



Welcome Newham Newsletter

Edition: September 2024

Hello and Welcome to our September 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.

One Stop Shop Visit

Mayor Rokhsana Fiaz, Cardinal Vincent Nichols and Chief Iman Sayed Ali Abbas were among some important, senior faith leaders who came to visit and tour Welcome Newham, the One Stop Shop drop-in service for refugees and asylum seekers, last week Thursday.

It was a great opportunity to meet with service users, hear their stories and how WN have supported them. In addition, they came to show support for this important cause "Together, we are building a stronger, more inclusive community"



Welcome Newham Team

Email: welcome.newham@newham.gov.uk

Phone: 020 3373 3222

Monday-Friday 10am-5pm

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WELCOME NEWHAM Newsletter

Employment – Job Fairs

Westfield Stratford Job Show

Date: Friday 27th September – Saturday 28th September 2024

Time: 11am – 5pm **(Both Days)**

Address: Westfield Stratford City - Montfichet Road London E20 1EJ

Free to attend but please register: [London Job Show | Careers & Job Fair | Westfield Stratford Tickets, Fri 27 Sep 2024 at 11:00 | Eventbrite](#)

Alternatively book spaces: [All in The Loop](#)



The London Job Show is returning to Westfield Stratford. With vacancies at an all-time high, massive people shortages and salaries on the increase, it is the ideal time to find a new job.

However, finding a new role can be a hassle. Well, the good news is there is an alternative to spending endless hours searching for jobs, sending off application after application and then (all too often) not even getting a reply. By visiting the London Job Show, you could fast-track the entire process.

If you are looking for a new start this is the perfect opportunity to meet the UK's top employers in person and apply directly.

Companies attending:



SE Ltd



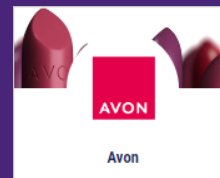
A1 Pharmaceuticals PLC



AstronautJobs.com



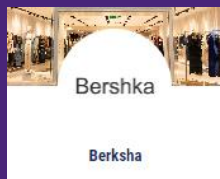
Avanti Fostering



Avon



BD Group

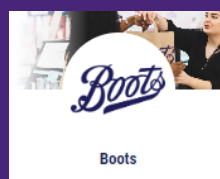


Bershka

Berksha



BM Caterers



Boots



Brompton Academy



Centre of Excellence across UK



Capital City College Group



Chatham Grammar



Chestnut Nursery Schools



citizenM



Department for Education

and many more companies/organisations.

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Employment – Upcoming Job Fairs

Westfield White City - Job Show

Next Job Show will be hosted at Westfield, Shepherd Bush, W12

Date: Friday 11th October 2024 – Saturday 12th October 2024.

To register for spaces, follow the link: [All In The Loop](#)



East London Job Fair

Date: Wednesday 30th October 2024

Time: 10am – 1pm

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

Book places: [East London Jobs Fair Tickets, Wed 30 Oct 2024 at 10:00 | Eventbrite](#)

Why Visit the Job Fair to look for work?

Networking Opportunities - Job fairs provide a platform for networking with recruiters, hiring managers, and representatives from various companies. Building connections can open doors to job opportunities now or in the future.

Direct Interaction - Job fairs allow you to engage directly with employers. You can ask questions, learn about company cultures, and get a better understanding of job roles and requirements.

Explore Job/Career Options - Job fairs feature a diverse range of companies from different industries. This gives you the chance to explore various career paths and industries you might not have considered otherwise.

Face-to-Face Impressions - Meeting employers face-to-face allows you to make a memorable impression beyond what a CV or online application can convey. Your personality, communication skills, and enthusiasm can shine in person.

Access to Hidden Opportunities - Not all job openings are advertised online. Companies often attend job fairs to fill positions quickly or to find candidates with specific skills. Attending a job fair gives you access to these hidden opportunities.

Professional Development - Get tips on how to improve your CV, Interview Skills, and build your confidence talking to employers by attending a Job fair.

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Volunteering Opportunities

Volunteering with Cody Docks



Tree Mapping Volunteer

We urgently need passionate volunteers to lead tree-mapping groups around Cody Dock. This is a fantastic opportunity to contribute to our environmental initiatives and learn valuable skills.

What's Involved:

- Attend a training session for team leaders on Thursday, September 26th. (Optional training is also available on Friday for those unavailable on Thursday.)
- Help lead a group in mapping trees on Friday, September 27th (10am-4pm).

Website: <https://codydock.org.uk/volunteering/>

If you'll like to volunteer, please email: basia@codydock.org.uk



Volunteering with Newham Volunteers

WE ARE VOLUNTEERING.

WE ARE NEWHAM.



WANT TO VOLUNTEER & MAKE A DIFFERENCE?

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: <https://volunteers.newham.gov.uk/index-classic>

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

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Monday-Friday 10am-5pm



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 are starting again on Tuesday 8th October.

Dates: Every Tuesdays

Time: 12.00 - 2.00pm

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

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Community Events – Film Events

The New Black Film Collective x Welcome Newham

Bad Boys – Ride or Die

Date: Friday 27th September 2024

Time: 4pm – 7pm

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

TICKETS ARE SOLD OUT, BUT THERE IS LIKELY TO BE AVAILABLE SEATS IF YOU ARRIVE 10/15 MINUTES EARLY.

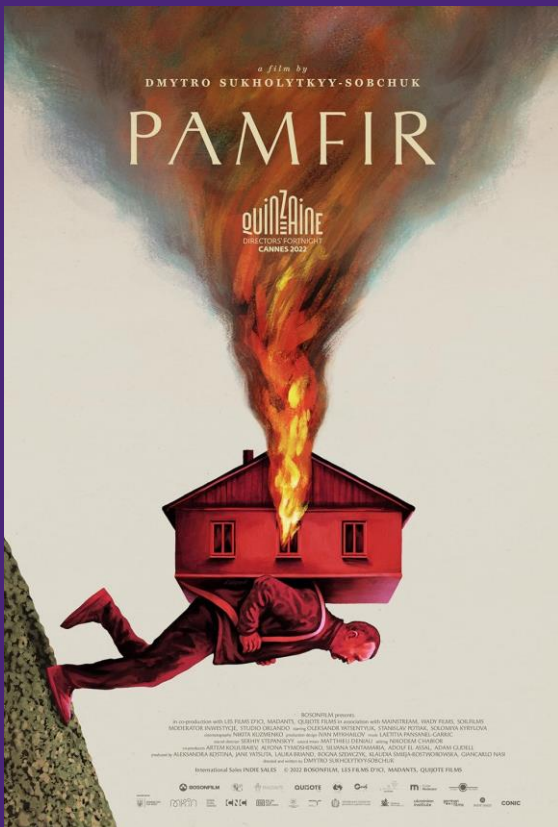
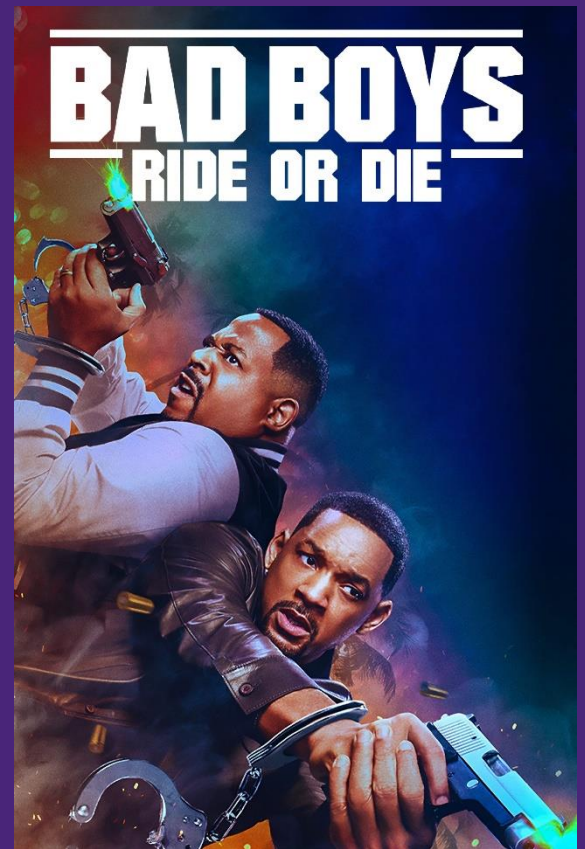
When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name with the help of old friends and family.

Cast: Will Smith, Martin Lawrence, Jacob Scipio

Cert: 12A

Dur: 1h 55m

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



Pamfir – Ukrainian Film

Date: Saturday 28th September 2024

Time: 7pm – 10pm

Address: Good Hotel - Western Gateway London E16 1FA

Book Tickets: [NEWHAM COMMUNITY CINEMA: PAMFIR + Q&A Tickets, Sat 28 Sep 2024 at 19:00 | Eventbrite](#)

Newham Community Cinema in partnership with Welcome Newham and Film London brings a screening of -

FEATURE FILM - PAMFIR

In Western Ukraine, on the eve of a traditional carnival, Pamfir returns to his family after months of absence and wants to be a decent family man. When his only child starts a fire in the prayer house, Pamfir has no other choice but to reconnect with his troubled past to repair his son's fault. He will be taken on a risky path with irreversible consequences.

Trailer: <https://www.youtube.com/watch?v=xVox4GQrC80>

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The New Black Collective x Black History Month

The American Society of Magical Negroes

Date: Friday 18th October 2024

Time: 7pm – 10pm

Address: Good Hotel - Western Gateway, London, E16 1FA

Book Tickets: [TNB BHM 2024 | THE AMERICAN SOCIETY OF MAGICAL NEGROES + Q&A Tickets, Fri 18 Oct 2024 at 19:00 | Eventbrite](#)

In celebration of Black History Month, The New Black Film Collective and Newham Council.

A young man gets recruited into a secret society of magical Black people who dedicate their lives to making white people's lives easier. Although initially enamoured with his new powers, he begins to question the value of using supernatural means to do the very thing he's felt obligated to do his whole life.

Cast: Justice Smith, Zachary Barton, Anthony Coons

Cert: 12A

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



Newham Community Cinema: A Quiet Place – Day One (Subtitled)

Date: Friday 25th October 2024

Time: 4pm – 7:30pm

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

Book Tickets: [NEWHAM COMMUNITY CINEMA: A QUIET PLACE - DAY ONE \(SUBTITLED\) + Q&A \(SIGNED\) Tickets, Fri, Oct 25, 2024 at 4:00 PM | Eventbrite](#)

When New York City comes under attack from an alien invasion, a woman and other survivors try to find a way to safety. They soon learn that they must remain absolutely silent as the mysterious creatures are drawn to the slightest sound.

Cast: Lupita Nyong'o, Joseph Quinn, Djimon Hounsou

Cert: 15

Dur: 1h 44m

Trailer: <https://www.youtube.com/watch?v=YPY7J-flzE8>



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Events & Activities

JAZZ IN THE COMMUNITY

AT NEWHAM MUSIC WESTFIELD STRATFORD CITY, E20

JAZZ EAST | **NATIONAL JAZZ ARCHIVE** | **BLACK HISTORY MONTH** | **SPONSORED BY** **exprise4good**

from
Basil Hodge (Keyboards)
Tony Kofi (Sax)
Dave Mannington (Bass)
Yonna Punn (Drums)
Stuart Fiddler (Guitar)

THURSDAY 26th SEPTEMBER @ 7:00PM
NEWHAM MUSIC HUB<THE STREET>WESTFIELD STRATFORD CITY<E20 1EN
DOORS 6:30PM CURFEW: 9PM TUBE, RAIL & BUS: STRATFORD
Email: jazzeast@londoneastjazznetwork.org.uk or Call: 07754770787

PAY WHAT YOU CAN AFFORD

Promoters: London East Jazz Network (UK 1/3 Jazz East, NJA & NEWHAM MUSIC are all Registered UK Charities)

Jazz in the Community

LIVE & AFFORDABLE GRASSROOTS JAZZ IN THE COMMUNITY!

Welcoming Black History Month (BHM) 2024 with the story of Jazz from Roots to Right Now!

Date: Thursday 26th September 2024

Time: 7pm

Launch party now booking in Westfield Stratford City, East London:

<https://wegottickets.com/event/632325/>

BOOK ONLINE TO SECURE TICKETS only £10 & kids go free (with adult ticket holder)

For more information, email jazzeast@londoneastjazznetwork.org.uk or message us on WhatsApp at +44(0)7754770787.

Let's make it a night to remember!

Cody Docks Workshop

Deepen Your Knowledge with a Fruit Tree Pruning Workshop!

Date: Sunday 29th September 2024

Join us for a specialised workshop on Sunday, September 29th, led by Caroline Cupitt, a renowned consultant arboriculturist and "Orchard Specialist" from The Orchard Project <https://www.orchidproject.org/>

Workshop Focus:

Learn proper pruning techniques for trained fruit tree forms like espaliers, fans, and cordons (applicable to various fruit trees like apples and pears).

Who Should Attend:

This workshop is ideal for individuals with an interest in growing fruit trees and a desire to contribute to the maintenance of Cody Dock's forest garden.

If you will like to attend the workshop, please email: basia@codydock.org.uk



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'If you are Black, you are not simply an Artist'

Exhibition



Date: Wednesday 2nd October – Wednesday 30th October 2024

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

An exhibition of Sabela Mahlangu's dry-needle etchings and mixed media paintings takes place during Black History Month. Mahlangu's work depicts urban scenes, landscapes and religious themes. His use of aquatints in his etchings gives his work a unique subtlety, as does his multi-colour printing: where each plate is drawn, etched in copper and printed in separate colours.

Sabela Mahlangu is a Black South African artist who studied at Rorke's Drift during Apartheid. He now lives and works in Forest Gate.

The exhibition's title reflects the difficulties Black artists faced during South Africa's Apartheid regime where they were not allowed to work as artists in areas designated as "white South Africa" unless they had a permit, which was rarely granted. This left Black artists underrepresented in South Africa, even today.

"His work has an atmospheric quality showing intricate detail on an intimate scale. He enjoyed the subtle effects he could achieve by producing aquatints with various grey gradient and used pattern and texture to enliven his compositions of mainly landscapes, urban scenes and religious themes." - The Melrose Gallery in Johannesburg, curator Sipho Mdanda

The exhibition is on the first floor of the Stratford Library and is open to the public from Friday 4th to Wednesday 30th October 2024.

Opening times are from 9am to 8pm, Monday to Saturday and from 12pm to 4pm on Sundays.



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Ageing Well Festival



Date: Sunday 5th October 2024

Time: 10am – 4pm

Address: Forest Gate Community School, Forest Lane, E7 9BB

The Newham Ageing Well Strategy aims to improve the health and wellbeing of residents aged 50+; and reduce health inequalities.

You are invited to attend this year's Festival to celebrate our residents aged 50+, find out more about the activities and services available in the borough; connect with other residents and learn how you can get involved with delivering and shaping the Year 3 Strategy actions.

On the day you can expect:

- Health MOTs and Vaccine Clinics
- Information from Ask SARA, BT and EE, Dementia Support Service, Frames of Mind, Our Newham Money, Newham Volunteers, TfL
- 1:1 Clinics* (on Concessionary Travel, Parking, Pension Credit, etc.)
- Archery
- Bikeworks
- Dance and exercise tasters (e.g. Belly Dance, Bollywood Dance, Chair Based Exercise, Salsa, Yoga, Zumba, etc.)
- Glass Painting
- Virtual Reality Headsets
- Music
- International Food Court (Afro-Caribbean, Chinese, Eastern European, South Asian and Pie & Mash)
- and much more!

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Healtogether CIC

Break the stigma on mental illness.

WINTER WELLNESS SESSION

Thursday 17th October 11:00am – 1:00pm
Canning Town Library
18 Rathbone Market, Canning Town Market E16 1EH



REFRESHMENTS PROVIDED
BLOOD PRESSURE CHECKS
HEALTH & WELL-BEING CONVERSATIONS
COVID & FLU VACCINATIONS

PLEASE SCAN THE QR CODE TO SEE IF YOU
ARE ELIGIBLE FOR THE FLU & COVID VACCINES



Woodgrange Medical Practice

Tel: 020 8221 3127

www.woodgrangemedicalpractice.co.uk

NHS

Winter Wellness Session

Date: Thursday 17th
October

Time: 11am- 1pm

Address: Canning Town
Library – 18 Rathbone
Market, Canning Town,
E16 1EH

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NHS

**STRATFORD HEALTH EXPO
STRATFORD LIBRARY**

3 THE GROVE, E15 1EL

Saturday 19th October 2024, 11:00am – 2:00pm

- Covid and flu vaccinations
- Blood pressure checks
- Health & Well-being conversations



Woodgrange Medical Practice

Tel: 020 82213127

www.woodgrangemedicalpractice.co.uk



WELL
NEWHAM

For a healthier you

www.wellnewham.org.uk

**PLEASE SCAN THE QR CODE TO SEE IF YOU
ARE ELIGIBLE FOR THE FLU & COVID VACCINES**



Stratford Health Expo

Date: Saturday 19th October 2024

Time: 11am – 2pm

Address: Stratford Library – 3 The Grove E15 1EL

Join Stratford Library to sample their health and fitness programme, free basic health check, nutrition advices and wellness sessions.

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Saturday 19th October
10.00 am – 7.15 pm

Join us for a full day of **FREE** yoga, breathwork, meditation, dance and sound healing! Sign up to as many classes as you want and stick around to meet our wonderful Shakti Space Team. Goodie bags, refreshments and special offers available throughout the day.

Looking forward to seeing you there.

TIMETABLE OF TASTER SESSIONS

- 10.00 – 10.30 am | Welcome tea
- 10.30 – 11.15 am | Rise and shine yoga with founder Sam.
- 11.45 – 12.30 pm | Movement and Meditation with Max
- 1.00 – 1.45 pm | Yang to Yin with founder Emma
- 2.30 – 3.15 pm | Yoga Breathwork and Mantra with Raj
- 4.00 – 4.45 pm | Divine Dance with Anne
- 5.15 – 6.00 pm | Restorative and Yoga Nidra with Tracey
- 6.30 – 7.15 pm | Sound bath with Anne.

Book your classes here, if classes are fully booked, please **drop in** and we will find you a space.



Shakti Space – Free Yoga Day

Date: Saturday 19th October 2024

Time: 11am – 7:15pm

Join Shakti Space for a full day of FREE yoga, breath work, mediation, dance and sound healing! Sign up to as many classes as you want and stick around to meet our wonderful Shakti Space Team.

Goodie Bags, Refreshments and special offers available throughout the day.

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Community Workshop with Talking Therapies



What are community workshops?

We run one-off, educational workshops covering a variety of health and wellbeing topics.

Most of the workshops are usually delivered in English, online via MS Teams and last an hour (unless stated otherwise below).

They are free, confidential and run by our friendly staff members.

Who can attend?

Any adults living, working, or studying in Newham are welcome to attend one workshop a month

How to sign up

- Email us on elft.nttworkshops@nhs.net
- Call us on 0208 175 1770
- [Click here](#) OR scan the QR code to complete the registration form

Workshops this September:

BUILDING CONFIDENCE | 4th @ 6PM
DEALING WITH WORRIES AND ANXIETY | 18th @ 4:30PM
IMPROVING SLEEP | 4th @ 12PM
COPING WITH FRUSTRATION | 13th @ 1PM
MANAGING LOW MOOD | 19th @ 1PM
MANAGING STRESS | 24th @ 12PM
STAYING WELL (AFTER THERAPY) | 13th @ 2PM
LIVING WELL WITH A LONG TERM CONDITION | 19th @ 12PM

Special topics this month:

WOMEN'S WELLBEING | 3rd @ 2PM
INTRODUCTION TO MINDFULNESS | 17th @ 1PM
WELLNESS FUSION: MIND AND BODY | 17th @ 1PM



How to sign up - in 2 easy steps!

- 1 Decide which workshop you would like to attend by viewing the workshops calendar on our website
- 2 Fill out our workshop registration form online!

Other ways to sign up:

- Email the name and date of the workshop you would like to attend to: elft.nttworkshops@nhs.net
- Call us on 0208 175 1770
- OR Scan the QR code below!

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Men Therapy with Botanical Brothers

BOTANICAL BROTHERS



HOW DOES YOUR GARDEN GROW?

BOTANICAL BROTHERS THEORY SESSIONS:

- BENEFITS OF GARDENING.
- SEED SOWING.
- GARDEN LAYOUT AND DESIGN WITH LIMITED SPACE.
- ORGANIC VS NON-ORGANIC FOOD TASTING SESSION.
- OPPORTUNITY TO LEARN HOW TO GROW FOOD FOR BETTER HEALTH.

SEASONED GARDENER OR COMPLETE NOVICE?

JOIN US AT:

**EAST HAM LIBRARY: 328 BARKING ROAD E6 2RT
3RD THURSDAY OF EVERY MONTH
6PM - 8PM**

The Botanical Brothers (BB) Project aims to improve the emotional health and wellbeing of fathers and male carers from ethnically diverse background in the London Borough of Newham.

BB project will offer a safe non-judgemental space for fathers to:

- build social networks and connect with each other to create a sense of belonging, ownership, self-worth, creativity
- learn/develop gardening and culinary skills, embracing diversity in culture and food, saving money and budgeting
- it aims to improve family relationships and build community capacity

BOTANICAL BROTHERS GARDENING PROJECT-VOLUNTEERING



Dear Gents,
Available and willing to volunteer in our Botanical Brothers Gardening project?

Please contact us by email: Botanicalbrothers@newham.gov.uk

Garden Sites:

St Mark Community Centre,
218 Tollgate Rd, London E6 5YA

Community Links

105 Barking Rd, London E16 4HQ

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newham.gov.uk

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Are you a parent or carer?

Could you spare 2 hours a week for 6 weeks?

Great opportunity to gain skills and become a peer to peer supporter in Newham for Dads

The training is accredited and equivalent to GCSE

Enjoyable and informative, you can make a huge difference to Dads' lives in your community by attending this course – your contribution is invaluable!

The training is a well recognised certificate but more importantly it's about the positive impact we have on people's lives

Supporting dads is something that's important to us all

Starting January 2024 for 6 sessions – 2 hours each session

If you have any questions please feel free to WhatsApp or call me

Imran Ali (Project Manager)

Mobile: 07542 127813 Email: Imran.ali@nct.org.uk

For more information scan the QR code



Are you an Unpaid Carer and live in Newham?



We can offer you:

- Support with your Carer rights & getting your entitlements
- A full activity schedule of Carer specific group sessions and activities
- Tailored support on an individual basis in locations across the borough
- Support with obtaining a statutory Carers Assessment

For more info, please call us on:
020 3954 3143 or email us on:
info@newhamcarerscommunity.org.uk

Our hours of service are:
Monday to Friday 9am–5pm
655 Barking Road, Newham, E13 9EX



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WELCOME NEWHAM
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Mindful Dining Warm Haven

Delivered by ANKH Place CIC | Financially Supported by LBN

ANKH Place CIC presents



Mindful Dining

A Warm Haven for Newham Residents



Every Sunday
Starting January 2024
(excluding 21st Jan)
12pm - 4pm

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!



Venue:
Plaistow Fire Station
45 Prince Regent Lane
London, E13 8RY

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