

# IN FOCUS MANOR PARK

July 2011

## SERVING YOU BETTER

Food outlets in Manor Park were among 28 businesses in Newham that were congratulated on completing level one basic skills and hygiene training.

The free half day food safety and awareness in catering courses were held earlier this year. Newham Healthworks applied to the Department of Health for funding to deliver the sessions, which were open to staff working in fast food outlets. Students gained an accredited food hygiene qualification as well as improving their basic literacy and numeracy skills.

Businesses in Manor Park that completed the course include Taste of India, 340 High Street North; Sathiyams, 379-381 High Street North; Piryum, 209 High Street North and A1 Kebabish, 684 Romford Road.

The aim of the food hygiene training was to give people working



Standing proud: some of the award recipients, including those from Manor Park

within food outlets the opportunity to gain an accredited qualification. In England, anyone can open up a food premises, regardless of their food safety or hygiene awareness. The training introduced people to the tools needed to run a safe, clean and efficient food premises.

All participants found the class useful and informative. One participant commented: "This course was very good and helpful for me. It makes me feel more confident to do my job in a good and proper manner and I know how to keep good hygiene."

All attendees received a certificate and health promotion pack containing advice and information on healthy

lifestyle changes and support for workplace related health issues.

### Get your teeth into the next course

If you run a food business in the borough you can apply to take part in Basic Skills Training and CIEH Accredited Level 1 Food Safety Training, a two day course taking place on Tuesdays and Wednesdays and Thursdays and Fridays throughout July.

**To book your place text 07815 952 742 with your preferred date or email [healthworks@newham.gov.uk](mailto:healthworks@newham.gov.uk)**



Manivannan Rajaram (r) of Sathiyams receives his certificate from Cllr Unmesh Desai

### CONTACT US

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)



## Fancy footwork at forum finals

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Runner up London Asba are presented their trophy by Young Mayor Ali Mohamed

More than 900 active adults and energetic under 16s let their feet do the talking at community forum football and sprint competitions.

Tournaments were held across the borough with the finals for both sprints and football taking place at Memorial Park, E15.

The free competitions, run with support from Leyton Orient Football Club, West Ham Community Sport Trust and Newham and Essex Beagles, offered guidance for runners and players.

At the under 11s finals, Manor Park's London Asba lost 4-0 to Cage Youngers from Green Street. All finalists received trophies, presented by Newham Young Mayor Ali Mohamed, with the winners receiving a tour of Wembley Stadium.

**To find out more about football, sprint and running sessions in the borough turn to the What's On pages of the Newham Mag or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)**

Janet Wright



## STATION ROAD TRA

In October 2009 a love for Manor Park drove Janet Wright to take ownership of her area and set up a tenant and resident association (TRA) for anyone living around Manor Park station.

Three years later and the Station Road TRA is an established group working for the good of the community.

TRAs are an opportunity for residents to get together with key organisations in the borough and share ideas about how to improve their area. As well as residents, regular TRA attendees include local councillors, the police Safer Neighbourhoods Team and housing

representatives from Newham Council.

Janet explained: "We work with the police and council to resolve issues that affect the wider community. We've helped sort out things such as dumped rubbish and grounds maintenance and have good links with the Safer Neighbourhoods Team."

**The Station Road TRA meet six times a year. If you live around Manor Park Station and want to get involved contact Janet on 07943 824 346 or look out for details of forthcoming meetings on the community noticeboards in Whitta Road and Manor Park Road.**

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## HOLIDAYS ARE BETTER AT HATHAWAY

Turn off the TV, pack away the Playstation and wind up the Wii: the play scheme at the Hathaway Centre has your summer sorted.

This year there will be lots of fun activities in the centre and its spacious garden, including fashion shows and costume making, as well as trips out to Southend and the Olympic Park, among others. The scheme is for children aged between four and 11 years and runs from Thursday 21 July to Friday 26 August. It will be open every day from 8.30am to 6pm, with breakfast and a healthy light snack provided (children must provide their own lunch). The cost is £60 per week or £12 per day.

**Register your child on Friday 15 July between 6 and 8pm at The Hathaway Centre, Hathaway Crescent, E12 6LR. For more information contact Lisa or Asma on 020 8548 4980 or 07930 075 539.**

The heaving crowds at the talent quest stage



# THOUSANDS ENJOY MANOR PARK FESTIVAL



Visitors enjoy the Go Wild workshop



Who put the Great into Britain? Avenue School did

Manor Park's Punjab Dancers



Talent quest performers Matthew Mesue and Uchie Egbon



Gurumu Taekwondo lead a workshop

Almost 3,000 visitors flocked to Plashet Park for the annual Manor Park Festival.

The green plains of the park were transformed into a community playground of activities including arts and craft, sports and relaxation. From the hands-on Go Wild craft session to stress relieving massages there was something for everyone.

Children enjoyed face painting, the bouncy castle and traditional games such as the egg and spoon and three-legged races at the free event which signalled the official start to summer.

The two multi-use games areas in the park were put into good

use with rounders and basketball matches, and five-a-side football took place in the park.

The park was alive with the sound of music and drumming. Avenue Primary School treated crowds to their patriotic composition, Who put the Great into Britain? We Did!, while Manor Park's Punjab Dancers put visitors in the party mood.

While Glastonbury was under way in Somerset, Newham paid homage with home-grown music and entertainment at the Manor Park leg of the Newham Talent Quest. A range of impressive acts took to

the stage, cheered on by throngs of supporters who were mesmerised by the awesome entertainment.

From a shortlist of ten finalists the judges, which included local councillors and active community team members, had a tough decision to make. They eventually agreed that Natasha Nelson, 19, should be crowned Manor Park's overall winner. Natasha will now compete against eight other finalists from across the borough at the Newham Talent Quest, to be held at on Sunday 17 July from 1pm at the main stage at the Mayor's Newham Show in Central Park, E6.

# Spotlight on...Grow your own for the Mayor's Newham Show

If you missed the merriment of the Sunday Fun Day, mark Saturday 16 and Sunday 17 July in your diary now for the event of the year - the Mayor's Newham Show.

The two-day extravaganza plans to top last year's event, which saw around 50,000 people flock to East Ham's Central Park to enjoy sun, sand and superb entertainment.

Making a welcome return this year is the Grow Your Own competition where the borough's best gardeners battle it out to see who has the greenest fingers.

The competition categories are:

- > biggest lettuce
- > biggest rhubarb
- > biggest strawberry.

If you're better with flour than flowers, get baking and see if your creation is worthy of being

crowned Newham's best tasting and best decorated cake.

Competitions will be held on both days of the Show. Entries will be judged by Mayor Sir Robin Wales, with the best producer walking away with a rosette. Produce must be your own. To register your interest email [competitions@newham.gov.uk](mailto:competitions@newham.gov.uk)

To read more about this year's show turn to page 20 of the Newham Mag.



## WHAT'S ON MANOR PARK

### Fun Thursdays at the Froud Centre

1 Toronto Avenue E12  
Free wheelchair dancing  
4pm-5.30pm  
Free community drama  
6-8pm  
For more information contact Imran on 07939 927 296

### Ramgharia Badminton Club

Adults, Tuesday 7-9.30pm  
Little Ilford School  
Church Road  
For more information and costs call Kilvir Bahra on 07803 834 037

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](http://www.newham.com)

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 8382 or email [glennette.bowles-dove@newham.gov.uk](mailto:glennette.bowles-dove@newham.gov.uk)  
To email your local councillor write [firstname.lastname@newham.gov.uk](mailto:firstname.lastname@newham.gov.uk) e.g. [jose.alexander@newham.gov.uk](mailto: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](http://www.newham.gov.uk/mayor) or call 020 3373 0437.