

IN FOCUS MANOR PARK

April 2011

St Winefride's pupils boost healthy eating

St Winefride's Primary School pupils worked with Londis grocery shop in Church Road to launch a new scheme to boost the availability and promotion of fruit and vegetables.

The Change4Life campaign was launched last month in conjunction with Newham Council, NHS Newham and the Department of Health working with the Association of Convenience Stores to increase the range of fruit and vegetables available in low income areas.

The success of the project will be based on fruit and vegetable sales and customer feedback on the quality and range of those goods.

At the launch, pupils tasted fruit and vegetables they had never tried before and took part in a fun quiz.

The scheme is linked to the Healthy Start programme, where families can use their weekly



(l-r) Londis manager Kamlesh Patel, Cllr Scoresby, Londis area manager David James and St Winefride pupils in the Change4Life branded up shop

“Local access to good quality, healthy food is important and this scheme will make a big difference towards giving families a good start.”

vouchers in the shop towards the cost of fresh fruit and vegetables, as well as milk and infant formula.

Community lead councillor, Kay Scoresby, said: “Local access to good quality, healthy food is important and this scheme will

make a big difference towards giving families a good start.”

Kamlesh Patel, Londis manager, said: “Children and their families come to this store every day. Promoting healthy food with the scheme will encourage people to make healthy choices.”

Change4Life is a movement that aims to prevent people from becoming overweight by encouraging them to eat better and move. The campaign aims to inspire everyone to prevent obesity.

To learn more about healthy living visit www.newham.gov.uk and search for “healthy” or visit www.nhs.uk/change4life



A Year 5 pupil tastes the healthy fruit samples on offer

CONTACT US

If your group has an activity to promote please contact us on: 020 3373 2684 or email infocus@newham.gov.uk



Tickets for the Olympics now on sale



Make sure you don't miss the biggest sporting event happening on your doorstep next year – the London 2012 Olympic and Paralympic Games.

Tickets have gone on sale and you have until 11.59pm on Tuesday 26 April to submit your application. There is no advantage to submitting your application on the first or last day.

Applications for Paralympic Games tickets will be open in September 2011 and will follow a similar sales process.

The only way to apply for a ticket in the UK is at www.tickets.london2012.com. This is London 2012's official site. You can also get a postal application from any Lloyds TSB branch. Don't buy a ticket from an unauthorised website or tout. You risk being scammed, and not getting the ticket you wanted and paid for.

If you get a ticket for an event you can't attend, you can return your ticket to get a refund through the London 2012 official ticket exchange. Your ticket will then be officially resold.



PEDESTRIANS HAVE SAFER ACCESS TO AVENUE PRIMARY

Pupils, parents and staff now have safer access to Avenue Primary School in Meanley Road after improvements were made to the entrance of the school.

The safety improvements were made to two pedestrian crossings. An existing pedestrian crossing was moved closer to the school, while

another, close to Romford Road, was reconstructed and raised, to slow drivers down.

The works were carried out as part of the council's smarter travel programme, which is funded by Transport for London, to improve safety and travel choices for commuters.

SIGN UP FOR DAY TRIPS WITH JACK CORNWALL COMMUNITY CENTRE

Yoga, ballroom dancing, free computer lessons and now organised day trips are all on the menu at Jack Cornwall Community Centre (JCCC) in Jack Cornwall Street.

To sign up for some of the centre's organised day trips call the number below and hand over £10. Children go for free. Upcoming trips include:

- Southend-on-Sea on Wednesday 3 August
- Hastings on Wednesday 10 August
- Brighton on Wednesday 17 August.

If you'd rather stay close to home

there's plenty of great activities to choose from at JCCC. On Mondays and Thursdays limber up to yoga classes from 9.30-10.30am for only £2.50.

Brush up on your IT skills every Wednesday at the free computer classes from 10am-12noon – open to all ages.

On Fridays, get in the weekend mood and put your dancing shoes on for some ballroom dancing from 7.30-8.30pm for only £4.

To find out more or book your place on a day trip call the centre on 020 8553 3451.

A snapshot of last month's spring festival

Taekwondo, CV workshops, arts and crafts, Indian dance and an owl display were just some of the highlights at last month's spring festival at Little Ilford School.

More than 1,300 of you enjoyed

the free council-organised day out and picked up top employment tips from Workplace.

Make sure you don't miss the summer festival coming soon to you on Saturday 25 June.



Manor Park councillors try their hand at Taekwondo



Traditional Indian dance



Getting flower creative

Join Plashet Bowls Club's centenary celebrations

Plashet Bowls Club is 100 years old and to celebrate, club members are opening its doors wide and asking young and old who've never played bowls before to come and give it a go.

All you need to do is call club secretary Joan Ayre to let her know you'll be coming. Once you're there, experienced players will give you all the tips you need to get bowling.

The offer is open to adults of all ages and abilities (16+). If you're aged 60 and over and find it's the sport for you, then you're eligible for a free membership at your local club, all thanks to Mayor Sir Robin Wales.



Get on the ball with Plashet Bowls Club members

"All you need to do is let me know that you're interested, then slip into some flat shoes and comfortable clothing and you're ready to go. We've got loads of enthusiastic members waiting to help you learn the skills to take to the green," said Joan.

Free lawn bowls taster sessions, Plashet Park bowls club 2-7pm every Wednesday from May until September in Plashet Park, Plashet Grove, E6.

Please call club secretary Joan in advance on 020 8471 3821 to let her know you'll be coming.

Spotlight on...

Cancer Your Are Not Alone (CYANA)

CYANA was set up 27 years ago by two women, who were at a loss after finishing their cancer treatment in hospital, where they met.

Twenty-seven years on, and with a small team of staff and volunteers, CYANA, continues to provide much needed support for people affected by any cancer across Newham.

Manager, Tina Dugard, said: "We provide emotional support for cancer victims and their families. Everyone who works here is passionate about what they do and has been touched by cancer in some way."

Delores Small has been coming to CYANA for 16 years. She said: "I was diagnosed with breast cancer in 1991. After my treatment, I felt lost; I would just sit there and cry.

"My doctor referred me to CYANA after my operation. The people here were a tower of strength and became my second family. There's such a homely

atmosphere here and there's always someone there – you don't have to be on your own."

Supported by NHS Newham, CYANA offers one-to-one counselling, support groups, home visits, social opportunities and outreach work. It also offers a range of complementary therapies alongside conventional medical treatment including Indian head massage, reiki, reflexology, hot stone massage and aromatherapy.

To find out more, call CYANA based in Snowhill Road, Manor Park, on 020 8553 5366 or email cyana1@tiscali.co.uk



CYANA staff and support group

WHAT'S ON MANOR PARK

FREE lawn bowls taster sessions with the Plashet Bowls Club

Every Wednesday from May until September
2-7pm
Plashet Park Bowls Club
Plashet Park, Plashet Grove, E6
Read p3 to find out more

Sign up for upcoming day trips away with the Jack Cornwall Centre

Cost: £10 per trip
Read p3 for a full list of dates and locations
Jack Cornwall Centre
Jack Cornwall Street, E12

For even more things to do check out the What's On in Newham calendar, where you'll find listings for more than 6,000 events visit www.newham.com

If your group has an activity to promote please contact us on: 020 3373 2684 or email: infocus@newham.gov.uk

MEET YOUR LOCAL COUNCILLOR

Councillors out and about: If you would like a councillor to visit your community organisation, school, place of worship, meeting or event please call 020 3373 8382 or email glennette.bowles-dove@newham.gov.uk
To email your local councillor write firstname.lastname@newham.gov.uk e.g. jose.alexander@newham.gov.uk



Jose Alexander



Firoza Nekiwala



Paul Sathianesan



Kay Scoresby



Amarjit Singh



Salim Patel



Andrew Baikie



Farah Nazeer



Khalil Kazi

East Ham North Ward

Every Saturday (alternating)
10.30 - 11.30am
Kensington School,
Kensington Avenue,
Manor Park, E12

Manor Park Ward

Every Saturday (alternating)
10 - 11.30am
Manor Park Local Service Centre,
685-689 Romford Road,
Manor Park, E12

Little Ilford Ward

Every Saturday (alternating)
10 - 11am
Jack Cornwell Community Centre,
Jack Cornwell Street,
Manor Park, E12

Need to talk to Mayor Sir Robin Wales? Being an elected mayor, Sir Robin is directly accountable to you. Look out for Question Time times and dates in the Newham Mag, visit www.newham.gov.uk/mayor or call 020 3373 0437.