

UEL creates a sporting legacy

BECKTON
» IN FOCUS



An artist's impression of what the SportsDock will look like when it's completed next year

Work is well under way to build a new state-of-the-art sports centre at the University of East London (UEL) Docklands Campus in Royal Albert Way.

The SportsDock forms part of UEL's strategy to become London's leading university for sport by 2015. When completed, the centre will be a world-class fitness testing and sports coaching venue. During the Games, more than 1,000 athletes, coaches, scientists, medical practitioners and support staff from the US Olympic team will use the SportsDock.

Facilities in the centre will include:

- multi-use games areas
- a state-of-the-art gym
- high performance strength and

conditioning centre, where athletes can work on their strength, power and speed

- third-generation, all-weather synthetic grass football pitches
- a dance studio
- a sports café.

Once the SportsDock is completed early next year it will be open to the public from 6.30am-10.30pm, seven-days-a-week and will offer flexible and affordable rates for individuals, clubs and organisations.

UEL Director of Sport, David Cosford, said: "We hope that local people of all levels of fitness, health and sporting ability benefit as a result of this fantastic resource. We will offer a recipe of sports within the centre including

badminton, basketball, handball, futsal, volleyball, judo and many more."

The centre has received funding from England Basketball and the London Marathon Trust. It will also become the home for the successful Newham All Stars Sports Academy (NASSA).

As part of celebrations to mark the final months of building work, a time-capsule has been placed beneath the foundations of the centre and will be re-opened in 2061.

Among items placed in the capsule are pictures drawn by pupils from Drew Primary School in Royal Docks.

To find out more about membership email sportsdock@uel.ac.uk stating your name, address and preferred mode of contact.



We've bin on your street

Recycling has got a whole lot easier with the introduction of recycling bins with an orange lid across the borough.

We've almost finished delivering the bins to homes that we have determined have space following a door to door assessment.

If you haven't received your bin yet, don't worry, we're getting them to you as quickly as we can.

You should continue using orange recycling bags, placing them beside your rubbish bin, not inside, until you receive your recycling bin.

Please note that:

- you can recycle all cardboard in your new bin
- rubbish bins will be collected in the morning
- recycling bins will be collected in the afternoon/evening
- put your recyclables directly into your bin – you don't need to put them in a bag first
- if you live in a high or low rise flat you should continue using orange recycling bags as normal.

We'll be consulting with residents in these properties to see what improvements they would like to see with their recycling service soon – look out for details.

For more details on what you can recycle visit www.newham.gov.uk/recycling

Can you perform? Get in touch



Be part of the celebration at Gallions

Gallions Reach Shopping Centre is getting ready for a two-day Cultural Celebration Spectacular and want you to share your talent, interest or passion with them.

The event will take place on Sunday 29 and Monday 30 May. Gallions Reach are hoping that lots of groups and individuals will showcase Newham's diverse and unique community, and help make the event one not to be missed!

Anyone who would like to be involved, whether as a performer, visual artist, chef/caterer, creative crafter or anything else you think others would enjoy, email info@gallionsreach.co.uk or call 020 7473 8164.

Community life coaches get trained up

Patricia Bryce at a life coaching workshop as part of international women's day



A group of UEL students doing a masters in Coaching Psychology are quietly changing the lives of residents in Beckton through their community voluntary based project – eSix Beckton Community Life Coaching.

The project was set up by Patricia Bryce two years ago as part of her research

for her masters. She and eight students offer a FREE service for anyone living or working in Beckton who wants an objective one-to-one conversation about what that person wants to change in their lives.

Her research will explore whether life coaching has an impact on what you think about yourself, life satisfaction and whether you can achieve what you intend to accomplish.

Dina Basivi is one resident who has utilised the service. She said: "I gained a lot of knowledge such as setting goals and how to think differently. I'm a lot more focused and confident, having done the training."

If you would like to try some life coaching book an appointment and a volunteer will meet you in a public place that is convenient for you. Call 020 8820 0773 or 07939 799 078, or email info@be6ckton.co.uk for an appointment.



(l-r) Cllrs Alec Kellaway, Ayesha Chowdhury and David Christie with winners of the football tournament



Capoeira high jinks



Crafty work

Spring festival a hit

Hundreds flocked to Beckton's spring festival in St Mark's Community Centre last month and enjoyed a top day out.

Festival highlights included a performance from the Lithuanian Children's Choir and a dazzling

display of the fast moving Brazilian martial art capoeira.

Chef John Fernandez whipped up tasty, healthy treats including Moroccan vegetables and couscous. More than ten people

signed up to become an Active Community Team volunteer.

Ward councillor, David Christie, said: "It was an exceptionally successful event. Thanks to all those who worked hard to make it happen."



Volunteers at last month's clean up event including Cllrs David Christie and Alec Kellaway



Cleaning up Beckton Pond

Volunteers help to make Beckton Pond cleaner and greener

Volunteers came out in force last month to help clean up Beckton Pond in Beckton District Park but there's lots more work to be done.

Newham Council is working with charity Thames21 to run several clean up events and need your help.

Come along to the next event and

help clear overgrown vegetation around the pond, weed the growth on the water, clear paths and encourage wildlife like frogs, newts and damselflies to make their home here.

If you'd like to get involved email liz.whitworth@newham.gov.uk or call 020 3373 1269. All equipment

will be provided. Make sure you dress for mess with old clothing and sturdy shoes.

**The next events are on:
Wednesday 20 April and
Saturday 4 June
10am-1pm
Meet at Andrew Gardens**

SPOTLIGHT ON... STREET PARTIES

It's party time – and it's coming to a street near you. The only catch is you have to organise it.

With Newham Council's new street party planning pack, organising one has never been easier so celebrate St George's Day and the royal wedding next month in style with your neighbours.

A street party is one that is organised by and for all residents in one or two small streets without external publicity. They are a great way to meet your neighbours and have a good knees-up.

The planning pack contains an application form, useful contacts and top tips to help you get started, including how to apply for a Go For It grant to help towards funding the event.

Organising small private street parties is very simple and generally does not require a licence. However, if you want to sell alcohol or intend to provide certain types of entertainment such as music, singing, or dancing you will need a Temporary Event Notice if you expect no more than 499 people to attend. This costs £21.

Larger public events attracting more



people may require an application for a Premises Licence.

If you would like to hold a larger public event, please contact the Licensing Team by emailing Licensing@newham.gov.uk or by writing to the Licensing Team, 1st Floor Town Hall Annexe, 330-354 Barking Road, East Ham, London, E6 2RT.

If you would like to hold a street party you must email or write to the council to register it. If you plan on closing the road for your party you need to get your application in by Thursday 31 March.

Email street.party@newham.gov.uk or write to street party, 1000 Dockside Road, E16 2QU. To find out more about how to organise your own street party visit www.newham.gov.uk/streetparty

WHAT'S ON BECKTON

Help clean up Beckton Pond

Wednesday 20 April and
Saturday 4 June
10am-1pm

Meet at Andrew Gardens, E6
Read p3 for more information

Dare2Dance – learn different styles of street dance – hip hop, break dance, locking and popping etc for 14-24 year-olds

Fridays, 3.30-5.30pm

Cost: Free

Newham Leisure Centre (in the new indoor multi sports centre)
281 Prince Regent Lane, E13
For more information call Nicole Napier on 07970 783526 or email nicole.napier@newham.gov.uk

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



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.