

special

COVID-19

edition

Nov 2020

**newham
mag**

Issue
423



NHS
Test and Trace

p3

Covid-19
lockdown



p5

Christmas
saving tips

**WE ARE NEWHAM
STOP THE SPREAD**



p7

Green
flags flying

p8

Young people
get creative



NHS

Test and Trace

People at
the Heart of
Everything
We Do

KEEP YOUR DISTANCE. SAVE LIVES.

Newham London

Contents

Covid-19 lockdown	p3
Mayor's message	p4
Christmas savings tips	p5
Emissions based charging	p6
Green Flags flying	p7
Young people get creative	p8
Taking a stand against violence	p9
Staying well this winter	p10
Flu protection	p11
Covid-19 Health Champions	p12
Newham Food Alliance	p13
Cadets show their colours	p15

AJITHA HONOURED FOR SERVICES TO THE HOMELESS



Ajitha Sajeev, a veteran of 30 years at Newham Council, has been awarded a British Empire Medal in the Queen's birthday honours for services to rough sleepers

Ajitha, 52, who is the Council's Street Population Manager, received the honour for her work supporting rough sleepers away from the streets and on a path to permanent housing. The mother of two joined the Council aged 22 and has stayed ever since, working in translation services, housing and, finally, the street homeless team.

She said: "I am so proud and deeply humbled by this honour, but this work is all about the team and treating people with the dignity, respect, care and compassion they deserve when they are at their most vulnerable. This has never been truer than now with the extra health risks, anxieties and fear that Covid-19 has brought.

"Before the pandemic, we had already done a great deal of work through the Mayor's Rough Sleeping Task Force to get people off the streets and out of tents. When Covid-19 came the problems became more acute with the closure of Stratford Mall for public health reasons, with many rough sleepers displaced. Today I am proud to say we have no more tents, and no-one beds down in the Mall."

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Stay Home. Save Lives.

Protect the NHS.

This month saw Newham – along with the rest of England – enter its second Covid-19 lockdown this year in response to rising rates of infection and hospitalisation.

Lockdown rules

- All pubs and restaurants must close, takeaways and deliveries can continue
- All non-essential shops, leisure centres, gyms and entertainment venues must close
- You must stay at home except for education; work that cannot be done from home; exercise; medical reasons; shopping for food and essentials, or to care for others
- You must NOT mix with other households indoors or in private gardens
- Support bubbles for people who live alone and single parents with children can continue
- Children are allowed to move between homes if their parents are separated
- Individuals can meet one person from another household in an outside public space
- Clinically vulnerable people should not go to work, even if they are unable to work from home
- Weddings may not take place
- Funerals are limited to 30 attendees
- Places of worship may open for individual worship only



Work from home if you can



Avoid travel unless essential



Schools and essential shops will remain open



You must NOT mix with other households indoors or in private gardens



Support in Newham

- General Covid-19 support such as self-isolation advice; staying safe; legal advice, and assistance accessing online shopping: Covid-19 helpline: **020 7473 9711** or email **covidhelp@community-links.org** (9am-7pm, 7 days a week)
- Assistance accessing food offline: NHS volunteers service, **0808 196 3646** (8am-8pm, 7 days a week). **www.nhsvolunteerresponders.org.uk/services**
- Difficulty accessing food for financial issues, including loss of income, benefits issues or no recourse to public funds: Newham Food Alliance: **www.newham.gov.uk/newhamfoodalliance**
- Residents unable to work due to self-isolation due to testing positive or being in close contact with a case may be eligible for a £500 support payment: **www.newham.gov.uk/CovidSupportPayment**
- Befriending and support with loneliness: Chat Newham **0808 196 3510** (10am-4pm weekdays)
- Emergency financial support, including supermarket and energy vouchers: MoneyWorks, **020 8430 2041** **moneyworks@newham.gov.uk** (9am-5pm weekdays)

Further information, advice and support visit **www.newham.gov.uk/coronavirus**

KEEP YOUR DISTANCE. SAVE LIVES.

Mayor's message

At the time of publication, England was entering a new national lockdown – a four week “circuit break” to stem the sharp rise in Covid-19 infections, hospitalisations and deaths.

After calling for a nationwide lockdown for weeks, I am relieved the Government took action but I'm in no doubt that their decision came too late. The unacceptable delay will tragically have cost lives, and means the lockdown will continue for longer than may have been necessary.

Covid-19 rates have been rising in Newham – with 172 cases per 100,000 population at the time of writing, and a higher proportion of tests showing positive results. The devastating impact of the pandemic on Newham's communities cannot be overstated. In the first wave, we saw more deaths than anywhere in London. More than 320 residents have lost their lives to Covid-19; my sympathy goes to each and every person affected. The economic cost here has been overwhelming too – more than 27,000 additional people have been forced to claim benefits and almost 17,000 are furloughed from work, with no certainty over whether they'll return.

A new report by Baroness Lawrence found that “Black, Asian and Minority Ethnic people have been over-exposed, under-protected, stigmatised and overlooked during this pandemic”. In a borough where 73 percent of our residents are from BAME communities, Newham has again been disproportionately harmed.

This is why I have continually called for a deprivation-linked Covid-19 “premium” to meet costs of protecting our residents. Thanks to our campaigning, Newham received an additional £12.6m in Government funding. We welcome this, but when our funding gap is more than £60m – and heading into a winter where recession is biting, infection rates are rising and residents need support to feed their families – it is not enough. Residents, councils, the voluntary, charity and faith sectors are helping those in need; their efforts are not being matched by this Government.

As Mayor of Newham, I am determined we do all we can to support communities in both the short and longer term. The impact of the pandemic is vast, but so is the scale of our ambition to enable people in our borough to recover and thrive.

This month, Cabinet agreed the Towards a Better Newham strategy, which maps how we will seek to recover from the impact of Covid-19 during the coming year, and the steps we will take to build a stronger borough. Our action plan shows how we will help residents lead healthier, happier lives; make this the best place for children to grow; tackle racism and inequality; put people at the heart of decision making, and ensure local communities benefit from long-term prosperity.



In a first for London, we will measure success not by traditional economic growth or money in the bank, but by the livelihood, wellbeing and happiness of you; our residents. We will target the issues that matter most to your quality of life and ensure you have the opportunities you deserve to enable you to thrive, including better education, housing and neighbourhoods. It is a bold vision for the borough, but unprecedented times call for unprecedented answers.

Speaking of unprecedented, I'm sure many residents will share my joy and optimism following the American presidential election. I am delighted that Joe Biden won the presidency, but even more so I am moved and awestruck to see Kamala Harris become the first woman – and the first woman of colour – to be elected Vice President. For a woman of Black and South Asian heritage to have smashed through two glass ceilings to become the most powerful woman in the world is truly inspirational.

Finally, it was an honour to attend this year's wreath-laying Remembrance Day Service at the Cenotaph in Central Park. I was proud to pay thanks to those who have sacrificed so that the rest of us may enjoy the freedoms we do today – we will remember them.

Mayor

Rokhsana

Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 **@rokhsanafiaz**

 **Rokhsana_Fiaz**

 **rokhsanafiaz**

Twelve SAVES of Christmas

With the festive season fast approaching – and many residents anxious about making ends meet at such an expensive time of year – Newham MoneyWorks shares top tips on how to have a special Christmas without the financial stress.

1. Work out a Christmas budget – and stick to it
Budgeting well is one of the best ways of coping with Christmas costs.

2. Cut the cost of a supermarket shop
Make a shopping list and stick to it. Shop online to monitor your basket cost, and visit www.mysupermarket.co.uk to compare prices across shops. In store, scan-as-you-shop devices track your spend as you go.

3. Secret Santa
Set up a Secret Santa with friends and family, with a pre-agreed budget so that you each only have to buy a gift for one person, instead of several.

4. Compare prices
If you know what you want to buy, shop around to get the best price.

5. Earn cash back
Register your online shopping with cashback organisations such as Quidco and Kidstart. The money you earn can offset future costs.

6. Plan food shopping
Buy non-perishable food early to spread Christmas food costs across several weeks.

7. Try homemade
Homemade decorations can look great at a fraction of the cost – and are great for keeping kids entertained.

8. Voucher hunt
Search the web for discount codes before paying full price.

9. Small swaps = big savings
Making small changes, such as choosing supermarket own brands, can make a big difference.

10. Book in advance
If you're hoping to travel by train or coach this Christmas, save on fares by booking in advance.

11. Sale item stockings
Shop early for discounted items that would make nice stocking fillers.

12. Don't stress!
Remember, the best Christmas gift is spending time with loved ones – not splashing out on expensive presents.

If you need financial advice or support, don't suffer in silence. MoneyWorks advisors can offer a raft of confidential support – from a MoneyWorks short-term Helper Loan to Christmas saver accounts to help you put money aside all year round.

Visit www.newhammoneyworks.co.uk or call **020 8430 2041** from 9am-5pm Monday to Friday. Find MoneyWorks on Twitter [@LBNMoneyWorks](https://twitter.com/LBNMoneyWorks)



KEEP YOUR DISTANCE. SAVE LIVES.

Cleaner air with emissions based parking permits



The improvements in air quality seen during the early part of lockdown illustrated the positive impact of fewer cars on our roads, with a 50 per cent drop in the levels of pollution on the borough's busiest streets.

To build on them, Newham Council will be introducing new parking permit charges and a paperless permit system in January 2021 as part of our ongoing efforts to improve air quality in the borough.

The new parking permit charges are aimed at lowering vehicle emissions by encouraging residents to switch to less polluting vehicles as well as considering taking more local trips by sustainable modes of transport, like walking and cycling.

The new permit charges will be based on CO2 categories used by HMRC for vehicle taxation. The

majority will cost £60 (around £1.15 a week over 12 months).

The costs will increase for additional permits and for higher polluting vehicles. Visit www.newham.gov.uk/emissionsbasedcharging for more information. Residents and businesses with permit renewals due in early 2021 are encouraged to check the fees chart and plan ahead for the new costs.

Cllr James Asser said: "Emissions from vehicles are a major contributor to the borough's poor air quality and these parking changes are aimed at influencing the number, type and use of vehicles in Newham. We're announcing these charges now so that people have time to prepare.

"Newham has the poorest air quality in the country and some of the highest rates of child hospital admissions linked to asthma.

"The Covid-19 pandemic has also highlighted how clinically vulnerable people with lung conditions, such as severe asthma, are to the virus.

"But the coronavirus lockdown also provided us with evidence of the impact of fewer cars on our roads – cleaner air. A 40 per cent reduction in road traffic during lockdown resulted in a 50 per cent reduction in noxious nitrogen dioxide (NO2) pollution in our busiest roads."

To help support the switch to hybrid and electric vehicles, there is no emissions based levy for these types of vehicles. In October the Council expanded the availability of electric vehicle charging points across the borough, with 80 new devices added on the street. Residents can also suggest locations for future charging points. Visit www.newham.gov.uk/electricvehicles for more information.

Alcohol Awareness

Alcohol Awareness Week 2020 will take place from 16-22 November 2020 on the theme of alcohol and mental health. It's a week of awareness-raising, campaigning for change, and a whole lot more.

Newham Council is encouraging residents to take a two minute alcohol test to help you assess your drinking levels anonymously. It will help you work out how risky your drinking is, access personalised

advice online and find out where you can get support in Newham. For more information, and to take the test, visit www.drinkcoach.org.uk/newham-alcohol-test

Consuming excess alcohol on a regular basis can adversely affect your health in a number of ways and can contribute to liver disease, stroke, memory loss and cancer. If you are concerned about how much alcohol you are consuming, or you would like further support for yourself

or for a family/ friend regarding alcohol consumption, contact CGL Newham Rise, the drug and alcohol service for Newham residents run by Change, Grow, Live. The service offers a wide range of free, confidential treatment and recovery services for individuals, families and carers affected by drug and alcohol issues.

Call 0800 652 3879 or email newham.referrals@cgl.org.uk

High five for Newham park



Newham's beautiful Plashet Park has scooped a prestigious national Green Flag award for the fifth year running, honouring the valuable service it provides to the community.

The Green Flag Award scheme – managed by environmental charity Keep Britain Tidy under licence from the Ministry of Housing, Communities and Local Government – recognises and rewards well-managed parks and green spaces, setting the benchmark for the management of recreational outdoor spaces.

The flag was raised by Councillor James Asser, Cabinet Member for Environment, Highways and Sustainable Transport, local East Ham North Ward Councillor Zuber Gulamussen and a member of Newham Council's Parks Team in a socially distanced celebration.

Councillor Asser said: "We are incredibly proud to have received this award for Plashet Park once again. The ongoing Covid-19 pandemic has truly highlighted just how valuable our parks and greenspaces are to our communities.

"They have always played a vital role as a place for people to come together, enjoy themselves and keep active. This award celebrates that and I would like to thank all those people who have helped to keep it beautiful, safe and tidy. The fact we've retained this award for five years is a testament to all their hard work."

Thames Barrier Park, in the Royal Docks, and Queen Elizabeth Olympic Park also won Green Flags, while the Grade II listed West Ham Park received a Green Heritage Award in recognition of its historic features and conservation work.



Allison Ogden-Newton OBE, Chief Executive of Keep Britain Tidy, said: "All the research shows that spending time in good-quality green space can improve people's health and wellbeing. That is why it is important that they are managed to the recognised standard of the Green Flag Award.

"This is now something that millions more recognise after the challenges of the past six months. All those involved in the Green Flag Award should be congratulated on their achievement."

KEEP YOUR DISTANCE. SAVE LIVES.

Young cope with pandemic anxiety

Covid-19, and the restrictions imposed during lockdown to control its spread, have had an impact on every man, woman and child in the country. Adults were told to work from home if possible and children and young people found themselves unable to go to school or meet their friends during the summer lockdown. Many found it a difficult time, unable to go out and meet friends or family members.

As September approached, some found the prospect of returning to school difficult and felt anxious at the thought of traveling on public transport and being in classrooms with lots of other children. To support them, Newham Council staff worked with young people in a variety of creative

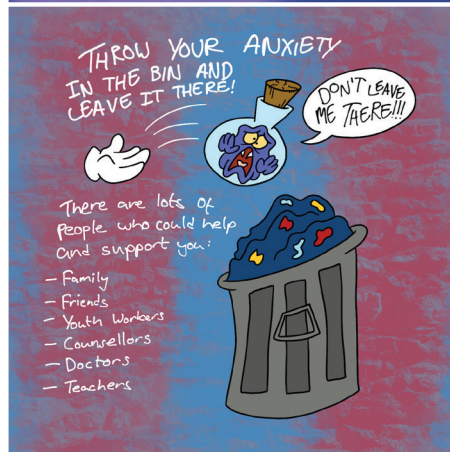
ways to help them cope with the anxieties of going back to school.

Among them is Mustafa Mohammed, who attends the Shipman Youth Zone, in Custom House, and produced a set of four illustrations dealing with anxiety. Mustafa has a keen interest in helping other young people and shared his work with Mayor Rokhsana Fiaz during a Zoom meeting on Youth Mental Health Awareness Day on 7 September. The day was established by the charity stem4, which supports teenagers and young adults to build positive mental health.

Mustafa was excited to return to his studies at Barking and Dagenham College where he is taking a BTEC course. He said: "I felt excited to go back to college to study my second

year of Level 3 Games, Art and Animation. Remote learning can be a little stressful, especially if I can't afford the software and equipment for my assignments.

"I made these posters to help students who started year 7 and above to beat anxiety. Then I added some positive slogans to get the messages across. I did some research about preventing anxiety to create my designs and am really looking forward to seeing them everywhere. On a brighter note, I thought this would help me to get ready for my second year of my level 3 course. I'm quite pleased with my art style because I have great inspirations from my favourite cartoonists and animators from Hanna-Barbera, Depatie-Freleng & Walter Lantz Productions."



Taking a stand against domestic violence

#16DAYS

BELIEVEWOMEN



Newham Council will stand shoulder-to-shoulder with victims of domestic violence across the world when it takes part in the global 16 Days of Activism.

The United Nations-led campaign – which begins on the International Day of Elimination of Violence Against Women on November 15 and ends on Human Rights Day on December 10 – turns the spotlight on the reality of domestic violence, calls on people to speak out and showcases available support.

Thousands of people across the world stand up, speak out and say no to violence against women and girls each year.

The coronavirus crisis has left some feeling isolated, stressed, scared, under pressure and, in the worst of cases, at greater risk of harm. It has never been more vital that those in fear and at risk have access to fast and safe advice and support.

The 16 Days of Activism campaign will highlight the challenges facing victims, and showcase the help available – with Newham Council and Hestia supporting survivors to share their experiences, and offering online training and advice on issues such as domestic violence

and female genital mutilation.

Residents are encouraged to promise on social media to “never commit, excuse or remain silent about male violence against women”, using the hashtag #NoExcuseForAbuse

Councillor Zulfiqar Ali, Cabinet Member for Health and Adult Social Care, said: “Domestic abuse is everyone’s business, and we are determined to spread the message that there is never an excuse for abuse. If it’s happening to you, or you are concerned that someone you know is being subjected to abuse, please don’t suffer in silence.

“Domestic violence can take many different forms, including psychological, physical, sexual and emotional abuse. It is essential that the council and public are vigilant to the signs so anyone who may be experiencing it gets the help they need. Newham Council has a zero tolerance to any form of gender based violence. Domestic violence will not be accepted in Newham.”

A range of local services are available to anyone experiencing domestic or sexual violence. Visit www.newham.gov.uk/dsv, call Hestia on **0808 196 1482**, or email: InfoNewham.DSV@hestia.org

KEEP YOUR DISTANCE. SAVE LIVES.

Staying well this winter

Winter can be bad for your health, and with the added risk of coronavirus, it's more important than ever to look after ourselves.

There are lots of things we can do to stay well. Here are a few:

Act quickly

If you start to feel unwell – even if it's just a cough or cold – don't wait until it gets worse. Speak to your pharmacist about the best course of action. If you need help when your GP surgery or pharmacy is closed call NHS 111 or visit www.nhs.uk for details of local services that may be open.

- Don't wait until the busy Christmas period to stock up your medicine cabinet
- Talk to your pharmacist about your repeat prescriptions so these are ordered before the holidays when many GPs and pharmacies close
- Many minor common ailments such as a cold, sore throat, cough or earache can't be treated with antibiotics. Ask your pharmacist for more information.

Staying warm

A cold home could affect your health. One of the best ways of keeping yourself well during winter is to stay warm:

- Make sure you are receiving any benefits you are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment
- Draw your curtains at dusk and keep your doors closed to block out draughts
- Wear several light layers of warm clothes (rather than one chunky layer)
- Keep as active as possible in your home
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days
- Keep your bedroom at 18°C (65°F) and main living room at 21°C (70°F)
- For more information on reducing your bills and making your home more energy efficient, visit www.simpleenergyadvice.org.uk or call the Simple Energy Advice helpline on 0800 444 202.

For advice on saving money on your bills, visit www.newhammoneyworks.co.uk or call **020 8430 2041**. Newham Council has partnered with SHINE to provide free energy advice and tips on staying warm. Call **0300 555 0195**.

Preparing your home

You can also make sure your home is ready for winter by:

- Insulating your hot water cylinder and pipes
- Service your boiler to make sure it's safe and working properly but use a Gas Safe Registered engineer
- Make sure your smoke alarm is working. Fit a carbon monoxide detector if you don't have one
- Check that electric fires are properly guarded

For more information about keeping well this winter visit www.nhs.uk/nhshealthcheck or www.newham.gov.uk/winter



Protect yourself and your loved ones from flu

With the approach of winter, eligible residents are reminded to have the flu vaccine. This year, public health experts are concerned that Covid-19 and the flu virus will both be circulating at the same time so it is even more important that those who need the flu jab get it. Last year only half of all eligible residents in Newham received their vaccine.

If you're at increased risk from coronavirus, you are also more at risk of problems from flu. Research shows that if you get both viruses at the same time, you are more likely to be seriously ill. Even if you have previously had flu or Covid-19, it is safe to have the flu vaccine.

All primary school and year 7 students can get their nasal spray vaccination at school. Without vaccination, children are more likely to catch the flu and spread it to others who are at higher risk like babies and the elderly, even if they don't have symptoms.

If you think you have flu, stay at home to prevent it spreading and rest until you feel better. Call your GP or NHS 111 if you have a health condition or feel really unwell. Staff have made changes to make sure it is safe for you to have the flu vaccine administered at GP surgeries and

pharmacies including social distancing, hand washing and wearing protective equipment. It is important that you keep your appointments unless you or someone you live with has symptoms of coronavirus.

You can get a free flu jab from your GP or pharmacy. To check if you're eligible, visit www.nhs.uk/flu vaccine

The nasal spray contains porcine gelatine to stabilise the vaccine virus. Although many faith groups accept the use of porcine gelatine in medical products, you can find out more at www.newham.gov.uk/flu

The flu vaccine is available to:

- People aged 65 or over
- Pregnant women
- People with long term conditions such as heart problems, diabetes, kidney disease, liver disease, a chest complaint or breathing difficulties including bronchitis or emphysema
- People with a weakened immune system
- All children aged between two and four
- Carers for an elderly or disabled person whose welfare may be at risk if the carer falls ill

Enrol for adult courses at Newham College

Residents aged 19 or older thinking about retraining, getting a new job, or learning a new skill are urged to contact Newham College and find out about its wide range of courses.

The courses include Science, Engineering, Construction, Digital Skills, Fashion and Tailoring, Business and Accounting, Hair and Beauty, Sports and Personal Fitness and many more. The college, which has campuses in Stratford and East Ham, also has a highly successful Access to Higher Education department for students considering university. Experienced staff will

help you pick your ideal career and develop the skills you will need.

For more information, visit www.newham.ac.uk/adults.html

Many people are facing an uncertain future and considering career changes. Thousands of new jobs are now being created in many sectors and Newham College offers the qualifications needed to find a new job in this challenging environment. The college also has regularly updated job vacancies and online job search facilities.

KEEP YOUR DISTANCE. SAVE LIVES.

Become a Covid-19

health champion

Newham Council launched the Covid-19 Health Champions in June to share the latest information about the pandemic and the measures taken to control its spread. Since then, more than 400 people have joined the network, distributing vital information through regular emails, Zoom sessions and WhatsApp groups.

Now, we are appealing for more residents to join the network and work with us to keep people informed with the latest public health and government guidelines on Covid-19. Anyone can be a champion as long as they live or work in Newham. We are particularly keen to hear from people who speak a second language.

Once you become a Covid-19 health champion we will send you information about the latest advice and guidance so that you can share it with your family, friends and other community members. You will also be able to feedback queries or concerns to the Council so that we can respond appropriately.

Joanne Thompson became a Covid-19 health champion in July. She said: "When Covid-19 first broke out, I saw how quickly it became such a big issue in Newham. As I live and work here, seeing how it severely impacted our community, I wanted to do something to help.

"Having lived in Newham all of my life, I know a lot of people in the community within E15, E16, and E7. I feel, through the power of social media, I can share information and guidance, and answer questions. If I can't, then the health champions have given me the networking power to find the answer and then relay it back to the community effectively."

Another Covid-19 health champion, Abdul Wadood Khan, shares information with his community, neighbours and anyone willing to listen and learn.

He said: "Being a health champion has given me a better opportunity and platform to talk and share information with members of our diverse community. It is just a wonderful opportunity. For example, last month in our community's general meeting I was able to invite Anne Bowers, health champion programme lead at the Council, to talk to members of our community and answer their questions. Members of the community were able to have answers to their questions in the comfort of their homes, and it created trust in the Council's efforts to help and protect Newham residents."

**COVID-19
HEALTH
CHAMPIONS**



**COVID-19
HEALTH
CHAMPIONS**

Help stop the spread of COVID-19

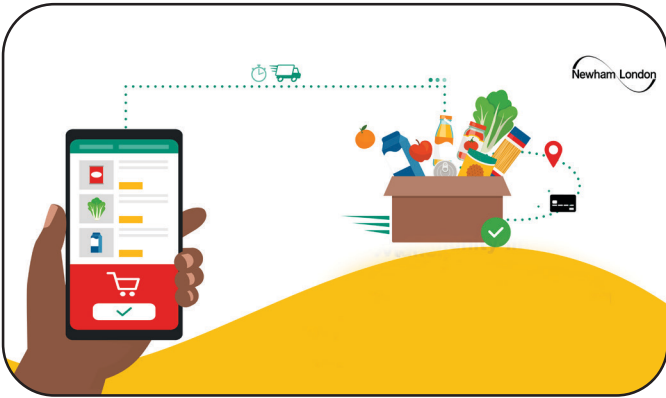
Live or work in Newham?

Want to help stop the spread of coronavirus?

Become a COVID-19 Health Champion

To become a Covid-19
Health Champion, visit
www.newham.gov.uk/
CovidHealthChampions,
email [CovidHealthChampions@](mailto:CovidHealthChampions@newham.gov.uk)
newham.gov.uk or
call 020 3373 2777

Helping you put food on the table



If you are having difficulty accessing food because of a loss or drop in your income, issues with benefits or have no recourse to public funds, help is available.

Newham Council is supporting the Newham Food Alliance, an open collaboration comprising dozens of organisations from the borough’s diverse voluntary, community and faith sectors, all working to support residents experiencing financial challenges that are preventing them from getting the food they need.

If you are a Newham resident and need food, you can refer yourself or be referred via the online form at www.newham.gov.uk/newhamfoodalliance

If you need help with setting up online shopping accounts or placing online shopping orders contact the Covid-19 Helpline on 020 7473 9711 or email covidhelp@community-links.org (open 1–7pm, seven days a week. 9am-7pm during lockdown).

Join the Docks returns for

season of cultural activities

This year’s Join the Docks programme will feature a host of free online and live activities across London’s historic Royal Docks throughout autumn.

Creative innovation underpins this year’s programme, which has been organised to celebrate and champion the Royal Docks as well as showcase and support the rich and diverse creative talent in the area.

This year’s programme features 20 original works, from live and digital theatre, light installations, photography exhibitions, film and performances, through to music and dance workshops, community archiving and heritage projects.

The autumn line-up includes:

Artist Marcus Lyall will unveil his new interactive light installation in a building in the Royal Docks.

‘ARGH! Mateys’, presented by the University College London, which will use digital portholes to take you on an augmented reality-led journey of discovery on a walk around the Royal Docks.

‘Unfamiliar to Us’ by Yorgos Petrou and Victor Esses, an immersive autobiographical film about queer families, based on stage performance ‘Unfamiliar.’

All events and activities will follow social distancing guidelines and will be moved to online only during lockdown.

Join the Docks launched in 2019, as a programme of cultural events celebrating and bringing together the people and places of the Royal Docks and showcasing the wealth of creative talent in the area. In the summer of 2019 Join the Docks presented more than 150 events from over 25 creative and community partners.

To see the full schedule of activities for Join the Docks, visit <https://royaldocks.london/jointhedocks>

KEEP YOUR DISTANCE. SAVE LIVES.

NEWHAM HIGH STREETS

Get involved in the development of a delivery plan for your high street.

Newham High Streets is a new initiative, working in phases to support high streets, focusing on the happiness and wellbeing of residents and businesses and ensuring they have what they need to deal with the challenges of recession and recovery.

The first phase of the programme launched at the end of September, and includes the areas of Green Street, Forest Gate, Manor Park, and Little Ilford.

Please join the discussion, by signing up on the Newham Co-Create platform (www.newhamco-create.co.uk) and share your experiences and aspirations for your high street. On the platform, you will be able to follow the progress of the programme, receive

key updates, and most importantly contribute to its development.

As part of the programme, we will be hosting area-focused online meetings between November 16th and 26th. Please, visit the platform to learn more about the events and sign up.

If you would like to ask any questions or be added to our mailing list, please contact us via email at newhamhighstreets@newham.gov.uk or via phone at 08008611424, from Monday to Thursday, between 11am-4pm.



Join the #NewhamSavesFood Campaign

In Newham, 50% of our rubbish bins are filled with food and half of that could have been avoided. We know that date labels on food often confuse people, so here is a simple guide to help you know when to keep and when to throw.

Best Before

This refers to quality. After this date the food will still be safe to eat. You can use your senses to judge if it is still ok to eat.



Display Until or Sell By

These dates are for retailers. Food is still good to eat after these dates.



Use By

This is about safety. Food should not be eaten after this date. You can freeze foods right up until this date to make them last.



You can find more tips on how to save food by visiting www.lovefoodhatewaste.com

Already know this? Become a Food Champion to help us share the message - e-mail recycling@newham.gov.uk

For the latest information on essential services, visit www.newham.gov.uk/coronavirus-covid-19/coronavirus-service-disruptions-updates/1

Cadets still flying high

despite lockdown

Many day-to-day activities have been cancelled during lockdown. Face-to-face activities for young people have been particularly affected as youth organisations were forced to close in March. However, a group of Royal Air Force Air Cadets have refused to let lockdown interfere with their activities; they have continued to take part in a host of online activities and training sessions from the comfort of their homes.

The cadets from 338 Squadron West Ham, based at Portway, West Ham, have taken part in activities including Science, Technology, Engineering and Maths (STEM) experiments, cyber security, radio communications, first aid and presentation skills and photography.

They have notched up no less than 114 new qualifications in the last six months, including BTECs in aviation studies and entry level safety awards. Eight new recruits completed their training remotely, while the most senior cadet began working in a Covid-19 ward as a support assistant.

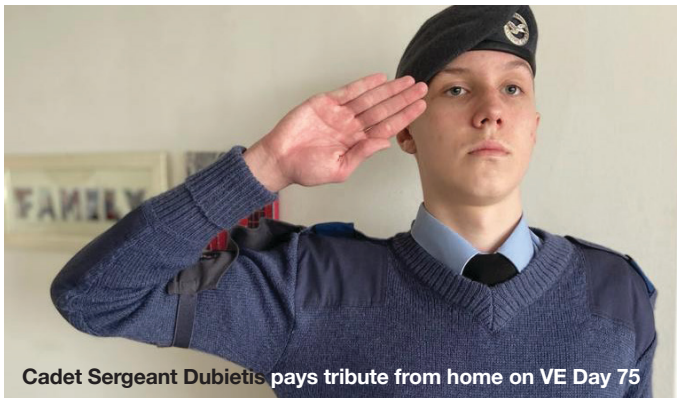
Cadet Corporal Shaneeka Jones, who has been supporting other cadets online, said: "Despite

the challenges that we've been faced with, the lockdown and the whole new way of life has helped me to look forward to what I want to achieve and allowed me to think about how I can be sure of my own success. I'm glad cadet activities continued to keep something social when I couldn't be with my friends in person."

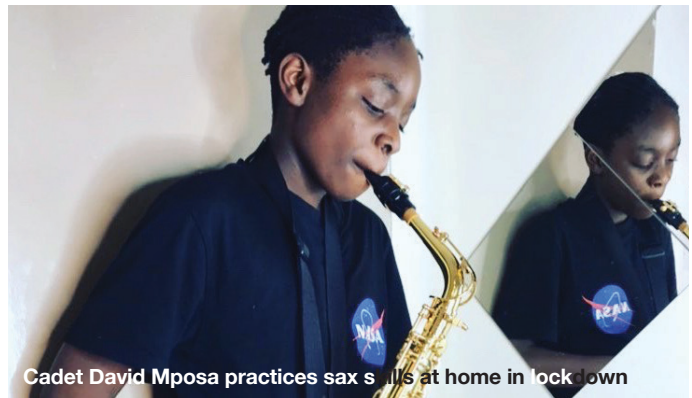
Flight Lieutenant Billy Moore, Officer Commanding 338 Squadron, said: "At a time when young people are facing immense pressure with their academic studies, it is more important than ever that they still have opportunities outside of school to socialise with others and develop their interpersonal skills. I have been very impressed by the immense commitment of our cadets to continue to do so well in the face of adversity. The number of qualifications and new skills they continue to achieve is true testament to their ongoing hard work."

Flt Lt Moore reminded everyone that although the Squadron is currently closed for face-to-face activities they are still 'meeting' online and taking part in a range of online learning sessions.

For more information or to join 338 Squadron, email 338@rafac.mod.gov.uk



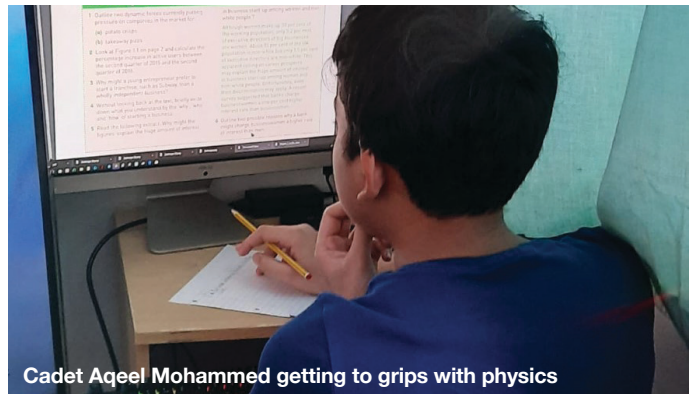
Cadet Sergeant Dubietis pays tribute from home on VE Day 75



Cadet David Mposa practices sax skills at home in lockdown



Flight Sergeant Juwara on duty at North Middlesex Hospital at the height of Coronavirus admissions



Cadet Aqeel Mohammed getting to grips with physics

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of Everything We Do



BECOME A CHAMPION

stopping the spread of COVID-19



Do you want to help your community?

Anyone living or working in Newham can get involved



Become a COVID-19 Health Champion

Join our network of local people to help during the COVID-19 pandemic



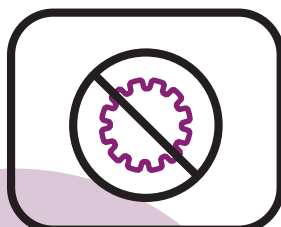
Get live updates on COVID-19

Receive the latest information and government guidelines on how to stay safe and healthy



Spread the word

Share this information with your family, friends, work colleagues and the wider community



Help us to stop the virus

Keeping our communities well informed will help minimise the risk of the virus spreading

✉ CovidHealthChampions@newham.gov.uk ☎ 020 3373 2777

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