

Plaistow's Community Citizens' Assembly

Monday 21st September 2020



Welcome

- Welcome to the Plaistow Community Assembly – annual review meeting
- Today is the 5th and last assembly of this current cycle of community assemblies

Housekeeping

Venue

- Fire exits and amenities
- Accessibility
- Photography
- Table Hosts and Room Team

Opening Poll

- Which ward are you from?
- Have you heard of Newham's Democracy Commission?
- Did you participate in it in anyway (at the events or the online discussion)?

The purpose of today's assembly

- To update you on:
 - The Community Plans and the community projects delivered over the last 12 months
 - Ongoing service improvements
- An opportunity to give feedback on:
 - the projects and services improvements
 - the whole cycle of community assemblies
- To give you a brief overview of the Democracy Commission recommendations



Schedule

Schedule	Duration
Welcome	5
Intro & Housekeeping	5
Video of Mayor's Speech	5
Director and Working Group Intro	5
Presentation 1 - Projects & Service Improvements	15
Round 1 – Tables / Breakout groups	15
Round 2 – Tables / Breakout groups	15
Plenary Report backs	10
Video on the Democracy Commission Recommendations - evaluation	10
Closing remarks – Councillor Charlene McLean	5
Next steps & Thank you	
Total	90 minutes



**People at the Heart
of Everything We Do**



Introductions

Mayor Rokhsana Fiaz OBE

Lead Member - Regeneration, Planning and
Strategic Housing Delivery



Introductions

Colin Ansell

Corporate Director – Adults & Health (DASS)



**People at the Heart
of Everything We Do**

Working Group Members



Shaba Ali



Beverley Biggs



Nicole Morris



Nicky Edwards



Hina Shah



Linette Baker



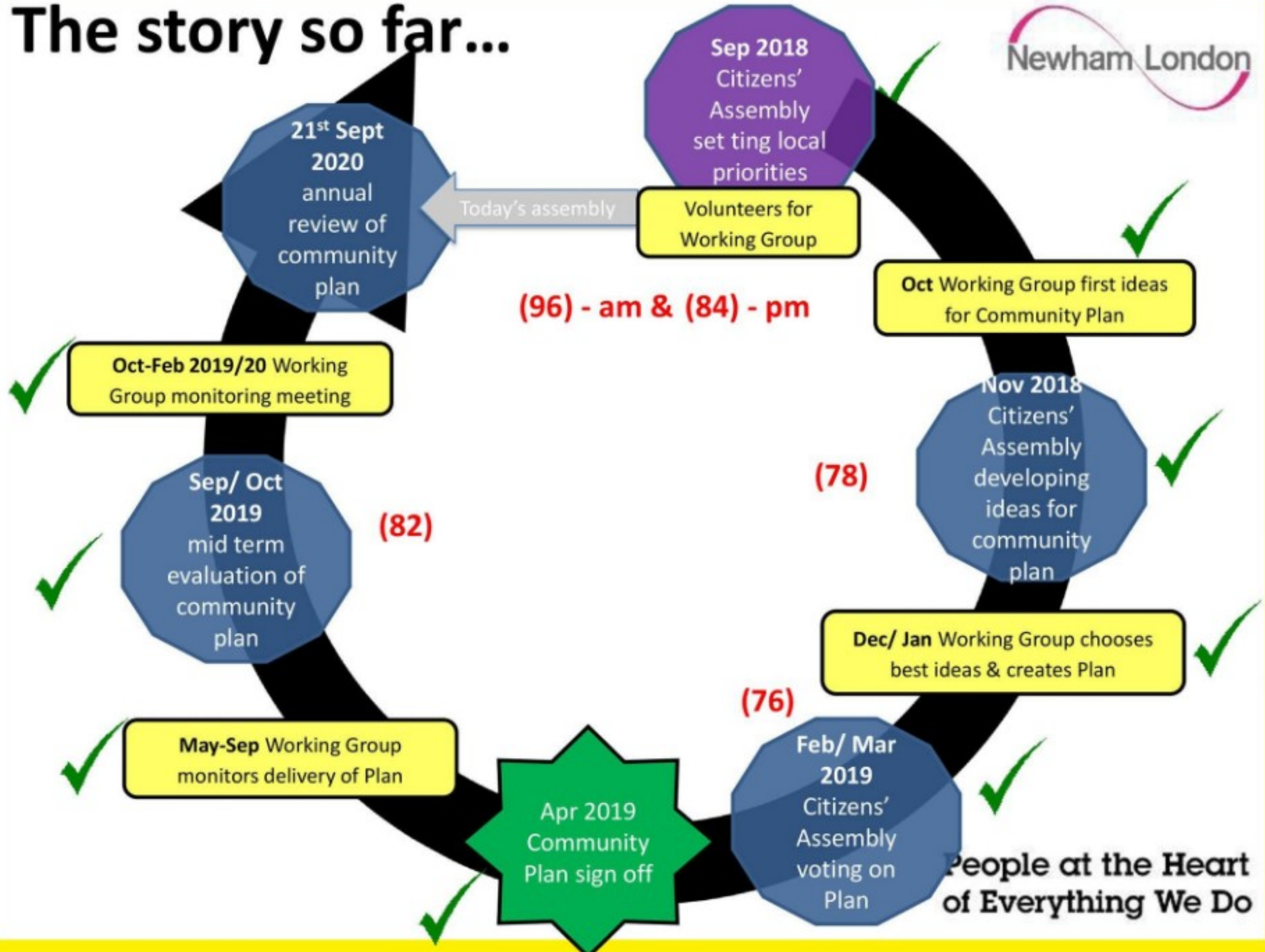
Yetunde Muda



Tony Miley

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The story so far...



The story since September 2018

Previous Assemblies:

- 416 attended the 5 previous assemblies
- 8 active Working Group Members
- Support from LBN services and stakeholders
- Service improvements, projects and budget allocation

Community Plan: budget					
Potential projects	Cost	Chosen projects	Potential projects	Cost	Chosen projects
1. Community Clean Up Days	£2,000		10. Community Roadshow	£2,500	
2. My Space	£3,000		11. Digital Eagles	£500	
3. Street Connections	£3,000		12. Cooking For Health	£7,800	£7,800
4. Community Garden	£5,000	£5,000	13. Older People Leisure Pass	£5,225	
5. Chicken Box	£250		14. Hire Me 4 Free	£2,000	
6. Walking for Health	£1,000		15. Sports Tasters	£6,000	
7. Fight Fitness Session	£9,500	£9,500	16. Table for 2	£5,000	
8. Lunch Club	£2,000	£2,000	17. Community Ambassador Scheme	£750	£750
9. Health Drop in	£650				
Priority 1 Priority 2 Priority 3 			Total cost		£25,050
			Money left from £25k		-£50

Priority 1

Project 1: Community Garden – Wild Green E13

- Resident group have formed & meet monthly called Wild Green E13
- Social Network set up – Facebook, WhatsApp, twitter and Instagram
- Consultation completed with local residents
- Initial designs developed
- £5000 has been allocated (planters/tools/materials)
- Applied for external funding - £2500 PSBL
- Next Steps – application for planning permission, LBN to issue a license to operate within New City Green.



Contact for further information:
rebeccadoolan@hotmail.co.uk



www.facebook.com/wildgreene13/



@wildgreen_e13



Instagram - @wildgreen_e13

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Priority 2

Project 2: Fighting Fit



Height, weight and Blood pressure measurements



Studio exercises



Hand eye co-ordination



Gym Sessions



Beverley, Nicole and Tony



Fighting Fit Class



People at the Heart of Everything We Do

Results after 6 months

Participant 1: Male aged 59yrs

Initial Check:	Weight 80.8kg	BMI 29.3	BP 119/77
Recent Check:	Weight 76.2kg	BMI 27.6	BP 111/67
Difference:	Down 4.6kg (6.7%)	Down 1.7pts	

Participant 2: Female aged 56yrs

Initial Check:	Weight 74kg	BMI 31.4	BP 131/72
Recent Check:	Weight 71kg	BMI 30.3	BP 125/72
Difference:	Down 3kg (4.1%)	Down 1.1pts	

Participant 3: Male aged 64yrs

Initial Check:	Weight 94kg	BMI 29.3	BP 128/76
Recent Check:	Weight 91kg	BMI 28.4	BP 127/84
Difference:	Down 3kg (3.2%)	Down 0.9pts	

Participant 4: Female aged 57yrs

Initial Check:	Weight 64.5kg	BMI 26.4	BP 118/82
Recent Check:	Weight 63kg	BMI 25.9	BP 105/69
Difference:	Down 1.5kg (2.3%)	Down 0.5pts	

Participant 5: Female aged 77yrs

Initial Check:	Weight 61.3kg	BMI 29.5	BP 146/86
Recent Check:	Weight 60kg	BMI 28.9	BP 113/64
Difference:	Down 1.3kg (2.1%)	Down 0.6pts	

Participant 6: Female aged 62yrs

Initial Check:	Weight 93kg	BMI 35	BP 126/79
Recent Check:	Weight 90kg	BMI 34.3	BP 140/79
Difference:	Down 3kg (3.2%)	Down 0.7pts	

Participant 7: Female aged 78yrs (attended 14 sessions)

Initial Check:	Weight 69.3kg	BMI 30.8	BP 122/102
Recent Check:	Weight 64kg	BMI 29.7	BP 111/72
Difference:	Down 5.3kg (7.6%)	Down 1.1pts	

Priority 2

Project 3 : Cookery Club

- 4 Programmes a year each for 6 weeks
- 12 Participants per session
- Referrals from Project Surgery/Essex

Lodge/Active Newham

Session 1	10 Jul – 14 Aug
Session 2	16 Oct – 20 Nov
Session 3	15 Jan – 26 Feb
Session 4	11 Mar- 15 Apr (due to COVID 2 sessions were not completed)

Learn to be healthier and happier

Wednesdays: 10, 17, 24, 31 July and 7, 14 August

Come and...

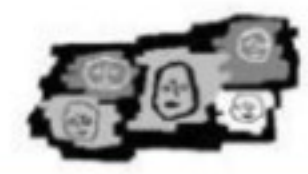
- Cook tasty food for less,
- Develop new skills,
- Meet new people

Join us at this free 6 week cookery club to learn to cook food that improves your health and wellbeing!
 £10 refundable deposit will be required.
 55's and over

To book your free space - Call Plaistow Library on 020 3373 0859 or email: CN.Plaistow@newham.gov.uk

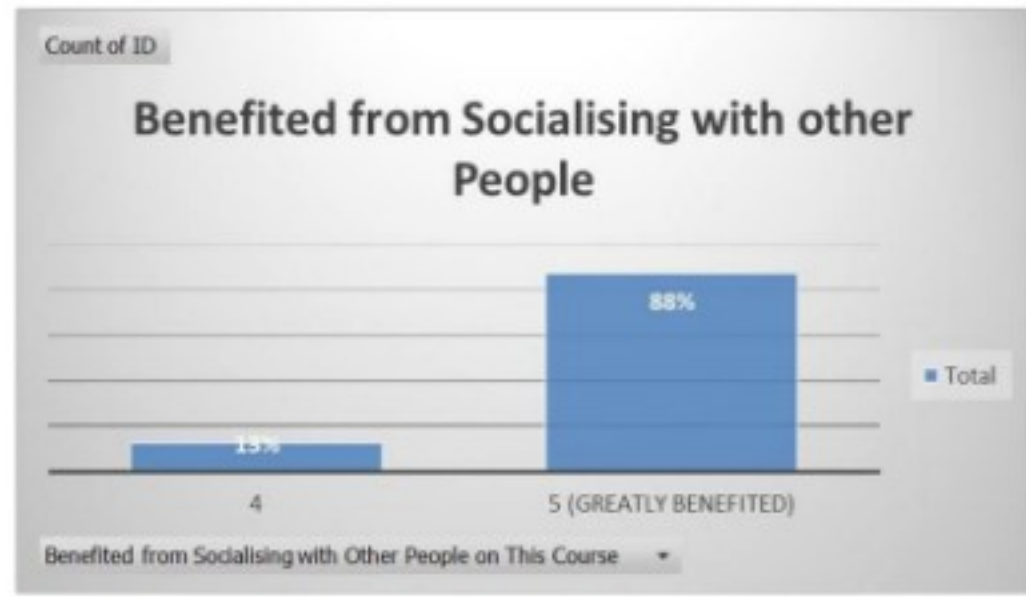
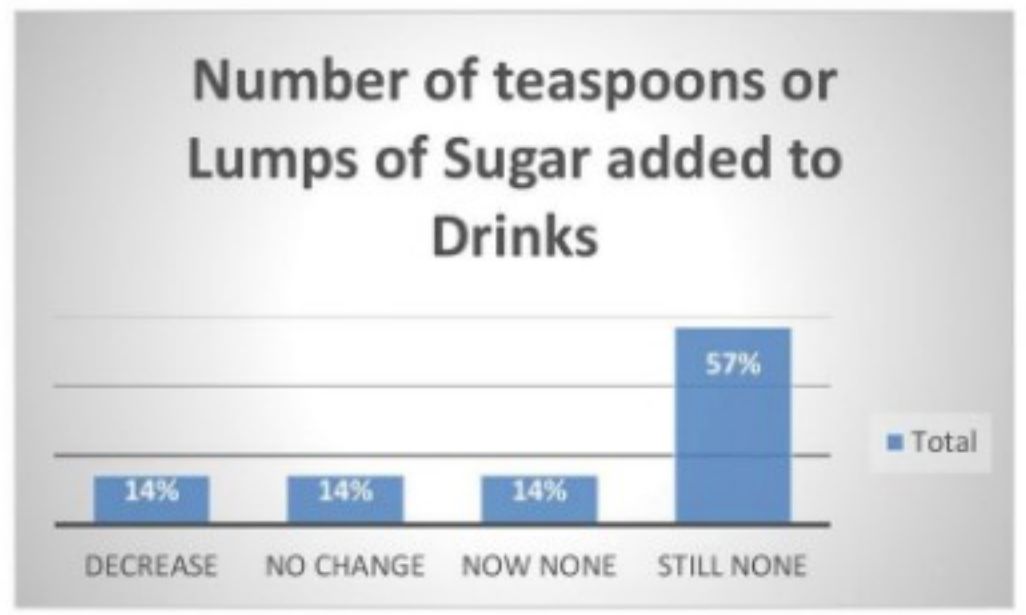
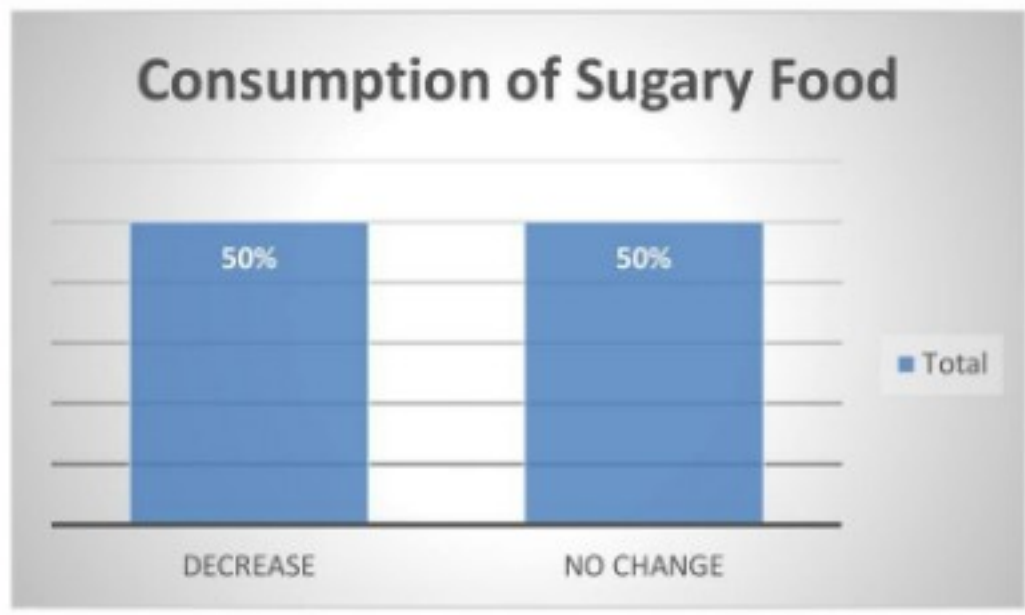
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Newham London



People at the Heart of Everything We Do

Priority 2





Brian giving a group demonstration



Shaba with group 2



Nicky and Hina enjoying a homemade breakfast muesli



Participants presented with a recipe book and certificate of completion

Priority 2

Project 4: Lunch Club

- 50 residents attended each of the events
- Councillors Charlene Mclean, Jane Lofthouse, Joy Laguda, Ann Easter
- Residents were supported by their carers and we provided free transport for those who needed support.
- New City Primary School, Curwen Primary School, New Vic College, Victory Youth Group, SMART Women's Group
- 9th April – Easter event – cancelled due to Covid-19

25th July - Summer Event



12th December - Christmas Event



27th February – New year Event



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Lunch Club Comments

“Very tasty Lunch”
Bob!

“Met someone who lives on my street for the first time. We’ll keep in touch. More”
Solomon!

“Made lovely friends on my table. Good”
Linda!

“Made my day. Would have been home by myself”
Brenda!

“Thanks for the transport to get there”
Frederick!

“Great job bringing our community together”
Shaheen!

“It was very enjoyable. It would be a job to improve”
Larry!

Priority 3

Project 5: Street Ambassadors Scheme

Email: CNPlaistow@newham.gov.uk



- Encourage and promote friendly neighbours
- Revitalise your street
- Look out for each other
- Develop social networks – twitter/Wats App
- Access to funding
- Eyes & Ears
- Safe, vibrant and welcoming

Newham London

11 – Plaistow South



17 – Plaistow North



People at the Heart of Everything We Do



The story so far...

Service Improvements – ASB

- Love Newham, 28 officers coverage increased

Service Improvements – Cleansing Waste and Recycling

- Bulky Waste Collection, online workshops, social media, education programmes in schools, roadshows

Service Improvements – Parks, Shape Newham

- Shape Newham is a community and artist led initiative investing - £1.5m in imaginative and original public art and public realm enhancements across the borough - £90,000 allocation www.shapenewham.co.uk



People at the Heart of Everything We Do

Plaistow Park – Improvements this year.....



Parents of Plaistow Park



Walk leader's



Painting



Planting



Wall Ball courts



Summer Programme – Active Newham



Outdoor Gym

What are your thoughts on the projects that have been delivered?

Very good

Healthy Cooking was brilliant

I enjoyed the cooking and exercise and the activities were very good

Great things have been achieved since the assemblies have started

Lots has been done - lots has been achieved - the Newham Mayor has ensured that this is a success and I have seen great things

Outdoor gym was great to use in these restricted times

Greenway orchard great

cookery class was excellent, it should be extended and there should be 6 classes so that people will get a chance to learn to cook properly

Everyone totally enjoyed themselves

What are your thoughts on the projects that have been delivered?

Outdoor gym was great for exercise with children

Good ideas, having the opportunity to have our voices heard and being part of the community.

The social occasions are important for people

Has only attended one citizen assembly - very successful - should be expanded - and continued

What has been delivered is good for people

Lots of people in the area - need more residents involved - how do we scale up and increase the resourcing

Leisure centre gym was used and appreciated by all on the table

The exercise sessions were very helpful and effective

Gym well used by men

What are your thoughts on the projects that have been delivered?

The head teacher - would Lister school to be used as part of the delivery for the projects - and work with the neighbourhoods

Residents want activities on their doorstep - safe space and inter generational working

More people need to be encouraged to get information, i.e. to go to the library to be informed.

Lunch clubs were good

Education is everything

Community Champions project is very good - engage with the elderly through out the year

fighting for years for the spaces to be green, it will be good to see it how it was

All projects are brilliant

Lack of community spirit and community champions project has worked to bridge the gap through out the year not just Christmas

What are your thoughts on the projects that have been delivered?

Healthy cookery was beneficial - now using less salt

The projects gave opportunity to do something different

Kids singing at Lunch was amazing and enjoyed by all

The healthy cooking project huge success

Food at the Lunch Club was delicious with a good atmosphere

Maintaining spaces is important and it affects the residents and local area

So much more can be done

Better promotions of the activities and events that are delivered. Ask GPs, local organisations, etc. to also promote.

Lack of community space available for the neighbourhood - we should work with schools more closely

What are your thoughts on the projects that have been delivered?

Improvements needed on streets - fly-tipping, litter etc

What is happening with street ambassadors project

spread projects far and wide

It would be helpful to have more sessions / advertise ICT / technology sessions for older residents.

Dog fouling in Plaistow park is bad

Gym sessions increased to twice a week would be ideal

Lister school is available for activity delivery

Local people can be very stubborn and do not want to attend the sessions. They should support the programmes so that more people from these projects

Promote street ambassadors project - need more information about successes

What are your thoughts on the projects that have been delivered?

Decrease age for Cookery Club - remove age restrictions

Good presentation

Project based on keeping healthy has been great and loss of weight

The projects are very good, however they need to be advertised better as some residents are missing out on opportunities.

Volunteers to help people that need information would be helpful.

I hadn't realised the poll answer would be submitted

LBN officers/services should actively involve in these programmes to resolve other local issues

My sister lives in neighbouring borough, they do not have community neighbourhood and no good programmes.

A couple of extra pieces of equipment in the park would make it even better

What are your thoughts on the projects that have been delivered?

They sounded interesting and amazing. They were useful and positive in their own way.

Should look towards keeping the Healthy eating and exercise as well as the Lunch Club. Food cooked brilliantly. Entertainment tailored to their needs.

The painting of the railings has been good it gives the place a lift

The healthy eating and exercises were very good.

The cookery club was good in addressing isolation and meeting people. Food is a positive way to meet.

The long term impact has been positive on priority projects and bringing the community together

The idea to ensure healthy eating is very good, irony that Tate and Lyle funded the meals

I am very concerned about climate change and anything else pales in to insignificance. Can we tackle air pollution and other things to halt climate change

i was really happy i wish i knew this earlier

What are your thoughts on the projects that have been delivered?

I think Plaistow Library Link worker is good partnership.

Lunch Club helps residents to make new friends and serves well to reduce isolation and loneliness

They are all brilliant projects - how do people know whats going on? - by Newham website or CN newsletter

Can we have a plant based meal in future - this would be better for the climate

I did not know that these projects were going on. Attended first meeting and missed the others.

Having a variety of projects and activities for residents to get involved in is excellent.

As a parent of a disabled child i would like to see something that they could attend

Can we have more meet ups to ensure greater community cohesion and meetups

Well done everyone!!

What are your thoughts on the projects that have been delivered?

really impressed by the activities - especially the weight loss

"How do you make residents aware of the things going on"?

The cookery classes were excellent it encouraged us to cut back on our salt and sugar - would like to see these continued and some exercise classes

I believe the budget of 25K should be a lot more - at least 50K

these are great projects. Amazing how people have benefitted in blood pressure and weight. We still need to challenge their sugar intake

So many people who are in isolation would need to be aware of these projects

Attended the gym session and it was excellent - you could see the difference and most of us lost weight. The staff were excellent everybody loved it

We need to promote more activities across Palistow South and North so that they receive feedback about improvements re ASB etc

As a resident going to the library was a relief for me, without internet at home, helped me a lot. That's where I found out about all that was going on.

What are your thoughts on the projects that have been delivered?

For £25k we got a lot and this was a great platform and a step in the right direction

Would like to see more projects and activities for all ages.

test

They all seemed good, but lunch Club and fitness stood out.

It has made a difference in the area. It has made Plaistow park great

projects should continue, especially want others hear about them

the council are now challenging air pollution and traffic pollution via a variety of programmes including the LTNs

plaistow library and the team need a big thank you

Projects were fantastic. Well done to Plaistow neighbourhood.

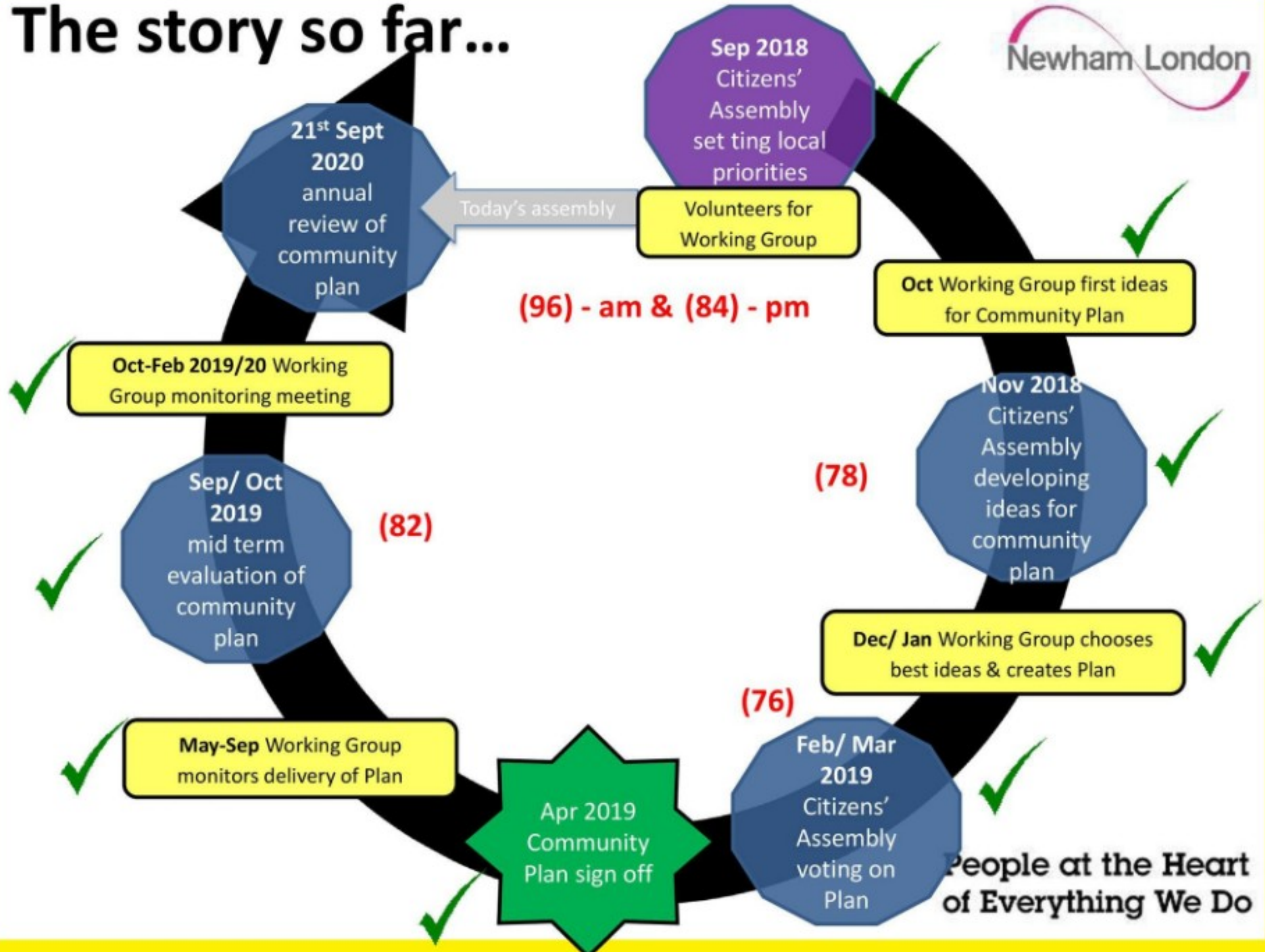
What are your thoughts on the projects that have been delivered?

excellent job and reaching out to others. Hearing the voices of the neighbourhood

Can we send out people with nail polish remover to remove graffiti

thanks to the staff who managed this

The story so far...



People at the Heart of Everything We Do

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

The cycle has gone well

Need to rethink how we involve young people as all do not go to youth centres

Residents felt that they contributed to the development of plans and their voices were heard towards the improvements of Plaistow.

More accessible for all - more younger people should be involved in these ones too

Plans were though limited by the pandemic - should be started vigorously

A time and place for younger people to be involved - more specifically early adults - early 20s

The assembly cycle was helpful and useful

Usual suspects involved - how to open up?

In person assembly works better as a lot of people are not computer savvy

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

promote assemblies wider - old peoples home etc

providing transport to assemblies would boost involvement

As long as different programmes are designed, it should work

Should be more inclusive - everyone should feel that they are a part of this -

Inter generational - the cycle does work very well - marketing needs to be more user friendly - more community groups VCS/ schools etc

Broad goals making the environment nicer - physical exercise - community safety bring people together

Residents are happy with the activities that are being delivered in the area.

18 months is enough time for programmes

Holding meetings and events local, having lots of initiatives - have the meetings in smaller areas in local areas so that all residents can join from both ward areas

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

Lunch for young people to promote assembly involvement

The citizens assemblies process was excellent. The different stages of engaging with residents was effective and outcomes were beneficial to local residents.

Going forward - using technology - to deliver online zoom sessions to save costs and positive outcomes

Council takes a long time to make decisions, it should be quicker and budget could be allocated in advance so that programmes start straight away

Working with local assets - shoe string budget - better resourced - sponsors could be looked at post Covid to provide additional funding,

The council should encourage more residents to volunteer with the working group.

16+ - under 50s lunch to involve in process - get Newvic to cook

The council needs to think about how to get more residents to attend assemblies and be involved in the community.

Cycle can be improved by involving more young people

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

It depends on what people have asked for, the project could be long term but 18 months is good

Will programmes be sustainable after the first cycle

Competitions at Newham Leisure to encourage involvement

You combination of both online and indoor events

Involve more young people

Would have liked more information as this is my first meeting

All sounds really good. Missed out on some. recording is something to look at for those missing out

More awareness about the assemblies and the process

It was over too long a period. A year may be more useful, a year would feel more like a cycle than a series of meetings

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

Have more sessions online

spread the word - we should continue

Tell you neighbours and friends and get more residents involved

A lot of projects and activities are aimed at either 16-24 year old or over 50's. More project to be aimed at all ages

Maybe 18 months was good for the first cycle - future meetings could be a year cycle

advertise in monthly newsletter, Newham magazines, faith Group, CN link team can all help to promote these meetings

It should continue and not break the cycle

There are probably other community to tap into who don't get involved because they don't know it is going on

I didn't know too much about it, I missed one assembly because I arrived too late and couldn't get in. I have missed updates.

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

Awareness and reaching out to people - once you have activities that are working you have the engagement and it would be a shame to stop it

Sustainability of activities that have been delivered to be continued in the future.

I think it has been really well done people feel included

I would like more participation across Plaistow, I want more people to be informed and involved

CN Link worker will be instrumental reaching out to places of worship that has larger groups.

Are we reaching everyone?

Maybe other organisations could continue projects so they don't come to an end

I am glad there will be a further cycle

Communication is a challenge, as we want everyone to know about the programme.

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

Have a representative from each faith, so CN can designed activities around their needs to bring them out

there was hope at the first 2 meetings - the council was reaching out and asking residents to get on board.

the more people participate the better the assemblies and projects will be

The process is really practical

I'm sure that residents will have learnt new skills from this

The whole cycle has been positive and a learning curve

Didn't realise there was a website with information about the assemblies. Don't use Facebook

I've noticed a difference just in my local park - some of the results were brilliant

I would like to see a mixture of people getting involved in community projects that are being delivered as it's usually the same people

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

The internet is a good tool for communication

Join together with the local authority

word of mouth is very good, have a main contact in a group to get word out

If the meetings are set months in advance it will make it easier for people to attend, especially as there can be reminders

I think we have achieved so much

It is a good opportunity

people get overwhelmed with different groups and activities

We would like to see projects being delivered for young people so they are more involved in making the neighbourhood a better place.

i think the zoom meeting is nice people indoors can connect

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

There may be some issues in communication, could language be a barrier to communication

zoom is good but can alienate residents as well

We need to find our local ambassadors and communicators who can explain the benefits of this programme

Council to reflect and pause, assess impact on how huge amount of communication on residents and impact on their response.

Engaging through coffee mornings

There are so many languages in the borough, not sure how this can be addressed. People have busy lives and can't always make the meeting.

same people (older people) all the time, how to attract younger people?

Perhaps if we slow down the meeting speed we can appeal to those who speak English as a second language

Is it an necessity to have IT rather than a luxury

What feedback do you have on this whole cycle of assemblies & how do you think we can design & improve future assemblies?

Can we have projects can join in on, appealing to younger people may also bring in their parents and other family members

We would like to see alternative feedback platforms for people that have low self-esteem.



Round 2

FEEDBACK

Democracy Commission Recommendations

Play Democracy Commission recommendations video

Next steps



You can give further feedback for:

- The independent evaluation of the whole process of community assemblies – **you will need to fill out the feedback form, details are in the chat**
- The Democracy Commission Recommendations – Focus Groups and events
- If you'd like to be involved in one or both of these please leave your contact details on the feedback forms or email CitizensAssemblies@newham.gov.uk
- The evaluation will inform the start of the new process in September 2020 – look out for details on www.Newham.gov.uk/citizensassemblies



**People at the Heart
of Everything We Do**



Closing Remarks

Councillor Charlene McLean

Deputy Mayor (Community) - Lead Member,
Community Neighbourhoods

**People at the Heart
of Everything We Do**

Councillors Surgery Details

Due to the Coronavirus-19 pandemic, the Council is following national health advice. Councillor Surgeries at local venues have been postponed. Please contact your Councillor at the listed times via their advertised telephone number or email.

Correspondence address:

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**People at the Heart
of Everything We Do**

Thank you and Good Evening!