



13

Stellar students



17

Windrush celebrations



21

Improving air quality

the newham mag

issue 411 // 12 July – 08 Aug 2019 // Monthly



**United in
Pride**

Forest Gate gets into the spirit (p23)

Look out for the next issue from **9 August 2019.**

Contents.



On the cover

- 13 CELEBRATING BRIGHT STUDENTS**
– Shining Stars Awards
- 17 WINDRUSH MEMORIES**
– residents mark national day
- 21 IMPROVING OUR STREETS**
– tackling air pollution



In this issue

- 08 MUSIC AND LIGHTS**
– Under the Stars returns
- 11 EARLY EDUCATION BENEFITS**
– free childcare offer
- 15 WEEKEND OF FUN**
– Newham Show highlights
- 16 PEOPLE'S CHOICE**
– help choose Freedom of Borough recipients
- 18 SUMMER FUN IS HERE**
– head to Royal Docks
- 19 FAITH TALKS**
– united dialogue

Regulars

- 03 NEWS** - three pages of news from across the borough
- 06 MAYOR ROKHSANA FIAZ** - Mayor speaks to residents
- 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

Green light for cash to build homes

Members of Newham Council's Cabinet have approved an important step forward relating to the promise made by Mayor Rokhsana Fiaz to build more than 1,000 new homes at social rent levels.

The decision by the Mayor and Cabinet colleagues gives the green light for £276 million to be unleashed so that the Council can proceed at pace and deliver the new properties.

The Council will use funds from Housing Revenue Account, a special account set aside for housing, to support the building of the new homes, the majority of which will be made available to residents on the housing waiting list.

Design and delivery work is starting on sites already identified across Newham. The majority of the homes will be at social rent levels. Some will be available as shared ownership and market rent or sale. It represents the next phase of the Housing Delivery Plan published in October

2018 and means Mayor Fiaz is on track to meet her pledge to the people of Newham when she was elected last year.

Work on building the first 227 homes began in the Mayor's first year, doubling her initial target. James Murray, London's Deputy Mayor for housing and residential development, recently congratulated Mayor Fiaz as work began on a housing site in Didsbury Close in East Ham.

The Mayor said: "This is the most ambitious new build housing programme the Council has embarked on in the past 40 years. It will demonstrate we can deliver the homes that our residents desperately need.

"We have 27,600 people on the housing register and more than 5,000 families in temporary accommodation and behind each of those numbers are thousands of personal stories. Having a stable home is a fundamental need for each and every one of us. There is a lot more to do but as you can now see, we are delivering."



Mayor Fiaz with James Murray in Didsbury Close

1,000 properties on way

News

Newham goes green for Grenfell

Newham Council's town halls in East Ham and Stratford were bathed in green light to mark the second anniversary of the Grenfell Tower fire in North Kensington in which 72 people died.

Mayor Rokhsana Fiaz and councillors also wore green on 13 June to support those affected by the tragedy in the 24-storey block of flats.

Councillor John Gray, Deputy Mayor and Cabinet member for housing services, said: "We must never forget the Grenfell tragedy and we must ensure we learn from it. The safety of our residents must never be taken for granted and is our priority."

Significant work has been carried out on council-owned tower blocks to improve fire safety. Ferrier Point in Canning Town and Nicholls Point and Tanner Point in Plaistow had similar aluminium composite cladding to that used on Grenfell Tower. This has been removed and is currently being replaced by non-combustible material (EWI) on the three blocks and is due to be completed at the end of July.



Town halls turned green



The Mayor and Cabinet members show support

Flying the flag for Armed Forces Day

Newham Council flew flags at its town halls in East Ham and Stratford on Armed Forces Day, Saturday 29 June, to show support and appreciation for those who serve and have served in the armed forces community including Regulars, Reservists, veterans, cadets, and their families and friends.

Mayor Rokhsana Fiaz, Councillor Terence Paul, Cabinet member for finance and corporate services and Newham's armed forces champion, and members of Newham's Cabinet, supported the day.

Councillor Paul said: "We fly the flag because we are proud of those servicemen and women who call Newham home, who are currently serving or have previously served. We owe them gratitude and respect and our support.

"Our decision to fly the flags must not be seen as support for war, conflict or government policy. It is about people and their families and how we can look after them during and after their dedicated service."

Fire safety is a priority

...in brief

Beating the menace of knives

Mayor Rokhsana Fiaz joined young residents in an event to get weapons, and in particular, knives off Newham's streets.

Let's Beat Knives took place at the Bonny Downs Community Association community garden in East Ham. It is an initiative that takes bladed items seized by police and melts them down to make tools and sculptures.

An expert metalsmith and two blacksmiths worked with young people to craft the new items. Mayor Fiaz also had a go at making a piece of art.

The Mayor said: "Turning knives into useful tools is a powerful, visual illustration of what we need to do to turn around the lives of our young people. I am committed to ensuring that they live in an environment in which they feel safe and protected. A lifestyle associated with violence is not one I want for anyone in Newham."

At the event Sally Mann, Minister of Bonny Downs Baptist Church and spokesperson for Red Letter Christians in the UK, announced the launch of a knife surrender bin. The bin will be funded by Newham Council and Transform Newham, an informal network of churches in the borough.



Preparing to turn knives into tools

Work begins on culture centre



Children helped bury a time capsule

Mayor of London Sadiq Khan joined Newham's Mayor Rokhsana Fiaz and school children to bury a time capsule in a ground-breaking ceremony at Queen Elizabeth Olympic Park to mark the start of work on the East Bank development.

East Bank will be the largest cultural and educational project for a generation, comprising three different sites which will be home to the V&A Museum, Sadler's Wells, the BBC, The Smithsonian, London College of Fashion and University College London.

Pupils from Gallions, Dersingham, North Beckton, and Curwen primary schools helped bury the capsule that contained a London underground map, a reusable water bottle, a European Union flag and an Evening Standard newspaper.

Mayor Fiaz said: "It was a historic moment and I am very proud that this incredible new cultural quarter will be located in Newham. East Bank presents so many opportunities for our young people. Proximity to such awe-inspiring establishments will fuel their creativity."

Mayor Khan said: "East Bank will inspire a whole new generation of Londoners to pursue their creative ambitions."

The scheme includes commerce, technology, manufacture, retail, education, culture, and creative industries. It will attract 2,500 jobs and 10,000 students.

2,500 jobs for East Bank



In Forest Gate for the Pride celebrations



Rainbow crossing was very popular

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

Hello Everyone. There's been some absolutely brilliant things going on since my previous message to you.

The Forest Gayte Pride festival two weeks ago was an amazing event full of life and colour. It had a real carnival atmosphere, and I just loved the Rainbow pedestrian crossing!

I thank the fantastic residents who put the event together. It has really grown over the past three years and I look forward to working with you to make it an even bigger and better celebration of our diversity, our inclusivity, and our Lesbian, Gay Bisexual and Transgender family, who I will always support and defend.

Newham will remain a place that challenges discrimination, homophobia and attacks on our gay community. It is fundamental that our children grow up in a community where they are taught

to respect difference and where no one suffers discrimination because of sexual orientation or who they love, because love knows no boundaries.

Another great event was at Queen Elizabeth Olympic Park in Stratford. Together with Mayor of London Sadiq Khan and excited youngsters from Gallions, Dersingham, North Beckton, and Curwen primary schools, I performed the official ground-breaking that launched the start of work on the East Bank development.

At what will become London's new cultural and educational quarter, we buried a time capsule that included a Tube map, a reusable water bottle, a European Union flag, and an Evening Standard newspaper. I am proud that this incredible new development is in Newham. East Bank presents so many opportunities for our young



Turning knives into gardening tools at Bonny Downs Community Association



Launching the start of work at the East Bank development at Queen Elizabeth Olympic Park

people. Proximity to such awe-inspiring establishments as the V & A Museum, Sadler's Wells, the BBC, The Smithsonian, London College of Fashion and University College London (UCL), will fuel their creativity. I look forward to being able to further unlock the diverse eclectic young talent we already have here.

Other good news is that at our recent Cabinet meeting we agreed an important step forward relating to my promise to you a year ago to build 1,000 new homes at social rent levels.

The decision we made gives the green light for £276million to be unleashed so that we can proceed at pace and deliver new properties. It is the most ambitious new build programme in 40 years in this borough. This coincides with the hundred-year anniversary of

the Addison Act which gave local authorities the task of developing social housing. There is a lot more to do but as you can now see, we are delivering.

Other important news is that we are cracking on with the promise I made at our most recent Council meeting to establish a task force to look at the specific challenges surrounding street homelessness, particularly at Stratford Mall initially.

Draft terms of reference for the task force are currently being consulted on. The taskforce will undertake a comprehensive review of existing plans, strategies and interventions, so that whatever we do about the homelessness situation in Stratford is rooted in compassion and care and feeds into a Newham strategy borough wide.

Another priority is getting weapons off our streets and recently I visited a project in East Ham that is helping our efforts. The Let's Beat Knives initiative at Bonny Downs Community Association is taking bladed items that have been seized by police in Newham and melting them down to make new garden tools and sculptures for their community garden.

Young people are helping to create the new pieces. I had a go at being a metalsmith and was quite pleased with my efforts. This project strengthens my message that a lifestyle associated with violence is not one I want for anyone in Newham, least of all our young people. We have also agreed to support this particular project with a knife surrender bin to be placed in Stratford.

UNDER THE STARS

For the latest on Under the Stars visit
newham.gov.uk/uts

Gates Open 6.30pm daily

Central Park, East Ham, E6

 @NewhamLondon #NewhamUTS  newhamevents

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MUSIC STARS WILL BE

SATURDAY 10 AUGUST

Naughty Boy

Headline act for Saturday night is mega-successful DJ, producer and songwriter, Naughty Boy. On stage with a full live band and some very special guests, you can expect to hear huge pop hits including La La La (his UK number one with Sam Smith) Runnin' (his collaboration with Beyonce); and tracks from his top-selling album Hotel, which featured superstars Emeli Sandé, Ed Sheeran and Tinie Tempah.

With a steady stream of dance releases and celebrity studio collaborations to his name, Naughty Boy, real name Shahid Khan, will be bringing the party to Central Park! Catch him at this rare live London appearance and don't forget to bring your dancing shoes.

Norman Jay

DJ Norman Jay MBE is making his debut appearance at Under the Stars where he will entertain music lovers with a mix of northern soul, rare groove, funk and disco. Co-founder of the legendary Good Times Sound System and London dance music station KISS FM, he fostered the Rare Groove scene pushing the boundaries of the UK's emerging club culture.

IMD Legion

Urban dance crew IMD Legion, from East London, (Got to Dance finalists, Jump Off champions, Britain's Got Talent semi-finalists) will be showing off their best moves in a performance specially tailored to the night's event.

Musical Youth

Musical Youth will ease you into the groove with their blend of smooth reggae and dancehall. The band, who hit the charts in the 1980s with their number one single Pass The Dutchie, also featured on the Donna Summer UK top 20 hit Unconditional Love.

Norman Jay



Naughty Boy



Programme may be subject to change, so be sure to visit www.newham.gov.uk/uts for the most up-to-date information.



NAUGHTY BUT NICE

SUNDAY 11 AUGUST

Royal Philharmonic Orchestra

The Royal Philharmonic Orchestra (RPO) and a fireworks grand finale will again delight audiences on Sunday night.

The RPO has been performing at Under the Stars for more than six years bringing an ensemble of up to 75 musicians. They cover a huge range of music from core symphonic music by composers such as Beethoven and Tchaikovsky, through the world of musical theatre and up to modern day film soundtracks.

This year's concert will feature traditional proms in the park favourites under the baton of ever popular conductor John Rigby who has worked on film, screen and

stage music.

Making her first appearance is vocalist Alison Jiear who trained classically in voice and piano at Queensland Conservatorium of Music in Australia before moving to the UK in 1988. She has performed in the West End while working on numerous other projects.

Also debuting is British baritone Ross Ramgobin who attended London's Royal Academy of Music where he gained an MA in Vocal Studies and then his Advanced Diploma from the Royal Academy Opera. He has performed at opera houses all over the world.

Sunday night promises to be an unforgettable evening of classical music concluding with a dazzling fireworks grand finale.



Ross Ramgobin



Alison Jiear



Royal Philharmonic Orchestra

Programme may be subject to change, so be sure to visit www.newham.gov.uk/uts for the most up-to-date information.



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Ross Ramgobin



Alison Jiear



Royal Philharmonic Orchestra

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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.

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Assistant head teacher Ashfiya Bobat



Marvellous Mensah and son David

Free early education for children aged 3 and 4

Children who have the chance to go to nursery before starting school gain important skills that help them prepare for learning and getting on with youngsters of their own age.

Many parents in Newham are already seeing the results of accessing free early education. Every child who is aged three or four is entitled to 570 hours of free early education each year. There is no eligibility criteria and parents can get it from the term after their child's third birthday.

“It also gives young children a chance to interact with others and build their personal, social and emotional skills.”

The entitlement can be taken in term-time at 15 hours per week over 38 weeks or parents can choose to take fewer hours spread over more weeks even outside of term-time, if that option is available with the provider.

There are more than 150 approved providers in Newham and 15 hours is available with:

- schools;
- private day care settings;
- childminders;
- pre-schools.

You can choose where to send your child from Newham's list of approved providers, all of whom are Ofsted registered and provide a high standard of early education. The 15 hours are free wherever you take them.

Southern Road Primary School in Plaistow offers the 15 hours entitlement. Ashfiya Bobat, assistant head teacher, said: “We provide early education as it is very beneficial for children in our catchment area who have a second language. It aids language development.

“It also gives young children a chance to interact with others and build their personal, social and emotional skills. It provides an opportunity for children to play outdoors as many of them do not have gardens and additionally have a hands-on experience to learning in a playful manner.”

Marvellous Mensah's son, David, goes to Southern Road primary for 15 hours a week. He said: “David's learning has improved a lot and he is thriving. I'm able to go to work when he is at school, knowing he is happy and getting the best start in life.”

To register your child, contact providers directly. Visit www.newham.gov.uk/threefouryearold for a list and you can register a term ahead to reserve a place.

Newham Community Based Domestic and Sexual Violence Support Service

Newham Council has commissioned Hestia to provide community based domestic and sexual violence services.

The support is available to anyone in the community over 16 and will include:

- emotional and practical support for people suffering domestic abuse;
- support through one-to-one sessions and group work;
- working with individuals and communities to raise awareness of the harmful impact of domestic abuse;
- supporting women and girls who have experienced or are at risk of FGM;
- support for individuals to leave sex work.

24/7 Phone Number **0808 196 1482** or
referralsnewhamdsv@hestia.org and
infonewhamdsv@hestia.org



Age
2

15 hours



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STATEMENT OF COMMUNITY INVOLVEMENT CONSULTATION

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www.newham.gov.uk/sci

The consultation closes Sunday 4 August 2019

People at the Heart of Everything We Do



The proud award winners with guests on stage

Students shine bright

Newham is a place where young people are encouraged and nurtured to achieve their full potential. Stellar students at Newham College of Further Education were celebrated during a glamorous Shining Stars Awards Ceremony at the East Ham campus.

The awards night is an annual event at the college, which uses the occasion as a way of highlighting the achievements of some of its most exceptional students. Sixteen awards were handed out, including an equality and diversity award sponsored by Newham Council and supported by Stonewall. Councillor Zulfikar Ali, Cabinet member for sustainable transport and highways, presented the award to Tamanna Siddiqa for inspiring and supporting her fellow students, particularly those with impaired hearing.

There were hundreds of guests including Councillor Steve Brayshaw, the Council's skills commissioner, British fashion icon Dame Zandra Rhodes. TV celebrity and Cambridge maths graduate Bobby Seagull, Olympian Tessa Sanderson CBE, and Shaun Wallace, star of TV quiz show The Chase, were among the speakers.

Cllr Ali said: "It is a real pleasure to be able to honour the exceptional students who have put in so much effort throughout the year."

College Principal and Chief Executive Paul Stephen said: "I am delighted to celebrate the tremendous achievements of our students."

The evening also raised £57,419 for the college's chosen charity, the Learning Revolution Trust, which supports disadvantaged students by removing financial barriers to education.

Award sponsors included the University of East London, the Newham Recorder, Academy 1 Sports, Gateway Qualifications, The Madison Square Garden Company, Digital Skills Solutions, Marcomedia, McDonalds, Newham Chamber of Commerce, Martin Cumella, Tereza Joanne, TS&B Contractors Limited, Aspers Casino Westfield Stratford City, Newham College Governors, Capita IT & Networks.



Cllr Ali, Tamanna and Tessa Sanderson

AWARD WINNERS

College Achievement of the Year Award – **Zoe Benwell**

Excellence and Innovation Award – **Deno Hawthorne**

Outstanding Progress Award – **Samrah Ibrahim**

Enterprise and Employability Student of the Year – **Alexandra Rotariu**

Apprentice of the Year Award – **Tasheen Sahebodin**

Equality and Diversity Award – **Tamanna Siddiqa**

Work Ready Student of the Year Award – **Alistair Hideg**

Work Experience Student of the Year – **Vanessa Kay Fernandes**

Learning Revolution Trust Student of the Year Award – **Jeffrey Darkwa**

Outstanding Contribution to College Life Award – **Daniela Bargan**

Group of the Year Award

– **Children and Young People's Workforce**

Staff of the Year Award – **Bindya Faisal**

Representing Newham College with Distinction

– **Newham College Cricket Team**

Governors' Award – **Monique Smith**

Higher Education Student of the Year Award

– **Saima Rafiq**

Further Education Student of the Year Award

– **Martin Muhumuza**

We've brought back



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*April 2019 – March 2020

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Tenant and Leaseholder Forum

Are you a council tenant or leaseholder?

If so, come along to one of our forums to discuss issues that matter to you. We want to hear about where you live and how we can improve these areas. This is also a great opportunity to meet your Housing Liaison Officer.

tandlforum@newham.gov.uk

www.newham.gov.uk/HousingLiaison

People at the Heart
of Everything We Do



SHOW UP FOR A FUN WEEKEND

The Newham Show, the borough's biggest free fun event, takes place this weekend and here is a reminder of what's in store. It starts at 12pm on Saturday (13 July) at East Ham's Central Park and continues on Sunday (14 July).

This year's event will be more of a festival, featuring seven live stages across the site. We have listened to the feedback that we have received through resident groups and are pleased to say that the show reflects these changes.

This year the focus is on young people but that doesn't mean we've forgotten about the grown-ups.

Here is a sample of some of the activities and zones you can enjoy visiting during the weekend.

IT'S ALL ABOUT THE YOUTH

This year's Youth Stage will be hosted by the amazing Ashley J and Jade Hackett. The stage will showcase live bands, MCs,

dance crews and beatboxers. With performances from Newham Music, East London Arts and Music (ELAM), University of East London, East London Dance, IMD Legion and Rain Crew, there will be a plethora of home-grown, fantastic talent for you to check out.

PICNIC AREA

Expect entertainment from a bygone era with brass bands including 282 Squadron (East Ham) Air Cadets' Big Band, as well as contemporary jazz with Trio Manouche and Faith I Branko, and local musical talent as you sip cool refreshments. The picnic setting will be complete with stripy deckchairs, a pop-up bar, tea stall and Victorian bandstand.

CHILDREN'S AREA

At this year's show we are transforming the Children's Area into Peter Pan's Neverland. Come and explore this haven for dance, music and play and

lose yourself in the delights of these magical woodlands.

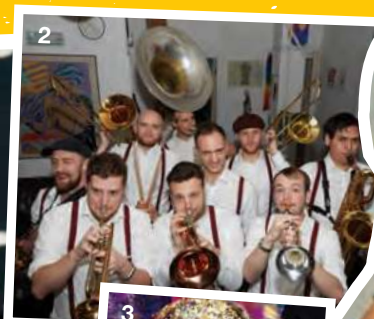
Peter Pan himself will be at the show with his Lost Boys while the Discover Marquee will be running story-telling sessions throughout the day.

BIG TOP

This year's Big Top will be hosted by ringmaster Barnum Bananas who will introduce a wide array of spectacular acts including aerial acrobatics, jugglers and comedians. One of the highlights is the Slightly Unusual Illusion Show with their magic and mystery.

**The Newham Show
Saturday 13 & Sunday 14 July,
12-6pm
Central Park, East Ham, E6**

The Newham Show will feature acts and activities including 1. Faith I Branko; 2. Dasbrass; 3. Bazaar; 4. Taal Tarong and 5. NECTR



Residents free to nominate worthy citizens



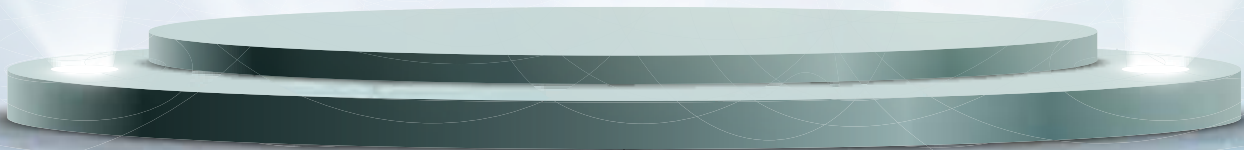
Mark Noble and Christine Ohuruogu



Squadron Leader Pujji



G Company 7 Rifles



Freedom of the Borough and the title of Alderman or Alderwoman are the highest awards that Newham Council can bestow on its residents. Now, for the first time, residents can play a part in suggesting who should receive them.

In the past West Ham United footballer Mark Noble, Olympic gold medal winning athlete Christine Ohuruogu, Squadron Leader Mohinder Singh Pujji, G Company 7 Rifles, and others who have made a significant contribution to Newham life past and present, have been afforded the honour.

Newham Council agreed in June that local people will now be at the heart of the selection process by being able to nominate candidates. Previously nominees were proposed and considered by the Mayor and councillors. An awards panel will now review suggestions put forward by residents and submit recommendations to the Council to consider.

The panel will consist of:

- The Mayor of Newham;
- The Chair of Council;
- The Chair of the Overview and Scrutiny Committee;

- An independent member of the Standards Advisory Committee;
- A member of Cabinet, Deputy Cabinet, or Commissioner;
- One other member of the Council;
- Two youth representatives;
- Two external borough-wide partner representatives.

Any person meeting an agreed criteria can be considered for the award of Freedom of the Borough, whereas only former councillors can be proposed as Aldermen or Alderwomen.

Mayor Rokhsana Fiaz said: "Freedom of the Borough is awarded to persons of distinction and those who have given eminent or exceptional service to the borough.

"In line with our agenda of transparency and inclusivity within this administration, I have requested that officers review the current Freedom of the Borough nomination scheme. It will ensure that the process is changed to encourage nominations from residents as well as councillors."

More details on how you can nominate will be revealed in a future issue of the Newham Magazine.



Residents of the Windrush generation have made a huge contribution to the life of Newham and the country.

Although many have been affected by the hostile attitude of central government towards those who came to the United Kingdom on board the MV Empire Windrush in 1948, Newham Council is determined to celebrate the huge contribution the Caribbean community has made to the borough.

Hundreds of residents enjoyed a day of celebrations at the Old Town Hall in Stratford to commemorate National Windrush Day on 22 June. Organised by the council, more than 60 people enjoyed a coffee morning hosted by the Retired Caribbean Nurses Association.

People also enjoyed a Caribbean tea party hosted by Herbs 4 Healthy Living, while discovering different ways of finding out about their ancestry with the Tony Cheeseman Foundation, or went to a reminiscence workshop run by Eastside Community Heritage. Interactive Windrush visual arts and craft workshops were among other attractions on offer during the day run by Anahata Trading and Nzinga Project. Others brought in old photographs and memorabilia as they

shared stories of their lives.

Newham councillors Delphine Tohoura and Tonii Wilson joined Maria Xavier, who shared the story of her father, Asquith Xavier, who became the first non-white train guard at Euston Station after challenging racism in 1966.

More than 300 people attended the evening's entertainment, which included dancing to the sounds of the Casino Royale Steel Band, the Riddim Squad, Fifth Element and Mr Funky.

Mayor Rokhsana Fiaz and Deputy Mayor Councillor Charlene McLean also joined in with the celebrations. Cllr McLean said: "We know the huge contribution the Windrush generation has made to the life of both this country and this borough. This celebration was our way of acknowledging all that they have done but also to send out a clear message that we must support those that are caught up in the Windrush scandal."

Residents affected by the Windrush scandal can visit the Joint Council for the Welfare of Immigrants at www.jcwi.org.uk for advice.



The Royal Docks will once again become a home for family fun during the summer.

Residents can see what the area has to offer during a three-month festival called Join the Docks. From 6 July to 28 September you can explore the area's beautiful water, parks, outdoor spaces and venues at more than 40 events and activities.

The Royal Victoria Dock will host a Kids Summer Splash attraction complete with beach and paddling areas, and open water swimming in a controlled environment. There will also be performances, music stages, interactive experiences, art installations and community festivals through to talks and tours.

Most events are family-friendly, free to attend, and will be delivered by a diverse range of local, creative organisations, groups and artists. The festival is part of a joint initiative by the Mayors of London and Newham, with the aim of creating a new and unique opportunity to do things differently to amplify the voices of people living and working in the area.

Newham Mayor Rokhsana Fiaz said: "The festival will span four kilometres of London's historic docklands during

the summer, giving everyone the chance to enjoy the weather in a stunning part of Newham. I urge everyone to see for themselves just what an amazing place the Royal Docks is and how much it has to offer."

For more information, visit: <https://royaldocks.london/jointhedocks>

Have your say on the future of the Royal Docks

The Royal Docks, London's only Enterprise Zone, is set to become a major new district for the capital, creating 60,000 jobs and 4,000 homes by 2038 with more than £5billion of inward investment.

Residents are encouraged to share their views and ideas about the future of the area, including the **Royal Docks and Beckton Riverside Opportunity Area Planning Framework**.

For information on how to get involved and share your views, visit: <https://royaldocks.london/consultation>

FAITH IN OUR COMMUNITIES

Newham is a place that celebrates its diversity because it makes us stronger. Both diversity and strength were evident when more than 100 community leaders came together at the Old Town Hall in Stratford.

The purpose of the event, which was organised by Newham Council, was to focus on the idea of social integration and how faith leaders could help bring people together. Councillor Canon Ann Easter hosted the event as part of her new role as Newham's Commissioner for Interfaith and Inter-religious Dialogue. The Metropolitan Police and members of Newham's Standing Advisory Council on Religious Education (SACRE) were also represented.

Mayor Rokhsana Fiaz announced plans to introduce a social integration strategy, which would be shaped by the views of local faith leaders.

She said: "Newham is a unique and amazing place – it is one of the most diverse places in the country, if not the world. For a community as diverse as Newham, social integration is essential. This is not some fluffy feel-good policy. It is evidence based and goes right to the heart of what the council is for - which is promoting the wellbeing of residents.

"Our social integration strategy will help balance those important inward-looking cultural networks with wider engagement. Those who were

'the other' can then become colleagues, neighbours, acquaintances and even friends. We are currently facing big social changes and challenges. We have a duty to ensure London remains an open, welcoming world city, and we need to ensure communities are cohesive and integrated so that we can deal with those challenges."

The council has already taken steps to promote social integration. Last year, it held a big Christmas lunch which brought together people from across the community. It also celebrated national Windrush Day with a day of events which recognised the great contribution the Windrush generation has made to Newham and the country.

Additional engagement events will be held with faith and community leaders during the summer.



Newham United Dialogue

London City Airport is consulting on a new draft master plan



London City Airport has published a new draft master plan, setting out a framework for how the airport can respond to continued demand for air travel in a sustainable and responsible way between now and 2035.

Delivering this growth could provide 2,500 additional jobs locally and contribute £2 billion to the UK per year by 2035, as well as leading to even greater investment in our communities.

We want to hear your views on the draft master plan. The 12 week consultation period from 28th June to 20th September 2019 is a chance for you to have your say and for us to take account of feedback before finalising our future framework.

Why now?

The airport has experienced significant growth in demand, with passenger numbers up 42% in the past five years, driven by population growth and the continued success of East London. The population of Newham alone is expected to grow by 31% by 2035. The airport is no longer just for the City, Canary Wharf and financial districts, and is attracting an equal proportion of business and leisure passengers. It is time to respond to continued demand.

We want to hear from you.

The 12-week public consultation will commence on 28th June and run until 20th September.

You can visit www.londoncityairport.com/consultation for more information and to respond online or download forms. Forms can also be found at consultation events. **Freepost is available.**

What we are seeking views on ✓

<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>The creation of 2,500 jobs locally by 2035</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>Making best use of our existing runway</p> </div> <div style="border: 1px solid #ccc; padding: 5px;"> <p>We support more people getting to and from the airport by public and sustainable transport.</p> </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>Greater proportion of new generation aircraft that are quieter and create fewer carbon emissions</p> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>Greater flexibility to operating hours at the weekend</p> </div> <div style="border: 1px solid #ccc; padding: 5px;"> <p>Maintain the speed, efficiency and convenience that passengers love</p> </div>
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What this draft master plan will not consider ✗

<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>A new runway</p> </div> <div style="border: 1px solid #ccc; padding: 5px;"> <p>Operating any night flights between 10:30pm and 6:30am</p> </div>	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 10px;"> <p>The operation of any noisier aircraft than at present</p> </div> <div style="border: 1px solid #ccc; padding: 5px;"> <p>An increase in the airport's noise contour</p> </div>
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1. Greenwich
Broadwater Village Hall
Date: Tue 9th July
Time: 15:30 - 19:30
1c Goosander Way, West Thamesmead, London SE28 0ER
10 minutes walk from Plumstead station

2. Newham
Canning Town Library
Date: Wed 10th July
Time: 16:30 - 19:30
Rathbone Market, 18 Barking Rd, Canning Town, London E16 1EH
5 minutes walk from Canning Town station

3. Central London
The City Centre
Date: Wed 11th Sep
Time: 12:00-19:00
80 Basinghall Street, City of London, EC2V 5AR
5 minutes walk from Bank station

4. Tower Hamlets
Southern Grove Community Centre
Date: Thu 12th Sep
Time: 15:30 - 19:30
Southern Grove, Mile End, London E3 4FX
5 minutes walk from Mile End station

5. Royal Docks
Royal Docks Learning and Activity Centre
Date: Sat 14th Sep
Time: 10:00 - 16:00
Albert Road, London, E16 2JB
5 minutes walk from King George V station



WORKING TO CREATE HEALTHIER STREETS

Newham Council is committed to tackling climate change and improving the quality of air our residents breathe.

Councillors joined pupils and staff at Salisbury Primary School in Manor Park to mark Clean Air Day on 20 June. A campaigning march and demonstration encouraged parents and residents to ditch the car and switch to sustainable transport like walking, scooting and cycling.

The school has appointed pupils to be Air Quality Ambassadors to work with the Greater London Authority and Newham Council to secure funding for a new “greening project” to improve the air quality around the school.

The children have lobbied parents and governors to change their travel behaviours, and produced posters displayed outside school at drop-off and pick-up times.

They showed councillors the work they have been doing to tackle air pollution. They also tested equipment that measures air quality near their school, close to passing vehicles.

Newham’s newly appointed Air Quality Commissioner, Councillor Mas Patel, said: “With seven in every 100 deaths in Newham linked to poor air quality, this young generation of school children are being put at risk by the behaviour of adults. I am so impressed by the work these young children have been doing – and the great news is that it is working.”

Newham Council has funded and will be installing 96 air quality monitoring devices outside all its schools in August.

The council has also launched a consultation, as part of its Healthy School Streets project. Its aim is to gain residents’ views on its plans for a six-month pilot scheme involving six schools, in addition to Salisbury primary, to make the streets outside them pedestrian and cycle-only zones during morning drop-off and afternoon pick ups.

The pilot will involve streets around:

- West Ham Church of England Primary School, St Lucia Drive, Stratford;
- Godwin Junior School, Cranmer Road and Godwin Road, Forest Gate;
- Woodgrange Infants School, Sebert Road, Forest Gate;
- Roman Road Primary School, Roman Road, East Ham;
- Lathom Junior School, Lathom Road, East Ham;
- Chobham Academy, Cheering Lane, Stratford.

For more information and to take part in the consultation, which ends on 22 July, visit: www.newham.gov.uk/HealthySchoolStreets



Councillors with school staff and children



Air quality officer Tim Baker explains how the device works

Applications open for business awards

Businesses across Newham have been invited to celebrate their success and boost their profile by taking part in this year's Newham Chamber of Commerce business awards.

The awards are designed to promote businesses of all sizes. Lloyd Johnson, chairman of the Newham Chamber Executive Committee, said: "These awards provide a fantastic opportunity to celebrate business in Newham. Whether you are a big, medium or small business, you should apply. There are 14 varied categories and a win can raise the profile of your business."



The awards are sponsored by local employers including Tate & Lyle, London City Airport and Newham Council. They will be presented at the Old Town Hall in Stratford on 10 October.

The closing date for applications is Friday 30 August. To apply or for further information about the awards and categories visit www.newhamchamber.com/awards2019/

YOUNG CAN GET A TASTE OF WATER FUN



Youngsters keen to sample activities on the water during the summer can sign up for taster sessions at the Royal Docks.

Activities include sailing, canoeing, paddle-sports and raft-building and are part of a project called On The Water being run by the Sea Cadets. It is aimed at young people aged ten to 14.

Jennifer Hyatt, project co-ordinator, said: "We want to engage with young people, especially those who have never taken part in water activities before and are keen to try something different, learn new skills and even gain experience and qualifications along the way."

The sessions, which are free, will take place from 5 to 30 August. Instructors will run four sessions every day at 9.30am, 11am, 1.30pm and 3pm. You don't need to be a Sea Cadet to join in.

To book, contact Jennifer on jhyatt@ms-sc.org or call 07971 393591 or visit www.sea-cadets.org/get-started/on-the-water



Pets weren't left out of the fun



Children also took part



Rainbow crossing helped set the scene



The Mayor joined residents

Forest Gayte is full of Pride

Mayor Rokhsana Fiaz joined hundreds of residents who took to the streets in the warm summer sunshine for this year's colourful Forest Gayte Pride festival.

The two-day celebration of Lesbian, Gay, Bisexual and Transgender (LGBT) culture, community and friendship on 28 and 29 June included a number of venues and activities in Forest Gate.

It included a Pride carnival procession, a pub quiz, readings and poems, a magic show and films. Earham Grove was turned into a play street. There were information stalls at Woodgrange Market, DJ sets and a specially installed rainbow coloured pedestrian crossing outside Forest Gate Station.

This year's festival was significant because 28 June marked 50 years since the Stonewall riots in New York, which gave birth to the modern Gay Pride movement.

Mayor Rokhsana Fiaz and Councillor Rachel Tripp joined residents in the colourful Pride procession. The Mayor said: "Forest Gayte Pride shows us just how far we've come in ensuring equal rights for people, irrespective of who they love.

"This was a fun, happy occasion but we should all be acutely aware that there is so much more that needs to be done so that we can all celebrate diversity and difference. I thank the fantastic residents who put the event together.

"It has really grown over the past three years and I look forward to working with them to make it an even bigger and better celebration of our diversity, our inclusivity, and our Lesbian, Gay Bisexual and Transgender family. Newham will remain a place that challenges discrimination, homophobia and attacks on our gay community."

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



Hiya Trivedi, 9



Nadia Alzein, 10



Rugayah Patel, 7



Malaiika Shahzad, 11

Colour-me-in Word-Fit

Poem

Rollercoaster of emotions

Happiness showered over me,
Like raindrops falling from the sky,
heavenly.
When I finally completed my SATS,
I was filled with glee.
I felt like everything was done,
And it was time to have fun.

Relief enveloped me like a comforting
hug,
When I strolled out of the classroom.
I experienced a rollercoaster of emotions,
Highs and lows every moment.

Although the joy surged through my veins,
Nerves nearly took the reins.
The prospect of secondary school
loomed closer,
As the term flew by, faster.

Luckily, tranquility was on my side,
Transitions helped ease my mind.
Savouring my final moments in primary,
As I looked ahead to my growth in
secondary.

By Zubair Hasan, 11

Word-Fit

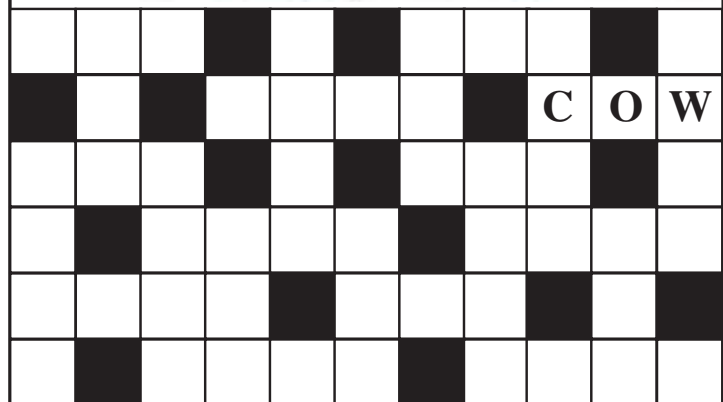
You must fit all the words into the grid

3 letters

APT
ASH
NUT
PAW
RAW
SEA
SPA
TWO
USA
YAM

4 letters

ACHE
ARIA
HYMN
OHIO
OMIT
SOUP
STAY
SWAN
TEAK
TERN
WORM
YAWN



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.



Stratford Picturehouse, Theatre Square, E15

WHAT'S ON



UNDER-FIVES

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

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

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

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

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

Baby and Toddler Group 🌟 Play sessions run by

Plaistow Children's Centre. Mon, 9.30-11.15am, Jeyes C.C

Baby Rhyme 🌟 Weds, 12.30-1.30pm Manor Park, Thurs, 10-10.45am East Ham

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

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

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

Toddler Time 🌟 Sir John Heron Primary, School Road, Manor Park. Contact Mrs F Patel on 020 8514 9860 for more information. Weds, 9-10am, term time.



YOUNG PEOPLE

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

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

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

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

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

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

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

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

information.

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

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

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

Boxfit (18yrs+) Tues, 6-7pm, Canning Town

Academy Achievers (8-12yrs) Learn to create algorithms to help you design, build and program Lego robots in fun environment. Call 0788 990 7999 for more details. Sat, 12.30-2pm, Manor Primary School, Richardson Road, Stratford.

Chatter Books (7-12yrs) 🌟 Book club aimed at inspiring young children to read for pleasure. Sat, 2.30-3.20pm, Plaistow; Tues, 4-5pm, North Woolwich; Mon, 3.30-4.30pm, Manor Park; Sat, 3-4pm, Custom House & Canning Town; Weds, 4-5pm, East Ham.

Adults Arts and Craft Thurs, 1-2.30pm, Plaistow

Summer Reading Challenge: Space Chase Launch For children and families. Fun activities including face painting, henna, craft and Space Chase reading programme, and an out-of-this world adventure inspired by the 50th anniversary of the first moon landing on 20 July 1969. Sat, 20 Jul, 12-4pm, Manor Park



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

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

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

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

Crochet 🌐 Mon, 10am-12pm, Plaistow



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

Basic Computer Skills 🌐 Thurs, 10am-12pm, Manor Park

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

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

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

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

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

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

Time for Technology 🌐 Drop-in support session to get you online. Fri, 2-3.30pm, Forest Gate (term-time)

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

Thames Dragons Dragon Boat Club For more information visit www.thamesdragons.com First three sessions free. Sun, 10am-12pm, Tues, 7pm (summer only) London Regatta Centre, Royal Albert Dock, E16

Talking Point English classes (pre-intermediate, 18+) for adult learners seeking to improve their conversation skills. Call Chris on 07722 521032 for more details. Sun, 3.30-5pm, £2 per class. USS, 1 Salway place, Stratford, E15

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

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

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

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

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

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

Ferry Festival 🌐 Free entry and activities including live music, community talent, arts and crafts, history, mini fun fair, market and food stalls. 10 Aug, 2-6pm, Royal Victoria Gardens, Royal Docks, E16

Group (15yrs+) 🌐 Times bestselling author of The Baby Ganesh Detective Agency series Vaseem Khan will be hosting this free book club and writers' course. Tues, 6-7.30pm, Manor Park

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



COMMUNITY
ACTIVITIES

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

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

Social Media in Everyday Life (18yrs)  1st Sat of month, 11am-12pm, Canning Town

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

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




BOXING AND
SELF DEFENCE

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

A1 Judo Club Judo Tots (3-4 yrs): **Weds, 5-5.45pm**; Under 8s Judo (5-7 yrs): **Weds, 5.45-6.45pm; Sat, 2.30-3.30pm**; Over 8s judo: **Weds, 6.45-8pm, Sat, 3.30-4.30pm**,

East Ham Leisure Centre, £6. First session free. Contact Tahmina on 0772 585 8796 or visit www.a1judo.com


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


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



GREEN

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

Community Gardening  **Tues 10.30am-12.30pm**, Beckton C.C; **Thurs, 4.30-6pm**, St John's Green, Albert Road, North Woolwich


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

0754 3810969 for details.

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

Gardening Club  **Thurs, 10am-12pm**, Plashet Park


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

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



HEALTH AND
FITNESS

Yoga Build strength and tone muscles, improve body pain, stiffness and fatigue. Suitable for all levels, open to men and women. **Mon, 6-7.30pm**, Beckton (open to all); **Thurs, 8.15-9.15am** (over 55s), Forest Gate; **Sat, 10am-12pm, Thurs, 6.45-7.45pm** (£1 per person) Plaistow; **Thurs, 6-7.30pm**, (£2 per person) Stratford; **Tues, 1.30-2.30pm**, (over 50s free, under 50s £2) Jack Cornwell C.C; **Mon, 6-7.30pm, Tues, 6-7.30pm**, (free for all ages) Green Street; **Weds, 12.30-1.30pm, Fri, 1-2pm**, (£3.50 per session) Katherine Road C.C

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

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

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

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

beginners, Weds, 8-9.30pm. Carpenters & Docklands Centre in Gibbins Road, Stratford, E15 2HU. Contact Mick Foulger on 07985601260 or Paul Willis on 07836659605, or mick1f@talktalk.net or paulwillis83@live.co.uk for more details.

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

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

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

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

HEALTH AND FITNESS

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

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

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

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

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

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

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

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



50+ ACTIVITIES

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

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

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

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

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

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

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

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

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

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

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

Healthy Hearts Program Weds, 3.30-4.30pm, Plaistow

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

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

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

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



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

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

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

Tai Chi Fri, 11am-12pm, Plaistow

Resistant Band Pilates Thurs, 12.15 to 1.15pm, Jeyes C.C

Chair Based Zumba Tues, 11.30am-12.30pm, Jeyes C.C

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

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

FEMALE SPORTS

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

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

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

Women's Self-Defence Class Mon, 10.30am-12.30pm, Katherine Road C.C

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

SPORTS

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

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

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

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



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



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

FOOTBALL

BASKETBALL



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

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Mon, 5-6pm, Newham Leisure Centre. Weds, Fri, 5-6pm, NewVic, E13 Contact Paul495@btinternet.com or call 07811 671 082

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



RUNNING AND ATHLETICS

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

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



COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. Mon, 15 Jul, 7pm, Council, Old Town Hall, Stratford; Tues, 16 Jul, 6pm, Strategic Development Cttee, Old Town Hall, Stratford; Mon, 22 Jul, 7pm, Local Development Cttee. For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat 27 July, 10am-12pm, Stratford Library, The Grove, Stratford, E15. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery 21 August. Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query.

CONTACT DETAILS

LIBRARIES

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

COMMUNITY CENTRES (C.C)

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

LEISURE & SPORTS VENUES

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

FREE

Newham London

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People at the Heart of Everything We Do

Programme subject to change.