

IN FOCUS BECKTON

April 2011

Trainees putting success on menu

Take a Bite Café in St Mark's Community Centre was set up last October by Newham Council to support people with learning disabilities gain important life and work skills.

Nineteen trainees have been involved in the setting up of the café after receiving training in food hygiene. With their new-found catering skills, trainees now run the café from Monday to Friday with the support of council staff.

The enterprise is part of the council's NuLife Day Opportunities programme, which supports people with learning disabilities into work or just to get out and about and become more independent.

"The café has been a life-changing experience for the trainees, who have really blossomed and found their own talents. Three of the trainees have been inspired to go on and set up their own business."



(l-r) Trainees Tommy Lawley, Clifton Baptiste and Peter Mahoney with chef (second l) Matt Walker

Social care officer, Ella Tarratt, who has been working on the project, said: "The café has been a life-changing experience for the trainees, who have really blossomed and found their own talents. Three of the trainees have been inspired to go on and set up their own business."

Trainee Peter Mahoney said: "I've learnt customer skills since I started work here last December."

Since the café was set up, trainees have learnt about:

- > presentation for work
- > customer services skills

- > communicating and working in a team
- > catering skills.

Treat yourself to the trainees' tasty breakfasts, lunches or snacks at the Take a Bite Café in St Mark's Community Centre, Tollgate Road, E6. Open Monday to Friday, 9.30am-4pm. Lunch is served from 12noon-2pm.

If you know someone with learning disabilities who would like to get involved in the café call Ella Tarratt on 020 3373 1801 or email ella.tarratt@newham.gov.uk.

CONTACT US

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

Newham London

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.



BE AWARE OF ARSON

The deliberate starting of fires in Beckton is an ongoing problem but with your help Newham Council and the London Fire Brigade can tackle this problem.

Here's how you can help us put and end to arson:

- call 999 if you see someone starting a fire in public
- if you spot material that has been set on fire but has gone out call 999 and report it – the fire brigade need to monitor all attempted fires
- minimise the amount of

combustible material that is left outside buildings – if you see rubbish piling up call the council to report it

- If there have been arson attacks in your area, you might want to consider installing an arson-proof letterbox which you can get for free from the Fire Brigade

To report arson call the Fire Brigade on 999. To report rubbish building up call the council's 24-hour hotline on 0800 731 3300.

JOIN THE ROYAL DOCKS TRUST

Have you ever wondered what a trustee of the Royal Docks Trust does? Well now is the time to find out because the trust, a registered charity, is on the look out for volunteers to join its board.

Trustees are residents or people with a business background who have knowledge of and commitment to Royal Docks, Beckton and Custom House and Canning Town.

As well as setting up social projects, the trust has joined Newham Council to put more than

£3.16m into community grants in the past 17 years.

Today the trust is a key player in the regeneration of the area, working with businesses and the voluntary sector.

Trustees help decide the priorities for the grants programme, keep the trust up to date with community issues and put forward ideas for new activities in the area.

For more information, visit www.royaldockstrust.org.uk or call John Johnson on 020 7277 8667.

50p for 50 days for 50+

Want to work those abs, pump some iron or just join a gym class? Now you can with this new special deal.

The Regatta Centre is offering Newham residents aged over 50 gym usage at a steal: just 50p for 50 days.

What's the catch? There is none. If you want to join after your 50 days are up then you can get a reduced gym membership of £25 month – that means no contract and no joining fee.

Activities on offer include chess, board games, table tennis and lots more.



Don't forget to take photo ID such as a driving licence, passport or bus pass so proof of age can be checked.

**The Regatta Centre is in
Dockside Road, E16. Opening**

**hours are Monday-Thursday,
7am-10pm, Friday, 7am-7pm and
Saturday and Sunday, 8am-7pm.
To find out more call Ahmet or
Michelle on 020 7511 2211.**

Sign up for massage course



Learn the art of full body massage in a course run as part of Newham Council's adult learning programme at Beckton Globe in Kingsford Way.

The 11-week beginner course starts on Wednesday 27 April from 7-9pm and runs until 6 July. Enrolment for the course begins on 18, 19 and 20 April from 9.30am-12.30pm and 2-7pm on the first floor of the Beckton Globe.

You will learn leg, neck and head massage. The classes will be held on the ground floor of the Beckton Globe.

The course costs £40 or £5 if you are on benefits (you must bring proof on registration day). Places are allocated on a first come, first served basis, so make sure you get there early.

**To find out more call adult
learning at the Beckton Globe
on 020 3373 4040.**

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 BECKTON

Cheap gym sessions for the 50+

Regatta Centre
Dockside Road, E16
Read p3 to find out more

11-week beginner course in full body massage

Starts: Wednesday 27 April, 7-9pm
Enrolment begins on 18, 19 and 20 April
9.30am-12.30pm and 2-7pm
First floor of the Beckton Globe
Kingsford Way, E6
Read p3 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 1705 or email nadine.ford@newham.gov.uk
To email your local councillor write firstname.lastname@newham.gov.uk e.g. marie.collier@newham.gov.uk



Ayesha Chowdhury



David Christie



Alec Kellaway

Beckton Ward

First Friday of the month, 6 - 7pm (alternating)
Beckton Globe, 1 Kingsford Way, Beckton, E6

Every Saturday, 10- 11am (alternating)
Beckton Library

Beckton Globe, 1 Kingsford Way Beckton, E6

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.