks@newham.gov.uk,
CN.Eastham@newham.gov.uk or
CN.Manorpark@newham.gov.uk

PUBLIC CONSULTATION FOR MSG SPHERE LONDON

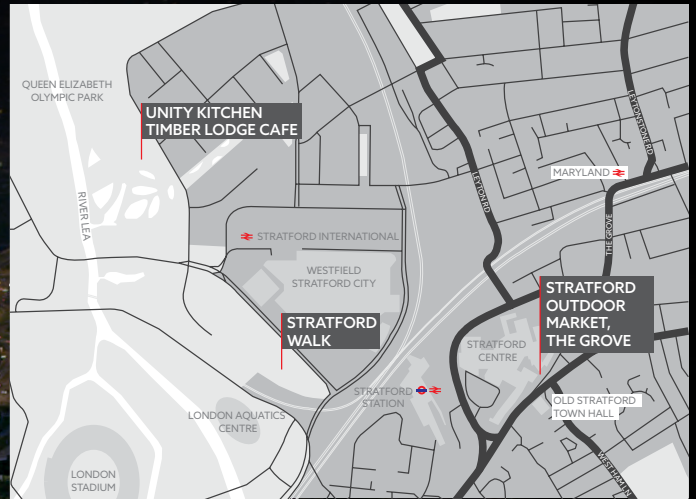
Visit an event to view our plans for a new live music and entertainment venue in London

New York's legendary Madison Square Garden Company is undertaking public consultation to inform our plans to build MSG Sphere London – a next-generation music and entertainment venue – in Stratford.

Public exhibitions are being held in a specially equipped vehicle, which will be taking the plans on a roadshow across East London.

Please join us at one of the locations to share your views and find out more about the incredible technology planned for the new venue, which if approved, will bring investment, jobs and some of the world's best acts to the area, adding to Stratford's vision as a world-class entertainment and cultural destination.

The consultation events are the first of a number of opportunities for residents and interested parties to make their views known about various aspects of our proposals and comment on the scheme before we submit a planning application.



Saturday 7 July	9am-6pm	Unity Kitchen Timber Lodge Cafe
Monday 9 July	12pm-6pm	Stratford Walk
Tuesday 10 July	12pm-9pm	Stratford Walk
Friday 13 July	9am-9pm	Stratford Outdoor Market
Saturday 14 July	9am-6pm	Stratford Outdoor Market

More information about MSG Sphere London is available on the project website: www.msglondonconsultation.com. You are also welcome to contact us via email at consultation@msg.com



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Margaret Underwood, 79,
cancer survivor

**1 in 3 women
who get breast
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nhs.uk/breastcancer70

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

†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.

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SUMMER AT STRATFORD EAST



Summer, 1958. Pearl and George are helping Caribbean migrants to cut loose by hosting a forbidden party filled with rum, calypso and dancing at their Shebeen. Starring Karl Collins (*Hollyoaks, The Bill*), and Martina Laird (*Casualty*). **20 June – 7 July 2018**



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19 – 20 July 2018

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FREE

Newham London



THE NEWHAM
CARNIVAL



Saturday 7 July, 2pm
East Ham Central Park

Departing from Central Park, East Ham.
Making its way through East Ham town centre.

 @NEWHAMLONDON #NEWHAMCARNIVAL  NEWHAMEVENTS



Newham's biggest **FREE** event, The Newham Show, returns to East Ham's Central Park, on Saturday 7 and Sunday 8 July. Bring everyone together this year and celebrate summer with your friends and family.

This special eight page spread gives you just a flavour of all the FREE fun-filled activities happening over the weekend.

The mayor's welcome

Hi everyone!

The Newham Show has returned and it's a wonderful opportunity to get together with friends and family as East Ham's Central Park comes alive with family fun.

Don't forget to cool down at the seaside – with a giant paddling pool and plenty of comfy deckchairs, our urban beach is perfect for young and old when the weather heats up.

I'll be celebrating with the carnival as it makes its way through the streets of East Ham. I can't wait to see the vibrant, colourful costumes that showcase the talent and spirit of our borough, and to celebrate the history of the circus.

The stars of the weekend have to be Paddington™, Peter Rabbit™ and The Sooty Show, all three of who will be hitting the stages. Have your cameras ready and maybe a marmalade sandwich to share!

I've been to the Newham Show as a resident and a councillor but this is my first show as Mayor. My fondest memories from over the years are of relaxing in the sunshine, trying exciting new activities, and experiencing the best of Newham's creativity and talent – and that's what I want to bring to you this year. And I'm looking forward to meeting you all, so if you see me, pop over and have a chat! I hope everyone has a wonderful time, let's make this a weekend to remember. After all, you really are at the heart of everything we do. Let's show everyone how wonderful our community is!

Have a great summer! 😎

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

🐦 @rokhsanafiaz 📷 Rokhsana_Fiaz 🍷 rokhsanafiaz

FREE

People at the Heart of Everything We Do

The Newham Show

The Newham Show Saturday 7
and Sunday 8 July 12noon-6pm
Central Park East Ham E6

LET THE SUMMER BEGIN!

Check out the most up-to-date line-up for the weekend, including all the times for our favourite acts. Don't forget to take a copy of these pages with you to the show so you don't miss a thing!



Saturday 7 July

Hop along to the Newham Show on Saturday to see family favourite Peter Rabbit™. Head over to the Main Stage for 12.30pm where Peter will be appearing during a story time session, led by a narrator, followed by a chance for high-fives at 12.45pm. You can also catch him during story time on the Children's Stage later in the day at 3pm, followed by a meet and greet appearance at 4.20pm. Make sure to bring your cameras.

This year the Main Stage features a melting-pot of talent. If you love reggae, ska, bluebeat, rocksteady or lovers rock then head over to hear the sounds of headliners Barb'd Wire.

Watch the incredible Nelson Primary Senior Wind Band perform Herbie Hancock and Elvis covers at 1.40pm or check out our Newham Talent Slot showcasing the finest young talent from the borough at 3pm.

Latin outfit Wara will thrill audiences with their Cuban rhythms at 4.30pm and Algerian Rai superstar Cheb Nacim promises to be a highlight at 3.45pm.

Stratford based Kloe Dean Myself UK dance company will dazzle the crowd with their urban dance moves at 1.05pm and again at 3.30pm. Brasstermind, a brass band with a difference, will blow you away with their repertoire of pop, hip-hop, soul, funk and Afrobeat at 2pm.

For more information visit
www.newham.gov.uk/newhamshow
www.newham.gov.uk/carnival

Share your photos, posts and videos with friends and family on social media using #NewhamShow over the weekend!

 @NEWHAMLONDON #NEWHAMSHOW  NEWHAMEVENTS

People at the Heart of Everything We Do



**Claudia
Contortionist**



DISCOVER THE WONDER OF THE CIRCUS

The theme in this year's Cabaret Tent is "Circus Stars" and who better to host than The Strongest Lady, who will be presenting her strong woman show on Saturday. Don't miss the dynamic showcase of dragon-dance, martial arts and acrobatics delivered by the London Chinese Acrobats. One of the only British contortionists to be able to perform the triple fold, an incredible 360 degrees backbend, Claudia Contortionist will enthral residents on both Saturday and Sunday. Traditional family circus fun courtesy of Bippo's Circus is scheduled at the Cabaret Tent on both days and you can dance your hearts away at our 70s themed Tea Dance complete with prize for the best 70s outfit. To complete the fun, ABBA tribute band Salute To Waterloo will also be hitting the cabaret stage at 4.55pm.



THE WONDER OF THE CIRCUS MEETS THE ENERGY OF THE CARNIVAL

Saturday's highlight will be the Newham Carnival, which attracts more than 2,500 participants each year. The theme for this year's parade is "The Circus Cavalcade" which celebrates the 250th anniversary of the circus. The characters, tricks, costumes and performers from the history of circus around the world will inspire the carnival's design and theme. The parade will start from Rancliffe Road at 2pm. So get yourself down there to line the streets and cheer them on!



There is no public parking and only limited blue badge parking available on Rancliffe Road, East Ham so residents are advised to either walk or use public transport. **Tube:** East Ham station (15 min walk) **Buses:** 58, 101, 104, 115 and 474 to Central Park (East Ham Central Park) and 5, 147, 238, 300 and 325 to Barking Road (High Street North/Newham Town Hall) **Visit:** www.tfl.gov.uk for travel updates

SATURDAY'S LINE-UP



Main Stage

Hosted by Ashley J & Jade Hackett

On the decks: DJ Bradley 'B-Rad' Charles

- 12.30pm Peter Rabbit™ (story time session)
- 12.45pm Peter Rabbit™ (meet and greet)
- 1.05pm Kloe Dean Myself UK Dance Company
- 1.20pm St Helen's School Choir
- 1.40pm Nelson Primary School Senior Wind Band
- 2pm Brasstermind
- 2.35pm Bengali Showcase
- 3pm Newham Talent Slot
- 3.30pm Kloe Dean Myself UK Dance Company
- 3.45pm Cheb Nacim
- 4.30pm Wara
- 5.10pm Barb' d'Wire Ska & Reggae Band



Cabaret Tent

Hosted by The Strongest Lady

- 12.15pm London Chinese Acrobats
- 12.35pm The Strongest Lady
- 1.10pm Claudia Contortionist
- 1.25pm London Chinese Acrobats
- 1.40pm The Strongest Lady
- 2pm Bippo's Circus
- 2.45pm The Strongest Lady
- 3pm Tea Dance (70s themed)
- 4.05pm Bippo's Circus
- 4.55pm Salute To Waterloo (ABBA tribute band)



Children's Stage

Hosted by CBBC's Ben Shires

- 12.45pm Portway Primary Choir
- 1pm Every Child a Musician (Hartley Primary School)
- 1.15pm Party with Hartman
- 1.30pm Sooty's Birthday Bake Off with Danny Rogers
- 2pm Kerry Jane Academy of Dance and Drama
- 2.15pm Captain Fantastic's Super Hero Show
- 2.40pm Gallions Primary School Choir
- 3pm Peter Rabbit™ (story time session)
- 3.35pm Sooty's Birthday Bake Off with Danny Rogers
- 4pm Kerry Jane Academy of Dance and Drama
- 4.20pm Peter Rabbit™ (meet and greet)
- 4.50pm Sooty's Birthday Bake Off with Danny Rogers
- 5.20pm Captain Fantastic's Super Hero Show

People at the Heart of Everything We Do

SUNDAY'S LINE-UP



Main Stage

Hosted by Ashley J & Jade Hackett

On the decks: DJ Bradley 'B-Rad' Charles

- 12.20pm The Every Child a Musician Stars Orchestra and Choir
- 12.45pm Paddington™ (story time session)
- 1.10pm Deborah Day Theatre School
- 1.40pm Paddington™ (meet and greet)
- 2.05pm Deborah Day Theatre School
- 2.35pm Coccojam Dance Company
- 2.45pm Acia Moreno (Langdon School)
- 2.56pm Shemari Ingleton (Kingsford Community School)
- 3pm Camini Boujaili
- 3.10pm Valerie & Co (Langdon School)
- 3.20pm Byron Gold & Stratford East Singers
- 3.45pm Reggae Choir
- 3.55pm Russian Souvenir Ensemble
- 4.20pm Staff Of Life Reggae Band feat. Lyn Gerald
- 5pm "Blues Bros Show" with Jake and Elwood & The Black Rhino Band



Cabaret Tent

Hosted by unicyclist extraordinaire Matt Pang

- 12.10pm Claudia Contortionist
- 12.20pm Two for Tea
- 12.55pm Claudia Contortionist
- 1.05pm The Dreamettes
- 1.40pm Matt Pang
- 2pm Happy Feet's "100 years of dance crazes in 100 minutes"
- 3.40pm Matt Pang
- 3.55pm Bippo's Circus
- 4.40pm Matt Pang
- 4.50pm Deborah Day Theatre School
- 5.20pm The Dreamettes



Children's Stage

Hosted by CBBC's Ben Shires

- 1pm Every Child a Musician (Wind Band)
- 1.15pm Party with Hartman
- 1.30pm Sooty's Birthday Bake Off with Danny Rogers
- 2pm Godwin Junior School Choir
- 2.15pm Captain Fantastic's Science Show
- 2.45pm Party with Hartman
- 3pm Paddington™ (story time session)
- 3.30pm Sooty's Birthday Bake Off with Danny Rogers
- 4pm Party with Hartman
- 4.20pm Paddington™ (meet and greet)
- 4.50pm Sooty's Birthday Bake Off with Danny Rogers
- 5.20pm Captain Fantastic's Science Show

Programming is subject to change so be sure to visit www.newham.gov.uk/newhamshow for updated information.

The Newham Show

The Newham Show Saturday 7
and Sunday 8 July 12noon-6pm
Central Park East Ham E6



Sunday 8 July

Get your marmalade sandwiches ready as Paddington™ hits the Main Stage at 12.45pm with a story telling session led by a narrator, followed by a meet and greet at 1.40pm. If you end up with spare sandwiches then see Paddington™ again on the Children's Stage where a narrator will tell tales about everyone's favourite Peruvian bear's adventures at 3pm, followed by another meet and greet at 4.20pm. Captain Fantastic will be appearing on the Children's Stage for a second day running but this time to help create lotions and potions during his science show, where nothing is impossible!

Make sure you have your dancing shoes ready because it will be time to Party with Hartman! Coming back for a second day will be "Sooty's Birthday Bake Off" where Sooty, Sweep and Soo will make a birthday cake to celebrate Sooty's 50th birthday, presented by Danny Rogers.

Jake and Elwood & The Black Rhino Band, are headlining the Main Stage and, are guaranteed to get you into a soulful groove with their "Blues Bros Show" at 5pm. Earlier in the day X-Factor heartthrob Byron Gold and the Stratford East Singers will be wowing Central Park with big gospel and soul numbers. More Newham-grown talent will follow with the fabulous Reggae Choir at 3.45pm. The Deborah Day Theatre School

will entertain you with ballet, big show numbers and songs from musicals and talent from Kingsford Community School, with the help of vocalist Shemari Ingleton. Make sure you don't miss traditional songs in Russian and Ukrainian from the Russian Souvenir Ensemble while the dance moves by the Cocomjam Dance Company are sure to make you swoon.

The Cabaret Tent will be hosted by unicyclist extraordinaire Matt Pang who will be performing his daredevil act throughout the day. For a slice of Motown glamour check out The Dreamettes, who are guaranteed to create a toe-tapping frenzy with classics from the likes of Diana Ross & The Supremes, Martha and the Vandellas and Tina Turner. Definitely a highlight not to be missed will be Happy Feet, with their show "100 years of dance crazes in a 100 minutes". Expect a journey starting from the cheeky Charleston through to Thriller and present day's dance crazes.

Enjoy a traditional Punch and Judy Puppet Show at the Village Fete or visit Newham City Farm to see their farmyard animals. Did someone say afternoon tea? There will be a selection of scrumptious homemade cakes, along with tea, coffee and refreshing homemade lemonade courtesy of the Women's Institute's East End Sisters.

People at the Heart of Everything We Do

SEASIDE, SPORTS AND MARY POPPINS, BOTH ON SATURDAY & SUNDAY!



Fancy going to the seaside but think it might be too much bother? Fear not, we will bring the beach to you, transforming the tennis courts in Central Park into a beach with 90 tonnes of wonderful sand! All you need to do is sink into a deck chair whilst sipping on some fresh sugar cane juice and soak up the summer atmosphere.

There will be a helter-skelter, activities for children, a live steel pan band and a giant paddling pool for when it really hots up and you need to cool down with a refreshing dip. Popular children's pre-school series Pip Ahoy will also be making his debut at the beach this year.

Are you a budding Robin Hood or Katniss Everdeen? Why not give archery a go, line up your arrow and channel your inner Mockingjay to hit our targets. If sports, storytelling, poetry, and arts and crafts are activities that capture your

interest then check out the Community Neighbourhoods Area where a graffiti wall will be installed for residents to unleash their creativity. There will also be sports activities to bring the community together such as Zumba, cricket training by the Essex Cricket Club and a penalty shoot out provided by Essex FA. Don't be surprised if you also come across any spontaneous flash mobs!

The Children's Entertainment Area will let you take a trip to Edwardian London with a host of activities that will have a distinctly Mary Poppins feel to them. Don't be surprised if someone says "Lets Go Fly a Kite".

Also don't miss Discover Children's Story Centre tent where there will be story telling sessions with a very special guest! Head over either on Saturday or Sunday to find out who!

For more information visit

www.newham.gov.uk/newhamshow

www.newham.gov.uk/carnival

Share your photos, posts and videos with friends and family on social media using #NewhamShow over the weekend!

 @NEWHAMLONDON #NEWHAMSHOW  NEWHAMEVENTS

There is no public parking and only limited blue badge parking available on Ranccliffe Road, East Ham so residents are advised to either walk or use public transport. **Tube:** East Ham station (15 min walk) **Buses:** 58, 101, 104, 115 and 474 to Central Park (East Ham Central Park) and 5, 147, 238, 300 and 325 to Barking Road (High Street North/Newham Town Hall) **Visit:** www.tfl.gov.uk for travel updates



Starts here
Saturday 7 July
2pm

For more information visit
www.newham.gov.uk/newhamshow
www.newham.gov.uk/carnival

Share your photos, posts and videos with friends and family on social media using #NewhamShow over the weekend!

@NEWHAMLONDON #NEWHAMSHOW NEWHAMEVENTS

Anyone bringing **unsealed** plastic bottles or baby bottles into the park will be asked to open it and taste the contents in front of security personnel before entering. If you are unwilling to do this, it is unlikely you will be permitted to enter. We are doing this to protect all residents. For the full conditions of entry to this event, please visit www.newham.gov.uk/newhamshow

Cricket ticket giveaway

Exclusive offer for Newham residents

Up to 100 tickets are up for grabs for Essex Cricket Specsavers County Championship home games.

Successful applicants will automatically be entered into a ballot to win two tickets for the first day of the tourist match against India (25 July).

To apply*, visit www.newham.gov.uk/cricket

*Terms and conditions apply.



Essex Cricket

Newham London



Newham London

NHS
Newham
Clinical Commissioning Group

Newham Joint Carers Strategy Workshops

Newham Council and NHS Newham Clinical Commissioning Group are hosting a series of workshops to update our Joint Carers Strategy.

Our strategy sets out how we support carers to maintain their health and wellbeing. Together we will evaluate our current strategy and agree our priorities and actions for the next three years.

Come along to give us your views at any of the below workshops:

Monday 2, Tuesday 10 and Monday 23 July, 10am-1pm
St. John's Church, Broadway, Stratford E15 1NG

Places are limited and refreshments will be provided.

To book your place, email Commissioning.Assistant@newham.gov.uk or call **020 3373 9788**. Please mention any specific access requirements.



Nominate a young hero

Nominations are now open to find some of the borough's youngest achievers for this year's TruLittle Heroes competition.

The TruLittle Heroes awards are an annual non-profit event dedicated to celebrating the positive contributions and achievements of young people aged seven to 16. It is an initiative founded four years ago by Titi Omole with the aim of empowering young people by

recognising and celebrating their talents and achievements.

The awards contain 11 categories which recognise achievements in sports, performing arts and also reward Good Samaritans and entrepreneurs. Titi Omole said: "As well as recognising some unsung heroes, this event is also a chance to celebrate the young people who have completed our mentoring programme Sunshine, which intends to equip the youngsters with valuable life skills through workshops, programmes and mentoring schemes."

Nominations must be submitted by 28 September and the awards will be held on 10 November at The Discovery Centre in Jenkins Lane, Beckton. For more details visit www.trulittlehero.com



Some of last year's winners with Titi Omole and councillors Joy Laguda, Ayesha Chowdhury



Charity offers support for elderly

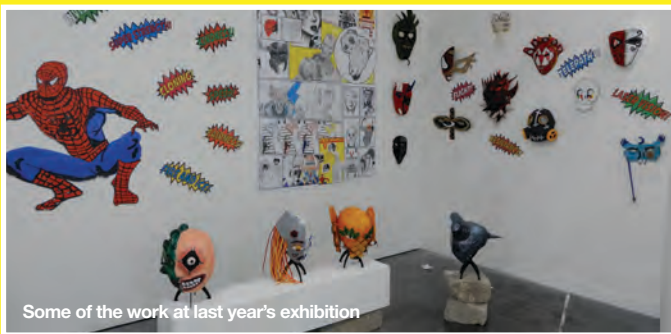
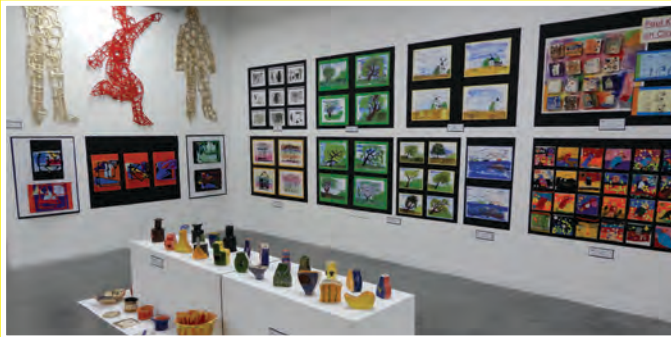
Older residents suffering with dementia and memory problems can now get help to tackle some of the issues they face from a local charity.

Newham New Deal Partnership is an independent charity which provides extra support for residents so they can continue to be independent, safe and make positive choices. It provides a free service for older people with dementia, memory problems and/or their carers who live in Newham.

The charity takes a holistic approach to the needs of older people living with

dementia and other progressive disabilities and also offers support for carers. Some of the help on offer includes filling in forms online, supporting applications for assistance, offering a benefits review, dealing with debt or any other problems that people struggle with. Residents do not need to be referred by agencies or meet social services' eligibility criteria but the support is time limited, in most cases to under two months. For more information email goodneighbours@newhamndp.co.uk

EXHIBITION EXPLORES THE POWER OF ART AND CREATIVITY



Some of the work at last year's exhibition

More than 50 Newham's schools will be taking part in an exhibition that explores the power and creativity of art.

The exhibition, called Art Matters, will open on 3 July at the University of East London's Docklands Campus. Its key focus will be on cross-curricular links, celebrating the ways in which teachers are placing art at the heart of learning.

It will include work by more than 2,000 students from over 40 primary and secondary schools as well as Newham Sixth Form College, University of the Arts London's Saturday Drawing Programme and University of East London Saturday Master Classes.

Organisers are expecting in excess of 2,000 visitors, including teachers, students, parents, gallery educators, councillors and representatives from art organisations and further education establishments. A full programme of workshops will also be running throughout the show to give everyone an opportunity to learn creatively. The exhibition is now in its 19th year and will be open until 13 July.

Collaboration helps transform community

A communal car park area close to a block of flats in East Ham has been transformed after two local businesses, working with Newham Council, stepped in to help the residents in a spirit of collaboration.

The area around flats in Ringles Court in Streatfield Avenue, East Ham, was attracting drug takers and anti social drinkers on a regular basis. When residents raised their concerns, the council's safety and enforcement officers stepped up regular visits to the area and a street homeless man at the site was referred to a charity for the homeless.

The owners of SKT Supermarket, who share some of the land, took measures to contain their trade waste. New signs and CCTV cameras were installed to help reduce anti-social behaviour. The council gave the car park a deep clean and Palace of Flowers florists, in St John's Road, East Ham donated hanging flower baskets.

Resident Riyaz Korimbocus, 37, said: "What's been done has made it a lot better now for everyone."



Riyaz Korimbocus

NEW MARKET SETS UP IN WEST HAM

A new market has been set up in West Ham to help create a focal point for the community.

The Triangle Market has been set up by the Triangle Action Group, a community group based in West Ham, in collaboration with Newham Council's markets team, with funding from the National Lottery.

The market will be held in West Ham along West Ham Lane, also known as Church Square, E15. It will be held every second Sunday of the month between 10am-4pm, with the next one due on 8 July.

In addition to items for sale, there will also be workshops, performances, heritage walks and exhibitions highlighting the history of the square which served as the centre of West Ham around the 12th century.

Organisers are keen to showcase local talent so are looking for performers, artists, crafters, foodies and sellers. Email triangleactiongroup@gmail.com if you are interested in getting involved.

TRIANGLE MARKET

A NEW MARKET IN WEST HAM!



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

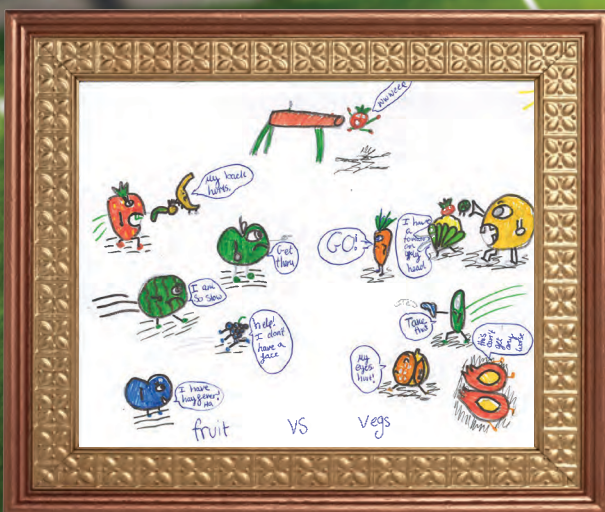
Winner



Maryam Alam, 5



Maisha Rahman, 9



Sarah Sainbayar, 9



Elgun Bui-Marshall, 10

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 Word-Fit

Poem

UNIDENTIFIED DREAM PLOTTERS

Every night,
When there is no light
The UDP might (bite).

If you don't know,
They create a show,
Otherwise known as a dream.
Sometimes a beam,
Or a jug of cream,
Possibly something to make you scream!

Some people believe in the BFG.
Well that is not the same as me.
Maybe one night you will see,
(that it has a head like a chickpea)
It is not the BFG.
It is the UDP.

Ridwan Rahman, 10

Word-Fit

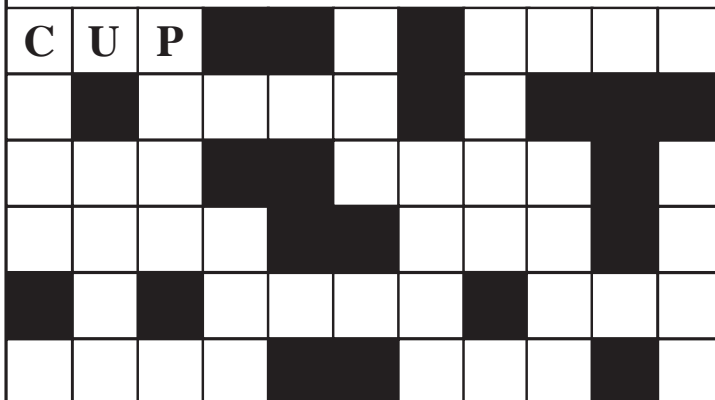
You must fit all the words into the grid

3 letters

BAR
BEE
DIM
EEK
EWE
WEB

4 letters

ABLE
APEX
AXED
AXLE
BALL
CUBA
FILE
FLEX
IDOL
LEEK
OOZE
PORE
TEAM



WHAT'S ON



UNDER-FIVES

Storytelling 🌍 Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, East Ham CNC; Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Mon, 10.30-11.30am, Manor Park CNC; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 1-2pm, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe; Tues, 1-2pm, Green St

Stay and Play 🌍 Support for parents and carers to develop their child through play. Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford; Mon, 10.45-11.30am, Canning Town; Sat, 10.30-11.30am, Beckton

Triple P Parenting 🌍 Parenting techniques for children aged 18 months+. Weds, 12.45-2.45pm, Manor Park CNC;

Thurs, 9am-12pm, Canning Town & Custom House CNC

Bumps & Bundles Group Interactive session for parents and carers of babies under 18mths. Mon, 10am-12pm, Stratford

Bumps and Babies 🌍 For babies under 12 months Fri, 1-3pm, Forest Gate CNC

Bubble Time and Nursery Rhymes 🌍 A free interactive session designed for children to engage with one another. Sat, 12.30-1pm, Green St

Music and Movement 🌍 A free session for children and parents or carers to get active using different types of dance and musical instruments. Tues, 10-11am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC

Move it to music 🌍 A chance for parents and children to join in with a free interactive session with music and dance. Mon, 1.30-2.30pm, Stratford



YOUNG PEOPLE

Chatterbooks (7-12) 🌍 A new book club to inspire young children to read for pleasure. Sat, 2.30-3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 2.30-3.30pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC; Sat, 3-4pm, Custom House & Canning Town CNC Weds, 4-5pm, East Ham CNC



Arts and Craft Workshop (6-12yrs)

🌍 Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC

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; Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Fri, 4-5.30pm, Manor Park CNC

Homework Club 🌍 Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Let's Learn 🌍 Study support session for Key Stages 1 and 2. Join our fun learning class for English comprehension and Maths. Fortnightly, Sun, 2-4pm, Stratford

Code Club (7-11yrs) 🌍 Bring your laptop if you have one. Sat, 10-11am, robotics, under 8s, 10.30am-12pm, Alexa, over 8s; Custom House; Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

The Chill Spot (11-19yrs) 🌍 Initiative to bridge the gap of after-school provision with activities including table tennis, discussions, workshops and much more. Mon and Weds, 3.30-6pm, Stratford

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

Sharpen Your Mind Learning exercise for children aged 4 to 8-years-old. Sat, 11am-12pm, Custom House and Canning Town CNC

Walk and Talk Light exercise and conversation outdoor activity. Tues, 1-2.30pm, Custom House and Canning Town CNC

Cookery Workshop Take part in a healthy cooking session with an experienced chef. Thurs, 4-5.30pm, Canning Town & Custom House CNC

Writers Group Last Thurs of month, 5.30-7.30pm, Forest Gate CNC; Thurs, 6.30-7.30pm, Canning Town & Custom House CNC

Carnival Workshops Catch the carnival fever, and join us for these free creative sessions to make your costumes and props to join in the parade for this year's Newham Show. Weds, 4 and Fri, 6 Jul, 5-7pm, East Ham CNC



Chess Club ★ Tues, 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, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), 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; Thurs, 5-6pm, Plaistow; Thurs, 5-6.30pm, Sat, 11am-12.30pm, Manor Park CNC

Do It Online (18+) ★ Computer classes. Weds, 10am-12pm, Stratford; Thurs, 1.30-2.30pm, North Woolwich; Thurs, 10am-12pm, East Ham CNC; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton; Thurs, 11am-1pm, Green St

Life in the UK Classes ★ 12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

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-12pm, Beckton Globe

Book Club and Creative Writing Group ★ Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

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 Monday 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

Workplace Drop-Ins ★ For Newham residents looking for employment to discuss job vacancies and training. Thurs, 12 Jul, 3-5pm, Manor Park CNC; Weds, 11 Jul, 2-4pm, Stratford. For more information, email: Rehana.b@newham.gov.uk

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

Creative English ★ Programme of English speaking and listening lessons from 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. Weds & Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St

Home Creations Craft Group A chance to meet your neighbours and develop your creativity while producing something special to brighten your home. Tues, 10.30am-12.30pm, East Ham CNC

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

Knit & Natter (16+) Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC

Youth Activity Discussion (13-17) Come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. Mon, 4.30-5.30pm, Plaistow

Crochet ★ Learn how to crochet. All ages welcome. Mon, 10am-12pm, Plaistow

Art Group for stroke survivors (16+) Come and enjoy creative art activities with light refreshments. Speak to the group leader to book a place. Mon, 12-2pm, Beckton

Criss-Cross Pottery Club Join the Criss Cross potters for an arts and crafts workshop based on the theme of words. £5 charge. Ten places available. To book, call Chris Wong on 0750 691 3032. Mon and Tues, 10.30am-3.30pm, Beckton C.C

Monthly Movie Matinee See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm. Last Fri of the month, 12.30pm. Forest Gate CNC



ACTIVITIES AND SUPPORT

Diabetic Clinic Drop-in clinic for adults. [Weds, 2-3pm, Custom House & Canning Town CNC](#)

Creations Arts and Crafts Group Try out a variety of arts and crafts with this friendly and welcoming group of local residents. [Tues, 10.30am-12.30pm, East Ham CNC](#)

Crafty Parents A new craft session for parents with a play space for toddlers. Bring photos and other items that you would like to 'scrapbook' and any other craft that you would like to share. [Weds, 10am-12pm, East Ham CNC](#)

Tai Chi Sword Class  Try Tai Chi with a difference. Suitable for all ages. [Weds, 10.30am-12pm, Beckton C.C.](#)



ESOL Training

Improve your reading, writing, English and number skills. Free for 19+ who have lived in the UK or the EU for the last 3 yrs. [Fri, 12-4pm, Stratford](#)

Green Street Mural Project Come and help us create a new mural for Green Street Library. Get creative and explore themes, techniques and concepts to create a mural celebrating everything that is great about the area. Open to all ages and abilities, would suit families with young children. [Sat, 5-7pm, Green Street](#)

Retro Board Games Group Come and play some retro board games with a mix of some new ones. [Fri, 10am-12pm, Green Street](#)

Embracing Diversity and Equality Workshops with local residents, groups and organisations exploring issues relating to race, faith and gender. For more details email queernewham@gmail.com [Thurs, 6.30-7.30pm, Stratford](#)

Cookery Workshop Take part in a healthy cooking session with an experienced chef. [Thurs, 4-5.30pm, Canning Town & Custom House CNC](#)

Writers Group Last Thurs of month, 5.30-7.30pm, [Forest Gate CNC](#); [Thurs, 6.30-7.30pm, Canning Town & Custom House CNC](#)




COMMUNITY ACTIVITIES

Newham Super Choir  All ages. [Tues, 10.30am-12pm, Beckton C.C.](#)

A1 Judo Club Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

Health is wealth Women's health based group. For more information, contact healthiswealthproject@outlook.com [Last Mon of the month 12-2pm, Beckton Globe](#)

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](#)

Stratford Singers  Fun community singing group, open to all ages and abilities. [Fri, 6-7.30pm, Stratford, no booking required.](#)

North Woolwich Voices (16+) Community singing group. No experience required. [Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16.](#) Contact northwoolwichvoices@gmail.com

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, Beckton Globe, 1-3pm](#)

Walking Football (18+)  [Mon, 10-11am](#) (except Bank Holidays), Memorial Park AstroTurf, E15. Call 07790 384413

Plaistow Youth Market Browse quality goods crafted and sold by young people. Everyone welcome. [Fourth Saturday of each month, 11am to 3pm, The Greenway, stretch between Prince Regent Lane and Barking Road, E13.](#)



Holding the Baby Free audio exhibition shares memories of growing up in newham. Open to public until [19 Jul, Stratford](#)

Stroke Carers Support Session Meet a friendly Stroke Association worker who can help with your questions. [Mon, 12-2pm, Beckton Globe](#)




BOXING AND SELF DEFENCE


Boxing and Self Defence [Tues, 5-6pm \(16+\), 4-5pm \(6-11yrs\), Jack Cornwell C.C.](#)

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.](#)

Taekwondo (4-14)  Learn new martial arts skills. [Sat, 12-1pm, Custom House & Canning Town CNC](#)

Capoeira (18+)  Brazilian martial arts and dance with music. [Mon, 4-5pm, Custom House & Canning Town CNC](#)

Women's Boxing [Mon 9.15-10.15am, Katherine Rd C.C](#)

Hula Hooping  Try something new, no experience needed. [Weds, 6.30-7.30pm, Stratford](#)

Self defence and fitness [Fri, 8-9am, East Ham CNC](#)

HEALTH AND FITNESS

Stroke Club (18+) 🌍 For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+) 🌍 Mon, 9.30-10.30am, Jack Cornwell C.C; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park (18+) 🌍 Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Tues 11-12noon

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

Space For Me (16+) Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036. 9.30-11am, Beckton Globe Youth Zone

Nordic Walking Contact 07787 731809 for details. Weds, 9.15-10.15am, Forest Gate CNC

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 Gibbons 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.

Healthy Home Cooking Thurs, 4-5.30pm, Custom House and Canning Town CNC and Library. To book and get more details call the library on 020 3373 0854 or CN.CustomHouseCanningTown@newham.gov.uk

50+ ACTIVITIES

Quadrille Dancing 🌍 Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

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; Mon, 12.30-1.30pm, Jeyes C.C; Fri, 11.15am-12.15pm, Forest Gate CNC; Weds, 1.15-2.15pm, Canning Town CNC

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.

Ballroom Dancing Join Stratford Latin and ballroom dance classes. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Smart Project Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C.

Fitness Exercise for men Thurs, 2.30-3.30pm, Katherine Road 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, Canning Town CNC

Singing for Health 🌍 Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

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

Ballroom Dancing Mon, 10am, £4 per session, St. Paul's Church Centre

Line Dancing Fri, 10.30am, St Paul's Church Centre

Age Well Singers Sing film, show and popular songs. All welcome. No audition. £2 per session. Call 020 8514 2042 for more details. Thurs, 11.45am-1.15pm (term time) Stratford Circus

GREEN

Greenway Orchard Volunteering Thurs, 11am-2pm, Greenway access from Boundary Rd, E13

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. Weds, 9.30am-12pm, 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, 1pm-3pm; Thurs, 4pm-7pm and Sat, 11am-4pm.

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

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, 6.30-7.30pm, The Well C.C, Vicarage Ln, E6. £2. Call 07741 292893; 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. All standards welcome. £2.05 charge. **Fridays, 1-3pm, East Ham Leisure Centre**, 324 Barking Road, East Ham, E6. Call 07930 162505 for more details.

BASKETBALL

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

Senior Programme Division 2 women and division 3/4 men. Rokeby School, E16. **Mon, 7.30-9.30pm** Call 07947 401616

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, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

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

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, NewVlc, 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 and 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, 3 Jul, 6pm, Cabinet; 6.05pm, **Mayoral Proceedings**
Tues, 10 Jul, 6.30pm, Investment and Accounts Cttee
Mon, 16 Jul, 7pm, Council, **Old Town Hall, Stratford**

CONTACT THE MAYOR

Here to Help Sessions
Please register 30 minutes before session starts.

Sat, 14 Jul, 10-11.30am, East Ham Library, 328 Barking Road, E6

Telephone Surgery
Weds, 4 Jul. Please call 020 8430 2000 between 10am and 11am and leave your contact details and information about your query. The Mayor will then call you 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** 020 373 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
- NewVlc** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16

UNDER THE STARS

FOUR NIGHTS OF **FREE** LIVE OUTDOOR MUSIC

THURSDAY 16 AUGUST

THE SKATALITES

BITTY MCLEAN

LEVI ROOTS

FRIDAY 17 AUGUST

DR ZEUS

MUMZY STRANGER

H-DHAMI

RAMEET SANDHU

PLUS SPECIAL GUESTS

SATURDAY 18 AUGUST

SOUL II SOUL

**ULTIMATE EARTH
WIND & FIRE**

JOEL CULPEPPER

SUNDAY 19 AUGUST

**ROYAL
PHILHARMONIC
ORCHESTRA**

**FIREWORKS
GRAND FINALE**

Central Park, East Ham, E6 | Gates Open 6.30pm daily

www.newham.gov.uk/uts

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No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.

The Newham Show

Featuring
on Saturday
The Newham
Carnival

SATURDAY 7 &
SUNDAY 8 JULY

12 NOON - 6PM
CENTRAL PARK
EAST HAM E6

FREE

People at the Heart
of Everything We Do

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Come and see



PETER RABBIT

during story time sessions, led by a narrator, at intervals on Saturday 7 July

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Sooty's Birthday Bake Off

APPEARING HERE LIVE! LOADS OF FAMILY FUN!



SEE THE SOOTY SHOW LIVE!
On Saturday and Sunday
Presented by Danny Rogers

COME AND SEE

PADDINGTON

DURING STORY TIME SESSIONS, LED BY A NARRATOR, AT INTERVALS ON SUNDAY 8 JULY



PERU 60

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