

Welcome Newham Newsletter

Edition: October 2024

Hello and Welcome to our October newsletter. Our aim is to highlight activities and events happening in the area that may be of interest to you. If you know of something happening that you think would be a good idea to show case in the newsletter, then please get in touch with the team and we will do our best to promote it to the new arrivals in the borough.

We are a Borough of Sanctuary



“ It was an honour to work with Newham Council, local VCS partners, and individuals with lived experience on their 'Borough of Sanctuary' application. I was particularly struck by the vibrant network of committed organisations working together to support those seeking sanctuary as they rebuild their lives and collaborate to drive meaningful change.

This recognition is a reflection of the tireless efforts of officers, elected representatives, and local partners over several years, along with their inspiring vision for the future. ”

- [Maggie Filipova-Rivers, City of Sanctuary's Local Authority Lead](#)

Maggie Filipova-Rivers from City of Sanctuary's also said It was an honour to work with Newham Council, local VCS partners, and individuals with lived experience on their 'Borough of Sanctuary' application. I was particularly struck by the vibrant network of committed organisations working together to support those seeking sanctuary as they rebuild their lives and collaborate to drive meaningful change.

This recognition is a reflection of the tireless efforts of officers, elected representatives, and local partners over several years, along with their inspiring vision for the future.

Welcome Newham Team

Email: welcome.newham@newham.gov.uk

Phone: 020 3373 3222

Monday-Friday 10am-5pm



WELCOME
NEWHAM

Newsletter

Contents

EMPLOYMENT – JOB FAIRS	3
TOTTENHAM HOTSPURS JOBS FAIR	3
ESOL – ENGLISH CLASSES	4
VOLUNTEERING OPPORTUNITIES	5
VOLUNTEERING WITH NEWHAM VOLUNTEERS	5
VOLUNTEERING WITH CODY DOCKS	6
COMMUNITY EVENTS	7
CODY DOCKS FROST FAIR	7
BOXING CIRCUITS AND MUSIC	8
MUSLIM WOMEN AND ISLAMOPHOBIA - CREATIVE WRITING WORKSHOPS	8
IN CONVERSATION WITH AYAAN MOHAMUD	9
THE POWER OF WORDS – REMEMBERING BENJAMIN ZEPHANIAH	9
EXPLORING SAFETY THROUGH STREET PHOTOGRAPHY – GREEN STREET, ROYAL DOCKS AND STRATFORD	10
FILM EVENTS	11
BLINK TWICE + Q&A	11
PHANTOM PARROT + Q&A	11
BALDWIN'S N****R + Q&A	11
BOB MARLEY: ONE LOVE + Q&A	12
BAD BOYS - RIDE OR DIE + Q&A	12
HAUNTED MANSION + MOVIE QUIZ	12
GOODBYE JULIA + Q&A	13
COMMUNITY EVENTS	11
THE NEW BLACK FILM COLLECTIVE X W.N PRESENTS:	12
SEEDS OF CHANGE: CELEBRATING ISLAM INSTALLATION,	13
OPENING EVENT	13
SUPPORT WITH FORM FILLING WITH BLOSSOM PLACE	14
SHAAM NASHEED CONCERT	14
WEEKEND WELLBEING WORKSHOP	15
MINDFUL DINING WARM HAVEN	15

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Tottenham Hotspurs Jobs Fair

Date: Friday 15th November 2024

Time: 10am – 2pm

Address: Tottenham Hotspur Stadium, 782 High Road London N17 0BX

Book places: [London Careers Fair at Tottenham Hotspur Stadium](#)

Are you looking for a new career?

The London Careers Fair will offer candidates from all backgrounds, experience and education levels the opportunity to speak to representatives from over 150 local and national employers, all in one place.

Why attend?

There will be a wide variety of different organisations attending, alongside a wide variety of roles being advertised. Online applications can be very time consuming – by attending this event, you get the chance to skip this process and speak directly to the organisation.

What type of companies are expected to exhibit?

You can expect companies within the Finance, Education, Selling and Marketing, Human Resources, IT, Healthcare, Tourism, Healthcare, Commercial Real Estate, Biochemistry, Electronics Manufacturing, Hospitality, Social Work, Events Management, Retail, Supermarkets, Banking and Pharmaceutical to exhibit at our upcoming London Careers Fair.



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University of
East London

Free English Classes!

Join us to improve your English language skills and meet other people who also want to improve their English. The University of East London is offering free, fun and interactive English classes. The teachers are training to be English teachers. There are two levels:
Higher level - Intermediate/Upper-intermediate
Lower level - Elementary/Pre-intermediate

Dates:

8 th October 2024	21 st January 2025
15 th October	28 th January
22 nd October	4 th February
29 th October	11 th February
5 th November	18 th February
12 th November	25 th February
19 th November	4 th March
26 th November	11 th March
3 rd December	18 th March
10 th December	25 th March

Time: Tuesdays 12 – 2 pm



Location: University Square Campus, 1 Salway Road, E15

Getting there: Stratford station, Jubilee and Central underground lines, DLR and buses – 25, 69, 86, 104, 108, 158, 238, 241, 257, 262, 276, 308, 425 and D8.

Email: c.conway@uel.ac.uk to register interest



Free English practice classes at UEL.

Dates: Every Tuesdays

Time: 12.00 - 2.00pm

Address: University Square Stratford campus, University of East London, 1 Salway Road, E15 1NF

Email: c.conway@uel.ac.uk

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WELCOME NEWHAM Newsletter

Volunteering Opportunities

Volunteering with Newham Volunteers

Volunteering is a great way to give something back to the community and to make use of your spare time. It makes a difference to your local area and to the people who live here. It is also a fun, rewarding way to meet new people, improve the environment and the lives of others, and in addition, learn new skills. It doesn't matter if you can spare a little time, or a lot, there are lots of ways to get involved and improve your community.

It is really easy to become a volunteer, to start, register here: [Newham Volunteer Website](#)

Once you have completed your registration form you will be contacted to complete our online induction, this includes signing a code of conduct, a lone working policy and a confidentiality form. Once the signed documents have been received, your induction status will then be granted and you can start volunteering straight away.

You will be provided with all the information that you will need about our volunteer opportunities on offer. For further information, please email volunteers@newham.gov.uk or call 0203 373 3216.

Volunteering Opportunities:

- Newham Borough of Sanctuary Forum Member - We are looking for Newham residents with experience of seeking sanctuary (e.g. asylum seekers and refugees) to join our new forum. Your experience and knowledge is going to help identify the support we need to provide to help people on their journey when they arrive in Newham and to shape how we can make services and programmes better.
- Carers UK: Workplace Champion - As a Workplace Champion you are the vital link between Carers UK and your colleagues. By promoting campaigns and raising awareness in your workplace, you'll be able to signpost those looking for support to the services and expert advice on offer.

And more opportunities on the website.

WE ARE VOLUNTEERING.

WE ARE NEWHAM.



WANT TO VOLUNTEER & MAKE A DIFFERENCE?

- FoodCycle - FoodCycle is a national charity that puts on weekly, free community meals for people in need. These meals are cooked by volunteers with surplus food that would otherwise go to waste, and our volunteers serve a delicious three-course meal to our guests, sharing in the meal and conversation with them. They believe no one should be hungry or lonely. By nourishing the hungry and promoting sustainability.

Looking for volunteers for:

- o Cooking Team -
Tuesdays 4.30pm-9.00pm
- o Hosting Team -
Tuesdays 6.00pm-9.00pm



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WELCOME NEWHAM Newsletter

Volunteering with Cody Docks



About Cody Docks:

Cody Dock is a thriving creative and community hub on the River Lea in Newham, East London.

- Helping people access to the Lower Lea's environment and celebrate the area's industrial heritage
- Developing a community based arts and creative industries quarter on the banks of the River Lea
- Forging links with the wider community and enabling them to access and enjoy the River Lea
- Nurturing sustainable income that will enable the development to support a wide range of arts, cultural and educational programs
- Providing new pathways into work for local people



Volunteer Opportunities with Cody Docks:



Conservation & Citizen Science

The 'natural' reed beds, river banks, dock and surrounding area itself are important for local biodiversity. The local environment includes intertidal mudflats, woodland, brownfield sites and riparian vegetation, all providing valuable connectivity for local wildlife.

Volunteers will help observe, monitor and record the biodiversity in Cody Dock as the area changes rapidly due to the stretch of the river. In addition, the volunteer will be learning about the protection of natural environment.

**Sessions are on Tuesday & Friday
from 10:30 to 3pm**

Gardening & Landscaping

We have plenty of opportunities to develop spaces and habitats helping to transform sites around Cody Dock and the local area by creating or improving communal greenspaces.

Volunteers' can get involved in planting out native trees/shrubs and creating features to promote foraging and habitat for local wildlife. The community gardens require maintenance year round. These include permaculture, sensory, gravel, food growing, native hedge and ornamental gardens.

**Sessions are on Wednesday
from 10:30 to 3pm**



Construction & Maintenance

Help us construct our future whilst maintaining our 2.5-acre site. Learn carpentry, building crafts and other handy skills with our experienced Site Manager!

**Sessions are on Monday
from 10:30 to 3pm**



If you'll like to volunteer for any of the opportunities above, please complete the form on:

[Sign up to Volunteer - Cody Dock](#)

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Cody Docks Frost Fair

Date: Saturday 30th November,

Time: 12 pm – 5pm

Address:

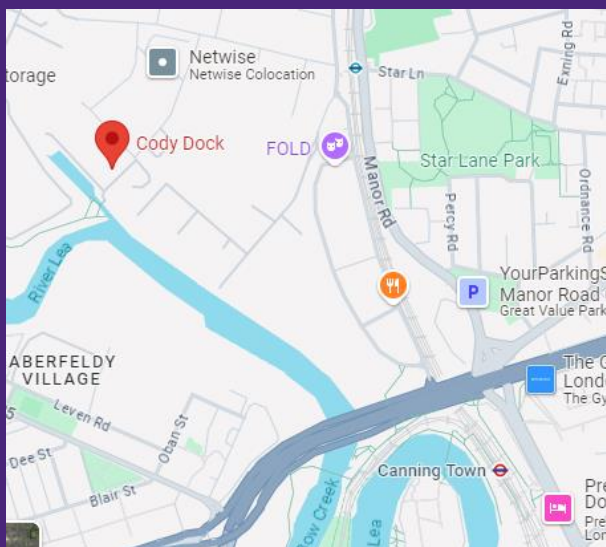
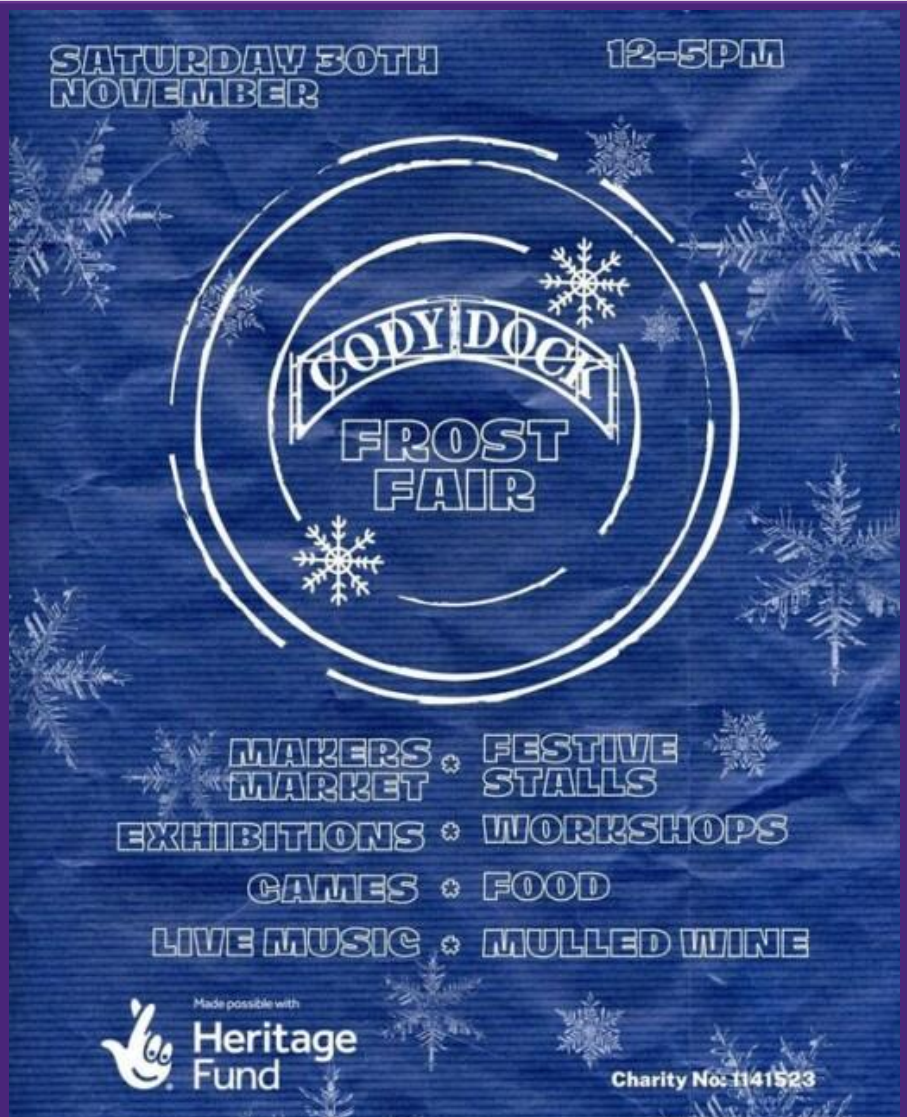
FREE EVENT

As the colder weather slowly approaches, Cody Docks would like to invite you to their next big community event – The Annual Frost Fair!

We want to honour the special tradition that can be traced back as early as the 7th century of having some frosty fun when the River Thames froze over.

Such are the traditions of these frost fairs, we will be inviting local makers to sell their wares, alongside winter workshops, festive stalls, mulled wine & more!

!!SAVE THE DATE!!



How to get to Cody Dock:

Cody Dock is a 6-minute walk from Star Lane DLR Station. The DLR is a fully accessible public transport network with step-free access into all stations. **Use the Stephenson Street exit from Star Lane station (the exit to the left)**

Cody Dock is a 4-minute walk to the 323 bus stops (South Crescent Business Centre (Stop H) and North Crescent Business Centre (Stop J)).

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WELCOME NEWHAM Newsletter

Muslim Women and Islamophobia - Creative Writing Workshops



Date: Friday 1st November 2024

Time: 5:30pm – 7:30pm

Address: East Ham Library - 328 Barking Road London E6 2RT

Book Tickets/places: [Muslim Women and Islamophobia - Creative Writing Workshops](#)

Author and creative writing mentor, Farzana Hakim, will lead a series of workshops with a focus on Muslim Women and Islamophobia. Residents will have space to explore their own experiences through creative writing and storytelling.

The space will be designed to allow for personal reflections and stories, and writing will be explored as a tool for self-expression and mindfulness. **The workshops will lead to a final sharing event on Friday 29 November.**

The themes of each session are:

Workshop one: Women and Islamophobia (**Friday 1st November 2024**)

Workshop two: Feminism and Islamophobia (**Friday 8th November 2024**)

Workshop three: Influential Muslim Women (**Friday 15th November 2024**)

Workshop four: Empowering Muslim Women Against Islamophobia (**Friday 22nd November 2024**)



Boxing Circuits and Music

Date: Friday 1st November 2024

Time: 6:30pm – 7:15pm

Address: Central Park Primary School - Central Park Road
London E6 3DW (Use the entrance on Thackarey road)

Book Tickets/places: [Boxing Circuits and music: Newham](#)
Ages 18+



Join Rebuild health for a fun, friendly circuit session, good vibes and music at Central Park Primary School. Expert trainer will guide you through an amazing workout that will leave you feeling stronger and more motivated. Get ready to move your body, connect with others and have fun!

WhatsApp information channel: This channel will give you direct updates of what we are running in Newham [Join WhatsApp Channel Group](#)

What to expect:

- A 45-minute class interactive class suitable for beginners
- A fun session using games & partner work to get you active
- Of course good music

Need to Know:

- Bring a water bottle! If you are a 1st timer, you will receive a water bottle from us
- You won't need any equipment (We will bring it all)
- The session will be tailored to all abilities



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WELCOME NEWHAM Newsletter

We Refugees

I come from a beautiful place
Where girls cannot go to school
There you are told what to believe
And even young boys must grow beards.

I come from a great old forest
I think it is now a field
And the people I once knew
Are not there now.

We can all be refugees
Nobody is safe,
All it takes is a mad leader
Or no rain to bring forth food,
We can all be refugees
We can all be told to go,
We can be hated by someone
For being someone.

I come from an ancient place
All my family were born there
And I would like to go there
But I really want to live.

I come from a sunny, sandy place
Where tourists go to darken skin
And dealers like to sell guns there
I just can't tell you what's the price.

I am told I have no country now
I am told I am a lie
I am told that modern history books
May forget my name.

We can all be refugees
Sometimes it only takes a day,
Sometimes it only takes a handshake
Or a paper that is signed.
We all came from refugees

Nobody simply just appeared,
Nobody's here without a struggle,
And why should we live in fear
Of the weather or the troubles?
We all came here from somewhere.

- Benjamin Zephaniah



The Power of Words – Remembering Benjamin Zephaniah

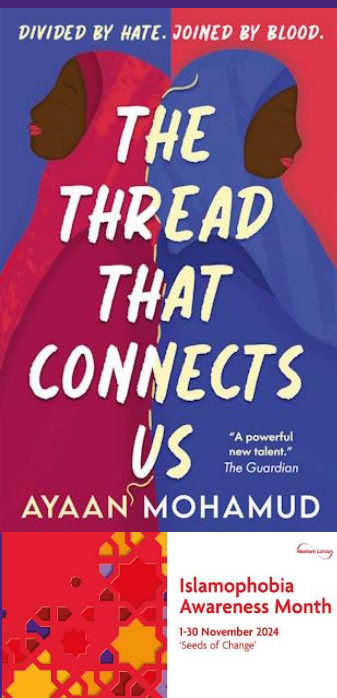
Date: Friday 1st November 2024

Time: 5pm – 9pm

Address: The Mix Centre - 1a Cumberland Road London E13 8LH

Book Tickets/places: [The Power of Words - Remembering Benjamin Zephaniah](#)

Through spoken word, poetry and a photo exhibition, attendees will engage with and honour Benjamin Zephaniah's body of work. Young people and adults will be brought together in one creative space to discuss challenges today and showcase their own creative talents. **Refreshments will be provided; all food will be vegan.**



In Conversation with Ayaan Mohamud

Date: Friday 1st November 2024

Time: 7pm – 9pm

Address: Old Town Hall - 29 The Broadway London E15 4BQ

Book Tickets/places: [In Conversation with Ayaan Mohamud](#)

A conversation with YA author Ayaan Mohamud about her novels and the theme of this year's Islamophobia Awareness Month programme. Her novels *You Think You Know Me* (2023) and *The Thread That Connects Us* (2024) and the theme of this year's Islamophobia Awareness Month programme 'Seeds of Change', highlighting how small actions can lead to big changes. Facilitated by Hudda Khaireh.

Ayaan Mohamud wrote her first ever book in lockdown and during NaNoWriMo, while also studying as a medical student, and it became her debut novel. It was inspired by her own experiences of Islamophobia and a desire to write about Somali culture, which she hopes to shine more of a light on in YA. She lives in London and can usually be found either writing or complaining about writing.



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Exploring Safety through Street Photography – Green Street, Royal Docks and Stratford



Green Street
Date: Thursday 7th
November
Time: 11am – 1pm
Meeting Point: Junction
of Romford Road and
Green Street, E7 8AB

Royal Docks
Date: Tuesday 12th November
Time: 11am – 1pm
Meeting Point: In front of the
Good Hotel, Royal Victoria
Dock, Western Gateway,
London E16 1FA.

Stratford
Date: Thursday 14th
November
Time: 11am – 1pm
Meeting Point: In front of Pret
A Manger - 21 Station Street
London E15 1DA

Through a series of street photography sessions, explore public space and perceptions of Newham's local streets. The photographer will invite participants to share experiences of using these public spaces and compile a series of photographs which reflect how differently we experience areas.

This will lead to a visual exhibition about safety in Newham's streets and displayed across Newham's libraries.

To book places:

Green Street: [Exploring Safety through Street Photography - Green Street Tickets, Thu, Nov 7, 2024 at 11:00 AM | Eventbrite](#)

Royal Docks: [Exploring Safety through Street Photography - Royal Docks Tickets, Tue, Nov 12, 2024 at 11:00 AM | Eventbrite](#)

Stratford: [Exploring Safety through Street Photography - Stratford Tickets, Thu, Nov 14, 2024 at 11:00 AM | Eventbrite](#)



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Newham Community Cinema: Presents

BALDWIN'S N****R + Q&A



Date: Monday 11th November 2024

Time: 4pm – 7pm

Address: Stratford Library – 3 The Grove, London, E15 1EL

FREE TICKETS: [NEWHAM COMMUNITY CINEMA: BALDWIN'S N****R Tickets](#), | [Eventbrite](#)

In 1969, one year after the assassination of Martin Luther King in the USA, the West Indian Student Centre is crammed with people for a lecture by eminent American author and political commentator James Baldwin, accompanied by comedian and author Dick Gregory.

Date: Friday 15th November 2024

Time: 7pm – 10pm

Address: Good Hotel - Western Gateway London E16 1FA

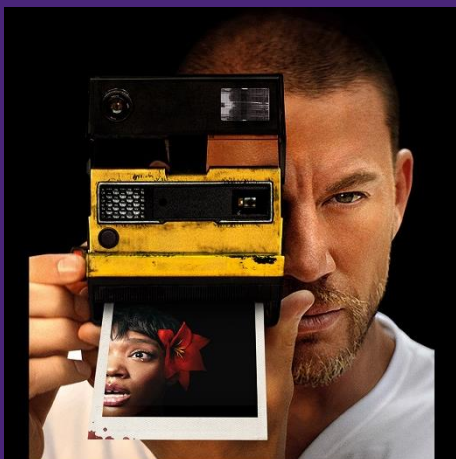
FREE TICKETS: [NCC IAM 2024](#) | [PHANTOM PARROT Tickets](#) | [Eventbrite](#)

PHANTOM PARROT unravels a secret British government surveillance programme, and follows human rights activist Muhammad Rabbani as he is prosecuted under terror laws for refusing to hand over the passwords to his electronic devices, unveiling unsettling questions about the rule of law, modern espionage and digital privacy.

PHANTOM PARROT + Q&A



BLINK TWICE + Q&A



Date: Wednesday 27th November 2024

Time: 4pm – 7pm

Address: Stratford Library - 3 The Grove London E15 1EL

FREE TICKETS: [NCC: BLINK TWICE Tickets](#), | [Eventbrite](#)

When tech billionaire Slater King (Tatum) meets cocktail waitress Frida (Ackie) at his fundraising gala, sparks fly. He invites her to join him and his friends on a dream vacation on his private island. It's paradise. Wild nights blend into sun soaked days and everyone's having a great time. No one wants this trip to end, but as strange things start to happen, Frida begins to question her reality. There is something wrong with this place. She'll have to uncover the truth if she wants to make it out of this party alive.

BLINK TWICE

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The New Black Film Collective x W.N Presents:

HAUNTED MANSION + MOVIE QUIZ



Date: Friday 8th November 2024

Time: 7pm – 10pm

Address: Good Hotel - Western Gateway London E16 1FA

FREE TICKETS: [TNB BHM 2024 | HAUNTED MANSION + MOVIE QUIZ Tickets, Fri 8 Nov 2024 at 19:00 | Eventbrite](#)

A single mom named Gabbie hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts

Trailer: <https://www.youtube.com/watch?v=AjLKTz81bj8>

BAD BOYS - RIDE OR DIE + Q&A

Date: Sunday 17th November 2024

Time: 6pm – 9pm

Address: Health Defence CIC - 132B King Street London W6 0QU

FREE TICKETS: [HEALTH DEFENCE: BAD BOYS - RIDE OR DIE + Q&A Tickets, Sun, Nov 17, 2024 at 6:00 PM | Eventbrite](#)

When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name with the help of old friends and family.

Trailer: https://www.youtube.com/watch?v=hRFY_Fesa9Q



BOB MARLEY: ONE LOVE + Q&A



Date: Sunday 24th November 2024

Time: 4pm – 7pm

Address: LEX2 - 561-563 Old Kent Road London SE1 5EW

FREE TICKETS: [PEMPEOPLE - BOB MARLEY: ONE LOVE + Q&A Tickets, Sun, Nov 24, 2024 at 4:00 PM | Eventbrite](#)

Bob Marley: One Love celebrates the legendary musician's life and his message of love and unity. For the first time on the big screen, experience Bob Marley's powerful story of overcoming adversity and the journey that shaped his revolutionary music.

Trailer: <https://youtu.be/vdB-8eLEW8g?feature=shared>

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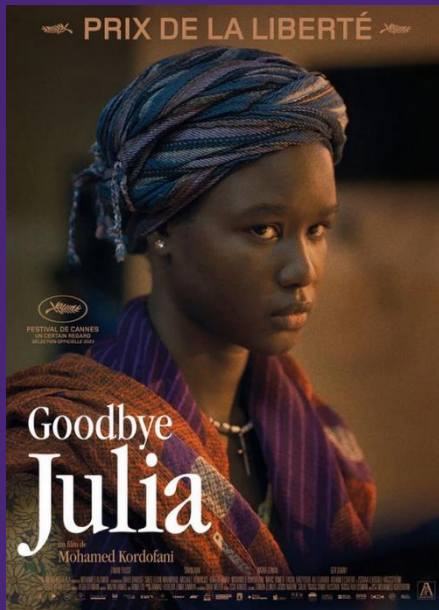
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GOODBYE JULIA + Q&A



Date: Friday 29th November 2024

Time: 4pm – 7:30pm

Address: Stratford Library – 3 The Grove, London, E15 1EL

FREE TICKETS: [TNB IAM 2024: GOODBYE JULIA + Q&A Tickets, Fri 29 Nov 2024 at 16:00 | Eventbrite](#)

Goodbye Julia tells the story of two women who represent the complicated relationship and differences between northern and southern Sudanese communities.

It takes place in Khartoum during the last years of Sudan as a united country, shortly before the 2011 separation of South Sudan.

Mona, a Muslim and former popular singer from the North, who lives with her husband Akram, seeks to attenuate her feelings of guilt for causing the death of a southern man by employing Julia, a Christian and his unsuspecting widow, as her maid.



Seeds of Change: Celebrating Islam Installation, Opening Event

Artist and spatial designer Sahra Hersi has designed an installation reflecting on themes of faith, connection to Allah (God), community and safety. The installation celebrates the beauty and safety existent in Islam and invites participants into the space for a moment of respite, calm, joy and beauty.

In this opening event for the installation, hear Sahra speak about the development of the installation and why

celebrating Islam is so crucial at this time. Followed by music by Kadialy Kouyate.

Since arriving in the UK, Kadialy Kouyate has played a significant part in enriching the London musical scene with his griot legacy.

Date: Monday 25th November 2024

Time: 6pm – 8pm

Address: Applecourt Arts - 207 Plashet Grove London E6 1BX

RESERVE A SPOT: [Seeds of Change: Celebrating Islam Installation - Opening Event Tickets, Mon, Nov 25, 2024 at 6:00 PM | Eventbrite](#)

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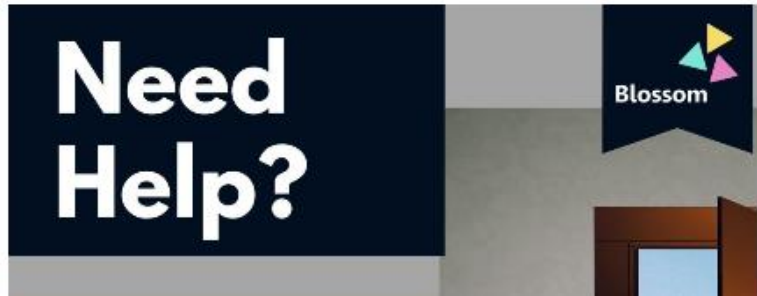
Monday-Friday 10am-5pm

WELCOME
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Support with Form Filling with Blossom Place

SUPPORT WITH FORM FILLING



Date: Every Monday

4th November 2024

11th November 2024

18th November 2024

25th November 2024

Time: 2pm

Address: Stratford Library, 3 The Grove E15 1EL

Need help with knowing the right benefits and support you are entitled to?

Our dedicated team is ready to provide the support you need.

For more information, call Shahid on 07786478961 or leave a message on hello@blossom.place.

SHAAM Nasheed Concert



Muhammad pbuh.

Date: Saturday 30th November

Time: 7pm – 9pm

Address: Old Town Hall - 29 The Broadway London E15 4BQ

To close the month, Newham are joined by SHAAM Nasheed group who came together in late 1997 seeking to present and re-interpret traditional Islamic songs known as nasheeds – a genre that originates from the time of Prophet

This art of singing combined with the use of the hand drum is practised from the top of the Arabian Peninsula, in countries such as Lebanon, Syria, Jordan and Palestine all the way to the south in Yemen. This is also the case for the African continent from the East in Ethiopia, Sudan, and Kenya all the way across Egypt, Libya, Tunisia, Morocco, Mauritania and Mali.

RESERVE A SPOT: [SHAAM Nasheed Concert Tickets, Sat, Nov 30, 2024 at 7:00 PM | Eventbrite](#)

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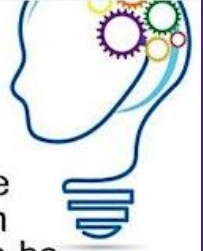
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Weekend Wellbeing Workshop



Weekend Wellbeing Workshops ~WWW Programme~



A **12-week** programme including:

- SELF confidence, esteem and worth;
- Isolation and social wellbeing;
- Work, home and social relationships;
- Coping mechanisms and gratitude;
- Mental health, debt and budgeting skills.
- Free materials and refreshments too

This is an opportunity to explore your understanding of your own mental health and wellbeing. To be in the company of others and to focus on YOU!

When: **Every Saturday**, 12-2pm, from **14th September** until **30th November**.

Where: Plaistow Community Centre, 63 Queens Road West, E13 0PE

Register: via Eventbrite or

Contact ASK for further information:
askulmhg.info@gmail.com 07944 978977



The Mood, Mind, and Body Project
Mental Health Wellbeing in Plaistow



Scan QR code to



Scan QR code to follow



User-Led Mental Health Group



Dates:

- November 2nd - Week 8: Anxiety and doing what makes YOU happy
- November 9th - Week 9: Personal values and individual strengths
- November 16th - Week 10: Discover or rediscover your aspirations
- November 23rd - Week 11: Coping mechanisms and gratitude
- November 30th - Week 12: You made it! - celebration & reflection

Reserve a spot: [12 week WWW Programme - The Mood, Mind and Body Project Tickets, Sat, Nov 2, 2024 at 12:00 PM | Eventbrite](#)

Address: Plaistow Community Centre - 63 Queen's Road West, Plaistow, E13 0PE

Delivered by ANKH Place CIC | Financially Supported by LBN

ANKH Place CIC presents



Mindful Dining

A Warm Haven for Newham Residents

Mindful Dining Warm Haven

Date: Every **Sunday** from **26th June 2024**

Time: **1pm – 4pm**

Address: **Plaistow Fire Station, 145 Prince Regents Lane, E13**

Mindful Dining offer:

- Healthy nutritious snacks and drinks
- Non-perishable foods and snacks to take away
- Wellbeing strategies and activities
- Music
- Giant floor and board games
- Friendship
- Good community conversations

Join us each week for a warm space, a meal and a hot drink!

Experience fun and interactive sessions including yoga, arts, health coaching, mindfulness techniques, fitness sessions, zumba, art workshops, games, music, vision board sessions & more!

All FREE for Newham residents.

Call **Mavis** on **07931712508** for enquiries and for entry on arrival.

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