

New era for Lister School



Lister students show Plaistow councillors and a past pupil around the new building

Talented students played in a new era at Lister Community School with musical performances that had parents, teachers and guests clapping with delight.

The mini-concert took place as part of a ceremony celebrating the completion and formal opening of the building's first phase as a result of the Building Schools for the Future (BSF) programme.

Former students also joined in the occasion, which featured music by guitar hero Bob Dylan.

Lister is one of eight schools in the borough to benefit from the BSF programme. New facilities include a dedicated dance space and an indoor

play area, which means students can still relax if the weather outside is poor.

The main part of the school has been rebuilt as a modern three storey building with two main wings that stem from an agora, which is a sunlit atrium. Year 7 pupils have a dedicated space within the school making the transition from primary to secondary education easier.

One former student, national newspaper journalist Hugh Muir, said: "It's amazing how much the school has changed and transformation will surely be reflected in the pupils' success."

Following the unveiling of a commemorative plaque, students showed guests around the new facilities, including dedicated arts

classrooms adorned with pupils' work.

Newham Council's chief executive, Kim Bromley-Derry, was joined by Plaistow ward councillors Forhad Hussain, Charity Fiberesima, Joy Laguda and Alan Griffiths in supporting the event.

Lister head girl Tina Smakaj said: "The school is now a brighter and better place to learn. Bigger classrooms mean that there's more space for activities as well as improved ventilation throughout."

Headteacher Martin Buck said: "I'd like to thank our pupils for their patience while the work to improve the school is ongoing. I'm looking forward to its completion in December 2011."



Stay trim with NHS Newham

If you put getting fit and active at the top of your New Year's resolution list and are finding it hard to stick to – then you should head to the NHS Newham health fair for inspiration.

Put Saturday 5 February, 11am-4pm at the Old Town Hall Stratford in Broadway in your diary.

It's your opportunity to get a free health check-up (MOT) and get expert advice on how to live a healthier and more active life.

At the health fair you will find:

- free adult virtual cycling and information on local cycle training
- a taster session on Nordic Walking
- information on health services in your area
- lots of free fun for children
- ways to have your say on local health services
- free healthy food tasters and head massages.

For more information call Sabeena Subba on 020 7059 6789 or email Sabeena.Subba@newhampct.nhs.uk



Newham



Closing time for The Castle

Troublesome pub closed by council

A pub with a history of anti-social behaviour has been closed by Newham Council.

The Castle, in Barking Road, shut before Christmas after the council's licensing sub-committee decided its reputation as a crime generator was too great.

Recent incidents include a serious assault where a 28-year-old man suffered head injuries after a violent altercation at the pub.

It will remain closed until the brewery, Enterprise Inns Ltd, selects another landlord (designated premises supervisor), which had not taken place as In Focus went to press.

Ward councillors remain hopeful the pub will re-open under new management and that the venue will be looked after responsibly.

To report Anti-Social Behaviour call the ASB hotline on 0800 731 3300.

ACT up and become a volunteer

If you're looking for ways to do something for your community then why not become an Active Community Team (ACT) volunteer.

ACT volunteers work with councillors to bring special events like last year's summer festival to Plaistow residents and its visitors.

But becoming an ACT volunteer is not just about organising events, you will also be working with your councillors to solve local problems and run community projects such as

producing a mural or even starting a community garden, youth group or Neighbourhood Watch group.

Don't worry if that sounds daunting – you will receive induction training and lots of support to help you to play an active role in your community.

To find out more about Plaistow ACT call Shamilla Kumari on 020 3373 1804 or email shamilla.kumari@newham.gov.uk

(l-r) Cllrs Rohima Rahman and Charity Fiberesima with volunteers who helped clean up their area



Now it's time for action...

Three new recruits have been added to Plaistow's volunteer ranks following a very successful community clean up day.

The event took place in New City Road, where residents were informed about how to keep the area tidy through bulky waste collections and recycling more.

Plaistow ward councillors Forhad Hussain, Charity Fiberesima and community lead Rohima Rahman all lent a hand at the event.

Members of Newham Council's street cleaning team helped with the litter-picking.

Despite the cold weather, New City Primary School's headteacher June Withnall rallied youngsters who live in the area to the community's cause.

Cllr Rahman said: "It was great to speak with residents and let them know we're here to help, whatever the issue. I'm looking forward to working with the new volunteers who signed up on the day and I hope there'll be many more as the year progresses."

To find out more about volunteering call 020 8430 2000 or email volunteers@newham.gov.uk

Mouth-watering meals mania

(l-r) Hortense Kebani and Amerie-lola tuck in their tasty free school meal



Around eight out of ten primary school pupils have a delicious free lunch every day thanks to Newham Council. Mayor Sir Robin Wales has promised to continue free school meals for all primary schoolchildren (FSM) despite the ending of government backing for the pilot scheme, which started in September 2009.

To encourage more pupils to take advantage of free nutritious healthy meals, schools across Plaistow will be holding 'taster' sessions for parents, so they can judge the quality for themselves. Menu choices include a meat, fish and vegetarian option.

Research shows that FSM can put more than £300 back into parents' pockets.

And since the scheme's introduction, teachers have commented how well-behaved pupils have become.

If you would like to find out how your child can claim free school meals, call 020 8430 2000.

SPOTLIGHT ON...

THE ALZHEIMER'S SOCIETY

Residents across the borough who experience memory loss are being encouraged to seek help from the Alzheimer's Society.

The organisation operates from offices in Barking Road, Plaistow, but works throughout Newham providing one-to-one support to residents, as well as hosting a monthly Memory Lane Café.

The café gives residents the opportunity to socialise with people who experience similar symptoms and discuss a topic that sadly remains taboo in many households.

The Alzheimer's Society has recently launched a campaign called 'Worried about your memory?' to raise awareness of the illness. Newham's support services manager Suzanne Humphreys said: "Alzheimer's affects around 1,200 people in the borough, though this could be an underestimate given the stigma surrounding dementia.

"The aim of this campaign is to encourage people who are concerned about their memory to see their GP."



A dementia sufferer at a coffee morning

The monthly café session is held on the last Thursday of each month from 1-3pm at the Well Community Centre in Vicarage Lane, East Ham, and is open to residents across Newham. It's a chance for people with dementia and their carers and family members to share ideas and experiences.

Suzanne added: "If people are concerned about their memory they should act sooner rather than later and contact the Alzheimer's Society in Newham on 0208 271 1334 to find out what support is available for them."

For details about the Memory Lane Café call Karen on 07525 403849. For more information about how to spot the symptoms of Alzheimer's visit www.alzheimers.org.uk

WHAT'S ON PLAISTOW

Community growing space consultation

Saturday 29 January 12-2pm
Green space in First Avenue, E13
Call Shamilla Kumari on 020 3373 1804 to find out more

Women's ONLY exercise class

Mondays and Thursdays
9.30-10.30am
Cost: £1.50
Harold Road Community Centre
170 Harold Road
Call 020 8472 2805 for more information

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 1804 or email shamilla.kumari@newham.gov.uk. To email your local councillor write firstname.lastname@newham.gov.uk



Alan Griffiths



Forhad Hussain



Joy Laguda

Plaistow North Ward

Alan Griffiths
1st and 3rd Saturday of the month 10.30-11.30am
Plaistow Library, North Street
Plaistow E13

Forhad Hussain
2nd and 4th Saturday of the month, 10.30-11.30am

Plaistow Library
North Street, Plaistow, E13

Joy Laguda
3rd Saturday of the month
10am-12.00noon
Curwen School, Atlas Road,
Plaistow, E13



Charity Fiberesima



Neil Wilson



Sheila Thomas

Plaistow South Ward

Charity Fiberesima, Neil Wilson and Sheila Thomas
Every Monday and Wednesday (alternating)
6-7pm
Newham African Caribbean Resource Centre,
627 Barking Road, E13

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.