

## FOREST GATE » IN FOCUS

Covering Forest Gate  
North and South

# Put a spring in your step

Mark Saturday 19 February at Forest Gate Community School in your diary for Boost E7, Forest Gate's spring festival.

If you're struggling with your New Year's resolutions then this FREE event will be the perfect remedy, especially if you've put leading a healthier lifestyle and finding a new job at the top of your list.

Bring along your CV and let The Renewal Programme show you how to sell yourself with their CV writing workshops. Workplace and Connexions will be on hand to give you top tips on how to nail that job and you can also search their database of current job vacancies.

If getting fit is high on your agenda then try something new, like a rowing taster session or get down to some

virtual dance or exercise routines with Cyber Coach – an interactive coaching system that is projected on to a wall.

Bring your pom-poms along and join in with cheerleading workshops run by Newham's world-renowned Ascension Eagles cheerleaders.

If you're a footie fanatic, there's a five-a-side tournament from 12.30-4pm, open to all ages, but make sure you bring trainers that don't have a black sole.

Make your taste buds tingle at NHS Newham food tasting sessions and learn how to whip up a healthy meal in the cook and taste classes run by East Potential. Abbey Gardens will also be

running healthy food workshops and providing tasty treats.

Community lead councillor, Kay Scoresby, said: "A big thanks to Forest Gate Community School who are allowing us to hold this event in their new sports hall – just remember to wear trainers with a white sole!"

### Boost E7

Saturday 19 February, 12.30-4pm

Forest Gate Community School

Entrance – Forest Lane, E7

Call 0800 519 4015 or email

[community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

The sky's the limit for Ascension Eagles Cheerleaders – take part in their workshops at Boost E7



# 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 this year's spring festival to Forest Gate residents and visitors on Saturday 19 February (see p1 for more details).

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 Forest Gate ACT call Syed Haque on 020 3373 1540 or email [syed.haque@newham.gov.uk](mailto:syed.haque@newham.gov.uk)**



Cllr Winston Vaughan (third left) with Stella Damm, residents and Swan housing staff at the Gate

## Refurbishment programme hits the halfway mark

Newham Council's Private Finance Initiative (PFI) to improve 1,000 properties in Forest Gate has reached an important milestone in meeting the Government's Decent Homes Standard.

The 500th property in Station Road has been refurbished as part of the 20-year £150m contract. Newham Council has been working with Swan Housing and contractor Higgins since February 2009 to bring 1,000 properties up to the Government's Decent Homes Standards by 2012.

Refurbishments to the property included a new kitchen, bathroom, a boiler, and rewiring the whole house.

Forest Gate South ward councillor,

Winston Vaughan, spoke to tenants about the improvements including Stella Damm, chair of the Chatsworth Estate Tenants Residents Association, at The Gate in Woodgrange Road.

He said: "The tenants appreciate the work that's been done and are happy with the relationship with Swan Housing, who are addressing any issues that they have."

As part of the contract, Swan Housing has been tasked with ensuring that the area's 900 rented homes and 400 leasehold homes meet the Decent Homes Standard. Newham Council remains the landlord, owning the properties and setting rent rates.

## New trees to turn Forest Gate green

Preparations to plant 100 trees to make parts of Forest Gate much leafier will start next month.

Thanks to funding from Newham Council and the Greater London Authority the new trees will be planted in the north west Forest Gate area by March this year. The streets that will benefit from the new trees include Forest Lane, Chatsworth Road, Idmiston Road, Carroll Close, Odessa Road, Field Road, Station Road, Stracey Road, Bignold Road and Strode Road.

Residents have already been asked what kind of trees they wanted. All trees will be suitable to their locations and include several species such as crabapple, field maple and silver birch.

Forest Gate North ward councillor, Ellie Robinson, said: "The new trees will not only make the area greener and leafier but they will also help to keep the climate green, improving air quality, conserving water and harbouring wildlife."

**If you have any questions or would like more information call Tony Ash on 020 3373 1390 or email [tony.ash@newham.gov.uk](mailto:tony.ash@newham.gov.uk)**

Time for play at Kay Rowe Nursery's health and wellbeing day last year



## GLOWING OFSTED REPORT FOR KAY ROWE NURSERY

Kay Rowe Nursery in Osborne Road is in a jubilant mood after a recent Ofsted inspection gave the school a glowing report.

Both the nursery school and the Sure Start children's centre were inspected separately and, with a dedicated and talented team of staff, it's no surprise that the school did so well.

The recent inspection said the nursery school "provides exceptionally good care for the children and families".

Children feel safe and settle well thanks to the "good teaching and provision, combined with the strong focus placed on children's personal, social development, and their language development to ensure that children of all abilities make good progress".

The report also praised the children's centre saying that staff "ensure that everyone using the centre is fully included in what it has to offer".

Head teacher Anne Kibuuka said: "The strength of any team is the people who are part of it. Kay Rowe has dedicated and talented staff, committed governors who support the school, fantastic parents, carers and childminders and of course wonderful children who all work together to make Kay Rowe a great place to work, play and learn."

**To find out more call Kay Rowe Nursery on 020 8534 4403 or visit [www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)**

# Building better futures

Pupils at Forest Gate Community School in Forest Lane are already reaping the benefits of the Building Schools for the Future (BSF) programme.

The £12m project is part of the council's Building School for the Future (BSF) programme that began in July 2009.

The revamp will lead to several new classrooms being built and many being refurbished, including the conversion of the gym into eight brand new classrooms.

Work was completed last year on the gym, which has been replaced with a state-of-the-art four-court sports hall and a cyber café, which will open to the public outside of school hours.

The entrance to the school has changed and the school reception is now located in Forest Lane, this new building houses new offices and meeting rooms.

The next phase of work will be on the new link bridge



Year 11 students play badminton in the new sports hall

from the main building to the gym conversion and new rooms will be built in the Hornbeam building. All works will be completed by August this year.

The BSF programme was scrapped when the current government came into power but eight schools where works had already begun will be completed. For a full list of schools benefitting from the BSF programme visit [www.newham.gov.uk](http://www.newham.gov.uk) and search for BSF.

# SPOTLIGHT ON... ASTON-MANSFIELD

Look back in time to the late nineteenth century, when two different groups of people shared similar ideals and beliefs to help the poor of east London and you will find the humble beginnings of what is known today as Aston-Mansfield.



Mansfield College settlers

The charity has a rich and detailed history, and Mansfield House University Settlement (1890) and Aston Charities Trust (1884) have deep roots in tackling deprivation by providing much-needed community services in Newham and further afield.

Both charities campaigned for better conditions for the poor and even started the precursor to the Citizens Advice Bureau, known then as the 'poor man's lawyer' scheme.

Fast forward to October 2000 when the two charities merged to form one charitable body, administering their assets from offices at Durning Hall, which Aston-Mansfield owns and manages along with the Froud Centre in Manor Park.

The ethos of the charity hasn't changed much since its origins in the 1800s, as Briony Fleming, fundraising and communications manager, explains: "We aim to create a diverse,

inclusive society in which all are free to participate.

"Aston-Mansfield is seen as a community hub and plays a key role in tackling poverty, deprivation, disadvantage and powerlessness in east London."

The charity does this by running jam-packed programmes of activities that are tailored to the needs of the community.

For new groups starting up there's the Community Involvement Unit (CIU) which provides advice, information and support to small or start-up organisations and, through Aston-Mansfield's buildings, they provide space for local and religious groups to meet and worship.

**To find out more visit [www.aston-mansfield.org.uk](http://www.aston-mansfield.org.uk) or call Kevin Blowe on 020 8536 3825 or email [Kevin.blowe@Aston-Mansfield.org.uk](mailto:Kevin.blowe@Aston-Mansfield.org.uk)**

## WHAT'S ON FOREST GATE

### Boost E7

Saturday 19 February  
12.30-4pm

Forest Gate Community School  
Entrance – Forest Lane, E7  
Call 0800 519 4015 or email  
[community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)  
(read p1 for more details)

### Tonetastic exercise classes

Tuesdays and Fridays  
10.30-11.30am

FREE

Field Community Centre  
Station Road, E7

Call Farzana Amer on 020 8536 2800  
or [field.centre@newham.gov.uk](mailto:field.centre@newham.gov.uk) for  
more details

**For even more things to do check out the What's On calendar on the Newham website, where you'll find listings for more than 6,000 events:**

[www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**If your group has an activity to promote please contact us on 020 3373 2684 or email [infocus@newham.gov.uk](mailto: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 1540 or email [syed.haque@newham.gov.uk](mailto:syed.haque@newham.gov.uk).

To email your local councillor write [firstname.lastname@newham.gov.uk](mailto:firstname.lastname@newham.gov.uk) e.g. [shama.ahmad@newham.gov.uk](mailto:shama.ahmad@newham.gov.uk)



Shama Ahmad



Paul Brickell



Ellie Robinson



Akbar Chaudhary



Leanora Cameron



Winston Vaughan

### Forest Gate North Ward

Every Saturday (alternating)  
10.30 - 11.30am  
Durning Hall  
Earlham Grove  
Forest Gate E7

### Forest Gate South Ward

Every Saturday, except bank holiday weekends (alternating)  
10.30 - 11.30am  
The Gate 4 - 20 Woodgrange Road  
Forest Gate E7

**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](http://www.newham.gov.uk/mayor) or call 020 3373 0437.