

# WELCOME NEWHAM NEWS.

Edition: July 2024

Hello and welcome to our July 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.

## Refugee Week - Photography Competition

The theme for Refugee Week 2024 was “Our Home”. From the places we gather to share meals to our collective home, planet earth: Welcome Newham invited residents to celebrate what our ‘Our Home’ means to them. Thank you to everyone that came to celebrate with us.



### Winning Photographs:



*“To me, a home is where you  
feel loved, safe, and cherished.”  
- Malala Yousafzai*



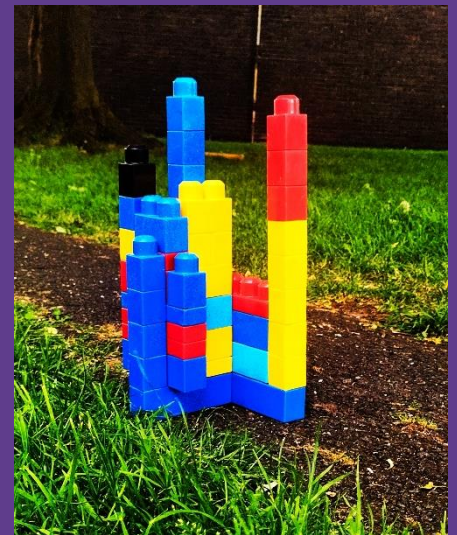
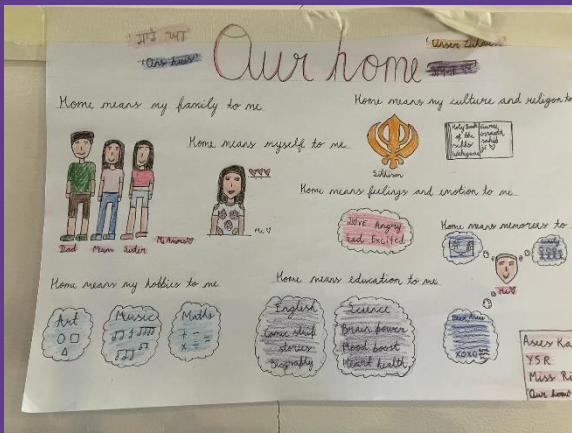
**Welcome Newham Team**

**Email:** [welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk)

**Phone:** 020 3373 3222

**Monday-Friday 10am-5pm**

# WELCOME NEWHAM NEWS



**"Every Refugee Matters" –  
Newham Residents**

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# WELCOME NEWHAM NEWS

**FREE EVENT**  
**REPAIR CAFÉ**  
27.07.24

EASTLONDONWASTE.GOV.UK/REPAIR-CAFES

**BRING ALONG YOUR BROKEN ITEM FOR A FREE REPAIR**

**DATE/TIME: SAT 27TH JULY '24 | 11AM - 2PM**

**LOCATION: CUNDY COMMUNITY CENTRE; 42 HARTINGTON RD, E16 3NP**

**CLOTHING REPAIRS**  
**SMALL ELECTRICAL REPAIRS**  
**BICYCLE MOT/REPAIR**

**CLOTHES SWAP**  
**GADGET REPAIR WORKSHOPS**

Swipe next →

elwa, Barking & Dagenham, Havering, Newham London, London Borough of Redbridge, Sew London Project CIC, restart, fabrications, recycle for your community

## Repair Café

Free entry includes: refreshments and up to 5 'new to you' items

Date: Saturday 27<sup>th</sup> July  
Time: 11am – 2pm  
Address: Cundy Community Centre, 42 Hartington Road, E16 3NP

Bring along donations on the 27th July for a rolling drop and swap.

Repair Cafés are a place for reuse and repairs to happen. Whether this be repairs to electrical devices, clothing or bicycles, an expert repairer will share their skills to repair your broken item, talking you through the repair as it happens. Repair cafes are a perfect opportunity to add a new

lease of life to items that could have ended up in the bin, plus a great chance to learn a new skill that you can put to practice on a future repair yourself.



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# WELCOME NEWHAM NEWS

## Newham Celebrates South Asian month

### Chai Chronicles: Design Your Own Teapot Workshop

Date: Saturday 27<sup>th</sup> July

Time: 3pm – 4pm

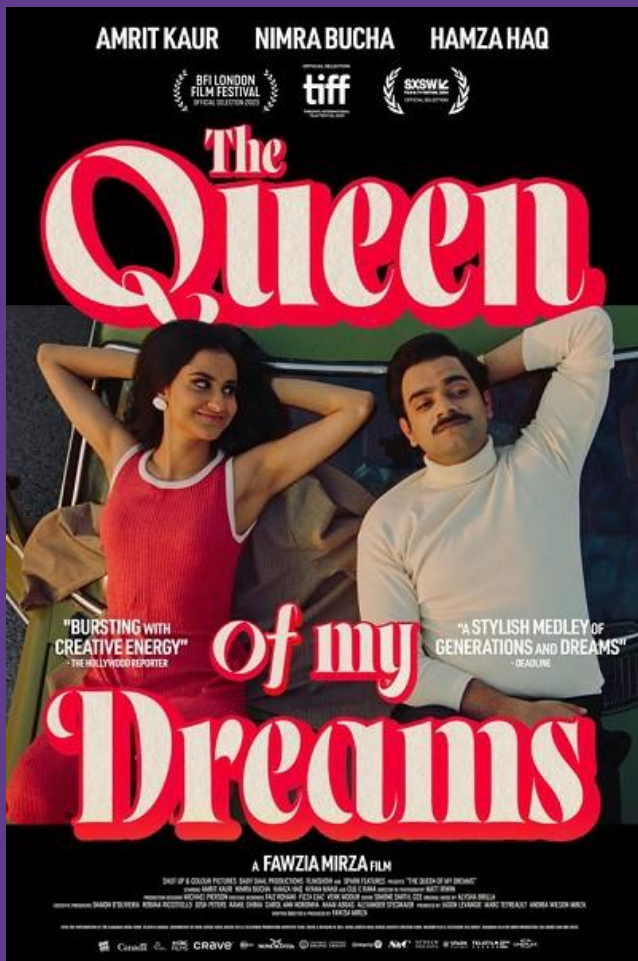
Address: The Gate Library – Woodgrange Road, E7 0QH



Join local artist Maryam Huq on a creative adventure celebrating the artistry of chai crockery.

For children aged 4-11, are invited to design their own teapot, drawing inspiration from the vibrant hues and intricate patterns of South Asian cultures. This workshop promises an afternoon of fun, creativity, and cultural exploration.

Book Tickets: [Chai Chronicles: Design Your Own Teapot Workshop Tickets, Sat, Jul 27, 2024 at 3:00 PM | Eventbrite](#)



### Film Screening – The Queen of My Dreams

Date: Sunday 28<sup>th</sup> July

Time: 1pm – 3:30pm

Address: Roof East - 7&8 Stratford Multi Story Car Park, Great Eastern Rd, E15 1XE (The venue is on Level 8 of the Stratford Centre carpark, located just across the road from Stratford station.)

Newham Council is screening Fawzia Mirza's "The Queen of My Dreams" to celebrate South Asian Heritage Month.

Set against a shared obsession with Bollywood fantasy, the film explores the coming-of-age journeys of Mariam, a Pakistani Muslim woman, and her Canadian-born daughter Azra, in two different eras.

We recommend arriving early to enjoy delicious street food and drinks from the vendors at Roof East.

All seating is unreserved. Wireless headphones, along with blankets, can be collected at the Box Office upon arrival.

Book Space:

[The Queen of My Dreams Film Screening Tickets, Sun, Jul 28, 2024 at 1:00 PM | Eventbrite](#)

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# WELCOME NEWHAM NEWS

## Storytelling from Central-South Asia by Khayaal Theatre

**Date:** Monday 29<sup>th</sup> July

**Time:** 10:30am – 11:30am

**Address:** Forest Gate Community Garden – 136 Earlham Grove, E7 9AR

Khayaal Theatre will bring us tales from Central-South Asian region using vivid storytelling and props, inspired by millennium and centuries old Muslim theatre traditions. Khayaal is a multi-award winning theatre and drama education company.



**Booking is not required to attend this event.**

## **Wellbeing in the Garden: Nature to Help You Stress Less**

**Date:** Friday 2<sup>nd</sup> August

**Time:** 10am – 12pm

**Address:** Forest Gate Community Garden – 136 Earlham Grove, E7 9AR



Join Rashida Zaman for a refreshing summer morning walk and journaling. Rashida will lead a discussion on holistic wellbeing and ways we can help ourselves to reduce stress in our busy bustling lives.

**Book FREE Space:** [Wellbeing in the Garden: Nature to Help You Stress Less Tickets, Fri, Aug 2, 2024 at 10:00 AM | Eventbrite](#)

## **Desi Daydreams: A Throwback to the 80's South Asian Rave Scene**

**Date:** Saturday 17<sup>th</sup> August

**Time:** 7pm – 10pm

**Address:** Stratford Town Hall – 29 The Broadway, E15 4BQ



For Newham's South Asian Heritage Month Finale, step back in time to the underground daytime Bhangra scene of the 1980s. Desi Daydream recreates the legendary daytime raves beloved by second generation British Asians across the UK.

**Book FREE Space:** [Desi Daydreams: A Throwback to the 80s South Asian Rave Scene Tickets, Sat, Aug 17, 2024 at 7:00 PM | Eventbrite](#)

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## Community Cinema x The New Black Film Collective



### Newham Community Cinema: Back to Black

Date: Friday 26<sup>th</sup> July

Time: 4pm – 7pm

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

A celebration of the most iconic - and much missed - homegrown star of the 21st century, BACK TO BLACK tells the extraordinary tale of Amy Winehouse. Painting a vivid, vibrant picture of the Camden streets she called home and capturing the struggles of global fame, BACK TO BLACK honours Amy's artistry, wit, and honesty, as well as trying to understand her demons. An unflinching look at the modern celebrity machine and a powerful tribute to a once-in-a-generation talent.

Book **FREE** Tickets: [NEWHAM COMMUNITY CINEMA: BACK TO BLACK + Q&A Tickets, Fri 26 Jul 2024 at 16:00 | Eventbrite](#)

### Discover Children Story Centre x The New Black Film Collective:

#### Finding Nemo

Date: Saturday 27<sup>th</sup> July

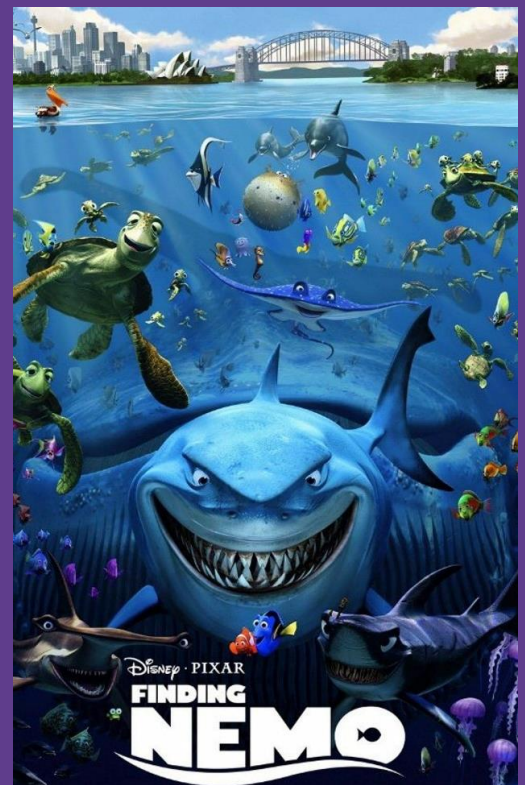
Time: 2pm – 4:30pm

Address: Discover Children's Story Centre, 383-387 High St, London E15 4QZ

After his son gets abducted from the Great Barrier Reef and is dispatched to Sydney; Marlin, a meek clownfish, enlists the help of a forgetful fish and embarks on a journey to bring him home.

Email: [welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk) to reserve tickets for you and your child/ren.

**Finding Nemo is Free**



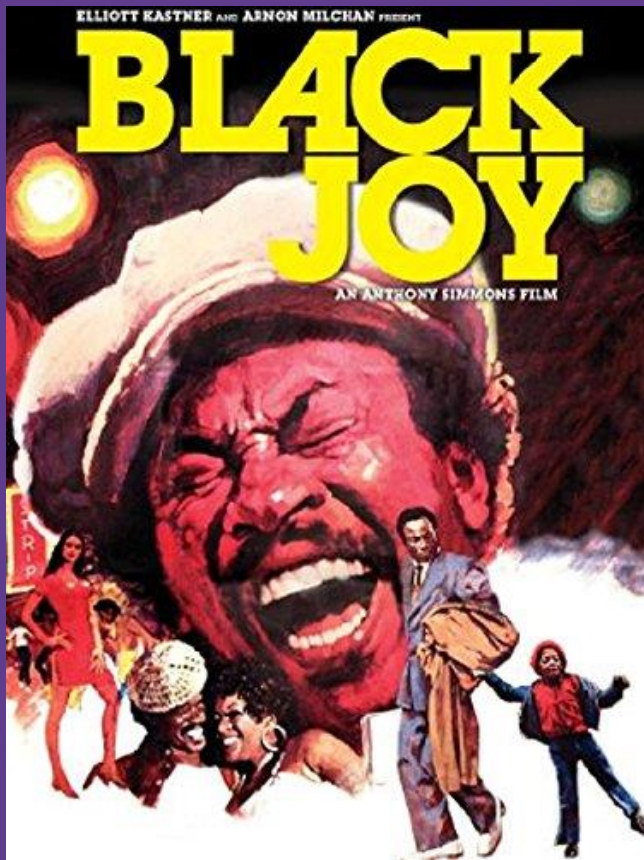
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### Windrush Season: Black Joy

Date: Friday 9<sup>th</sup> August

Time: 7pm – 9:30pm

Address: Barking Road Community Centre: 627 – 633  
Barking Road, E13 9EZ



Trevor Thomas stars as a Guyanese youth who is under the delusion that life will be easier for him in London. No sooner does Thomas set foot in England than he gets tangled up in one disaster after another. The catalyst for most of Our Hero's travails is "assimilated" Caribbean Norman Beaton who plays a streetwise con artist.

Book **FREE** Tickets: [BLACK JOY + Q&A \(WINDRUSH SEASON\) Tickets, Fri 9 Aug 2024 at 19:00 | Eventbrite](#)

### Newham Community Cinema: Monkey Man

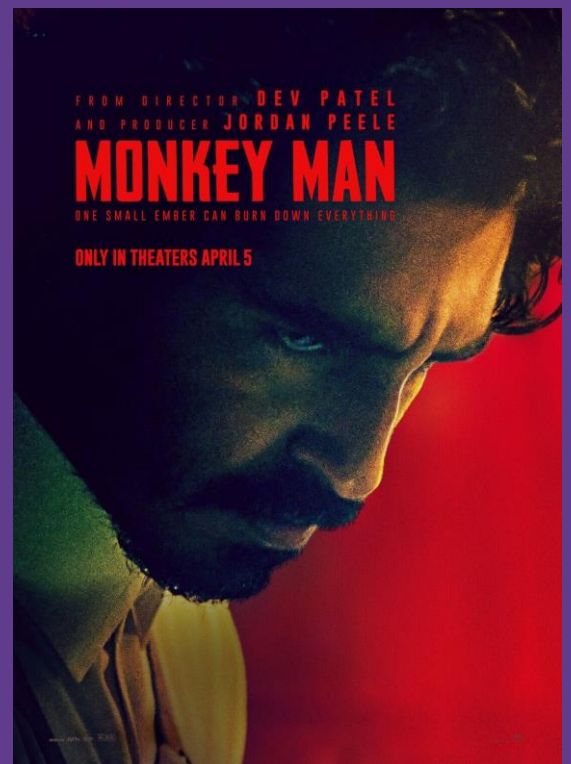
Date: Thursday 15<sup>th</sup> August

Time: 7pm – 10pm

Address: UCL East Campus – 1 Pool Street, London, E20 2AF

A young man ekes out a meagre living in an underground fight club where, night after night, wearing a gorilla mask, he's beaten bloody by more popular fighters for cash. After years of suppressed rage, he discovers a way to infiltrate the enclave of the city's sinister elite. As his childhood trauma boils over, his mysteriously scarred hands unleash an explosive campaign of retribution to settle the score with the men who took everything from him.

Book **FREE** Tickets: [SOUTH ASIAN HERITAGE MONTH: MONKEY MAN + PANEL Tickets, Thu 15 Aug 2024 at 19:00 | Eventbrite](#)



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# WELCOME NEWHAM NEWS



Join Doris and Dave on the DLR treasure hunt this summer



MAYOR OF LONDON



## DLR Treasure Hunt

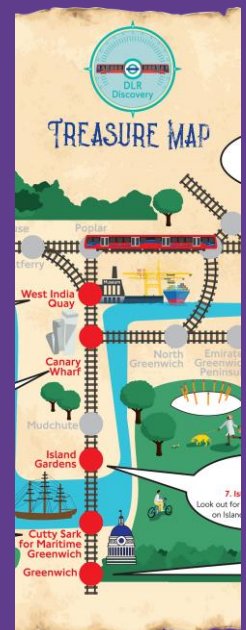
From Monday 29<sup>th</sup> July to Sunday 8<sup>th</sup> September

Find the hidden treasure around the DLR Station; starting at Tower Gateway DLR.

Scan QR code to download app:



You can participate for FREE by downloading the Actionbound app.



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# WELCOME NEWHAM NEWS

## Forest Gate Children Centre:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stay and Play (1-4years) 10:00am - 11:30am 1, 8, 15, 22, 29 Jul Kay Rowe</p> <p><b>First 25 children only</b></p> 	<p>ASQ-3 (24 months) Health Review By invitation only from your Health Visitor Kay Rowe</p>	<p>Child Advisory Clinic (Baby-well clinic) 9:30am - 11:30am 10 Jul Kay Rowe</p> <p>Stay and Play (1-4years) 10:00am - 11:30am 3, 24, 31 Jul Kay Rowe</p> <p><b>First 25 children only</b></p> <p>Childminders Stay and Play 9:30am-11:30am 17 Jul Kay Rowe Contact Louise 07903056764</p>	<p>Stories and Rhymes 9:30am-10:15am 4, 18 Jul Gate Library</p> <p>Outings Chalkwell Beach 11, 25 Jul £13 per adult, under 5s free <b>Booking required</b> Please call 07931 554993/07931 554967</p> 	<p>Dads Stay and Play Parents in Mind 10:00am - 11:00am 5 Jul Kay Rowe Contact Imran 07542127813</p> <p>Stay and Play Cooking 10:00am-11:30am 12, 26 Jul Kay Rowe <b>Booking required</b></p> <p>Stay and Play Messy 10:00am - 11:00am 5, 12 Jul Maryland</p> <p><b>First 15 children only</b></p> 	<p>Forest Gate Festival 11:00am- 4:00pm 6 Jul Kay Rowe</p>
<p>Stay and Play Baby Sensory (Babies under 1yr only) 1:30pm - 2:30pm 1, 8, 15, 22, 29 Jul Kay Rowe</p> <p><b>First 15 babies only</b></p>	<p>Stay and Play (1-4years) 1:00pm-2:30pm 2, 9, 16 Jul Maryland</p> <p><b>First 15 children only</b></p>	<p>SEND Stay and Play 1:00pm - 2:30pm 3, 17, 24, 31 Jul Kay Rowe For children with additional needs Contact Josie 07931554972</p>	<p>Parents in Mind (0-2yrs) 1:00pm - 2:30pm 4, 18 Jul Kay Rowe Talk and support mum to mum Contact Carol 07525403673</p> <p>Community Garden 1:30pm - 2:30pm 4, 18 Jul Community Garden Earlham Grove E7 9AS</p>	<p>Stay and Play Messy 1:00pm- 2:00pm 5, 12, 26 Jul Kay Rowe</p> <p><b>First 12 children only</b></p> <p>Stay and Play Baby Sensory (Babies Under 1 yr only) 1:30pm - 2:30pm 5, 12 Jul Maryland</p> <p><b>First 10 babies only</b></p>	
<p>Kay Rowe Children's Centre - Osborne Road E7 0PH Telephone: 0208 534 4403 / 07931554993 Website: <a href="http://www.kayrowe.newham.sch.uk">www.kayrowe.newham.sch.uk</a></p>			<p>Maryland Children's Centre - Buxton Road, E15 1QX Telephone: 0208 534 8351</p>		
<p>Email: <a href="mailto:info@kayrowe.newham.sch.uk">info@kayrowe.newham.sch.uk</a></p>					

Address:  
Kay Rowe Children's  
Centre – Osborne  
Road, E7 0PH

Address:  
Maryland Children's  
Centre – Buxton  
Road, E15 1QX

## Your Local Community



Accessing free 15 hours  
child care for 2 year olds.  
Are you eligible?  
[www.newham.gov.uk/  
twoyearold](http://www.newham.gov.uk/twoyearold)



### Out and About

- ⇒ Wanstead Park - Warren Road, E11 2LS
- ⇒ Olympic Park - Stratford E20
- ⇒ Forest Gate Community Garden  
136 Earlham Grove, E7 9AR

### Free Vitamins

You can pickup from:  
Kay Rowe CC: Mon + Wed 10am-12pm  
1pm-2.30pm  
Thurs 1pm-2.30pm  
Maryland CC: Tues +Fri 10am-3pm  
**Please call before you come to check availability.**

We may have to cancel sessions from time to time, due to circumstances beyond our control.  
We will notify parents and carers through our texting service.  
So please contact us if you would like to register for this service - 0208 534 4403

### Local Food Banks

- Your local food banks in E7 & E15
- ⇒ Grow Baby - new/used clothes for 0-5yrs  
Address: 88a Romford Rd, E15 4EH  
Tel: 0208 534 4019
  - ⇒ Woodgrange Baptist Church  
Address: 345 Romford Road, E7 8AA  
Tel: 0208 555 9880
  - ⇒ Newham Community Project

### !IMPORTANT INFORMATION!

- \* All sessions will be on a first come first served basis.
- \* There will be a cap on number of entries.
- \* No entry 15mins after the start of the session.

If you are not registered with FGCC please use the link below to register

[https://newham-self.achieverservice.com/  
service/Best Start in Life Registration](https://newham-self.achieverservice.com/service/Best Start in Life Registration)



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Email: [welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk)

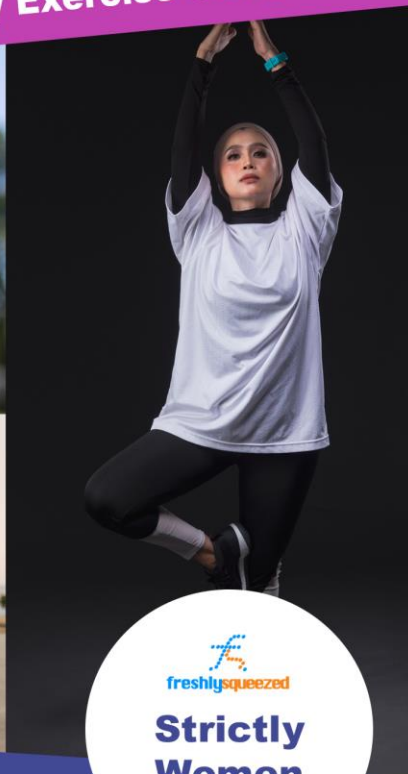
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Monday-Friday 10am-5pm

# WELCOME NEWHAM NEWS

**FREE**

## Active Girls Women Only Exercise Classes



### We offer

- Sessions led by Female Instructors
- Exercise classes & workshops in a private setting
- Childcare & support for travel costs can be provided

**Stratford - Starts 26th June at Carpenters & Dockland Centre**  
Every Wednesday 10am - 11am Tel: 020 8534 9524

**Isle of Dogs - Starts 27th June at Calders Wharf Community Centre**  
Every Thursday 10am - 11am Tel: 020 3519 4470



Carpenters & Docklands Centre, 98 Gibbins Road, Stratford. E15 2HB  
Calders Wharf Community Centre, 4A Saunders Ness Road, London. E14 3PS

To book spaces please contact:

Stratford –  
020 8534 9524

Isle of Dog –  
020 3519 4470

### Active Girls: Women Only Exercising Classes

All classes/sessions are FREE.

Every Wednesday  
from 10am – 11 am

Stratford Location: Carpenters & Docklands Centre – 98 Gibbins Road, Stratford, E15 2HU

Every Thursday  
from 10am – 11am

Isle of Dogs Location: 4A Saunders Ness Road, E14 3PS



ONLY FOR WOMEN

Offer:

- Sessions are led by female instructors
- Exercise classes & workshop in private setting
- Childcare & Support for travel cost can be provided

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# WELCOME NEWHAM NEWS

## Eastside Community Heritage

### **Eastside Community Heritage** **Havering Museum**

#### Summer Holiday Sessions

2/08 \*ECH - Intro to Oral History | 10:30 - 12pm | FREE

9/08 \*ECH - Storytelling Workshop | 10:30 - 12pm | FREE

16/08 \*ECH - Music Workshop Part 1 | 10:30 - 12pm | FREE

23/08 \*ECH - Music Workshop Part 2 | 10:30 - 12pm | FREE

30/08 \*ECH - Video Making Workshop | 10:30 - 12pm | FREE

\* Please note that ECH Music Workshops require joint bookings.

More details on all events can be found at  
[www.haveringmuseum.org.uk](http://www.haveringmuseum.org.uk)

**\*Parent - Accompanied  
& Booking Required**



@haveringmuseum



19 - 21 High Street, Romford, RM1 1JU  
Tel: 01708 766571

web: [www.haveringmuseum.org.uk](http://www.haveringmuseum.org.uk)  
email: [info@haveringmuseum.org.uk](mailto:info@haveringmuseum.org.uk)



Charity No: 1093763

**Ages  
6 - 11**

**FREE  
Family  
Admission  
over the  
Summer!**

#### Havering Museum

**FREE** Family admission over the Summer!

Ages 6 -11 years' old

The Museum, which opened in May 2010, tells the story of Havering from pre-history to the present day and highlights the achievements of local people while exploring how the areas that make up the Borough were formed and developed.

Book **FREE** tickets: [Eastside Heritage - Havering Museum Tickets](#)

The first session of our 5 sessions will introduce children to the concept of 'oral' history'. The theme of the workshop will be childhood, and we'll be thinking about what childhoods were like in the past and what they are like now! We'll be decorating memory

jars and using tablets as part of scavenger hunt and you'll go home with a prize.

Over the course of this 5-session programme, children will gain an appreciation for oral history as a source, learn digital skills, explore historical imagination, and gain familiarity with the many histories of East London and Essex, of which they themselves are a part, all while having fun and being creative during their summer holidays!

**Please bring your own refreshments to the session. Children must be accompanied by an adult.**



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# WELCOME NEWHAM NEWS

## Summer Create & Chat!

**16th July 2024**  
**10:30 AM -11:30 AM**  
**Gants Hill Library**  
490 Cranbrook Rd, Ilford IG2 6LA

**Free & All Ages  
Welcome!**



Create and chat over a cuppa! Join Eastside Community Heritage at our group reminiscence session - this month's theme is '**Summer Stories**'. Get creative with us, with some summer throwback themed booklet making. Refreshments provided! Adults and children of all ages welcome.

**All are welcome, no booking needed.**  
Contact [georgia@ech.org.uk](mailto:georgia@ech.org.uk) or phone 07411536339 for further details.

### Future Sessions

Tuesdays 10:30AM-11:30AM - join us for our monthly sessions on the following dates:

- 16th July 2024
- 20th Aug 2024
- 17th Sept 2024
- 15th Oct 2024
- 19th Nov 2024
- 17th Dec 2024



### Summer Create & Chat

\*FREE & ALL AGES WELCOMED\*

This month theme is 'Summer Stories'.  
Create and chat over a cup of tea!  
Join Eastside Community Heritage.

Get Creative with some summer throwback themed booklet making.

Refreshments Provided!

NO BOOKING NEEDED

Once a month on Tuesdays  
from 10:30am – 11:30am

Address: Gants Hill Library – 490  
Cranbrook Road, IG2 6LA

### Future Sessions:

- 20<sup>th</sup> August
- 17<sup>th</sup> September
- 15<sup>th</sup> October
- 19<sup>th</sup> November
- 17<sup>th</sup> December



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# WELCOME NEWHAM NEWS

## Renewal Programme



### Activities for 8-11 year olds

Dates:

Monday 22<sup>nd</sup> July – Friday 2<sup>nd</sup> August

Time:

10am – 2pm

Activities:

- Arts and Crafts
- Mixed Sports and more
- Accredited First Aid
- Henna Art & Face Painting
- Karaoke
- Cake Decorating
- Smoothie Making

Register Online: [Eagu - After school. In place of school. Beyond school.](#)

## All Sessions are FREE

Dates:

Monday 5<sup>th</sup> August – Friday 23<sup>rd</sup> August

Time:

11am – 3pm

Activities:

- Accredited First Aid
- Skiing/Snowboarding
- Fairplay House Trip
- Bowling Trip
- Mixed Sport

Register Online: [Young Carers Summer Programme Application Form 2024 \(office.com\)](#)



### Activities for Young Carers

Alternatively, please come to Renewal Programme – 365 High Street North, E12 6PG to fill in a registration form

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# WELCOME NEWHAM NEWS

All 4 Free – Summer 2024

# ALL4FREE SUMMER 2024

SUN 28<sup>TH</sup> JULY 1-3 PM

Take what you need: Baby clothes • Baby items • Bags • Books • Bric-a-brac • Children's clothes •  
Crocery • CDs • DVDs • Games • Hats • Kitchen items • Knick-knacks • Lingerie • Shoes • Scarves •  
School uniforms • Small electronic gadgets • Smart garments • Sports wear • Toiletries • Teddys • Toys...  
Children's arts n crafts and play pen • Baby changing and nursing facilities • Free refreshments and snacks  
We accept donations the evening before the event/ on the day, please contact [Transition\\_Newham@riseup.net](mailto:Transition_Newham@riseup.net)

**372 Katherine Road E7 8NW • Bus 325, Forest Gate or East Ham**



**Date:** Sunday 28<sup>th</sup> July

**Time:** 1pm – 3pm

**Address:** 372 Katherine Road (Hope4Humanity Building), East Ham E7 8NW.

You are wholeheartedly invited to our All4Free event and provide them with essential goods such as baby items, baby and children's clothing, school uniforms, smart adult clothing, shoes, toys, games and books.



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