

IN FOCUS **CUSTOM HOUSE & CANNING TOWN**

April 2011



Put a spring in your step

Roll up, roll up for Custom House and Canning Town's spring festival – Spring into ACTION – coming to you on Saturday 30 April from 12noon-4pm at Rokeby School in Barking Road.

The FREE council-organised event has something to suit all tastes and ages; from live entertainment to sports and arts and crafts.

Watch ballerinas arabesque into action from Canning Town's own Hallsville Ballet School and listen to home-grown talent reach for the stars in a talent competition. The winner will go on to perform at the Mayor's Town Show in July.

Get your groove on for Zumba – a high-octane workout to a mish mash of latin and international music or watch capoeira – the afro-brazilian martial art that is a combination of martial arts, dance and music.

For the footie fanatics, there's a five-a-side football tournament for under 12s, under 14s and under 16s. Just turn up on the day with your trainers and register.

Come and see the afro-brazilian art of Capoeira at Spring into ACTION



Wind down and get craft creative at the patchwork skills workshop, make sculptures from materials found in nature to create land art or learn how to grow your own from the experts at the Get GROWing project.

Bring your memories of bygone times to our local history project, reported on in last month's In Focus. Your memories will form part of an oral history of what the area was like in days gone by.

Community lead councillor, Paul Schafer, said: "Spring into ACTION is

about bringing people from all ages and backgrounds together to have a good time and find out more about what the council does."

Spring into ACTION
Saturday 30 April
12noon-4pm
Rokeby School
Barking Road, E16
Call 0800 519 4015 or email
community.forums@newham.gov.uk
for more information

CONTACT US

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



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



SEE WHO IS TOP DOG AT SHOW

Bring your pedigree pooch or much-loved mongrel along to the free Top Dog Show on Sunday 10 April in Clarkson Road from 12.30-3.30pm.

Enjoy a fun day out and find out all you need to be a responsible dog owner while enjoying all that man's best friend has to offer.

Aldersbrook Dog Trainers will be hosting sessions and there'll be free dog microchipping on the day, as well as canine competitions and dancing dogs demonstrations will have them barking for more. They'll also be free pooper scoopers to encourage owners to pick up their doggie's deposits.

The Top Dog Show takes place in the community events' space on Clarkson Road, E16, opposite Canning Town Station, and is supported by the Custom House and Canning Town Active Community Team and delivered by Newham Council. For more information call Sam Clark on 020 3373 3538.

EASTER GOOD FRIDAY MARKET AT RATHBONE



If you're looking for somewhere to pick up last minute bits for Easter, then look no further than Rathbone's traditional Good Friday market on 22 April.

The Good Friday market, which has been running for more than 50 years, has become a tradition with traders, who come from as far as Cornwall, Birmingham and Gloucester to sell clothing, art,

flowers, bric-a-brac, butchers' goods, jewellery and much more.

The application deadline for a pitch has now closed and all have been taken, but shoppers can get there at 8.30am for the pick of the crop, or alternatively visit later on as the special market will be open until 6pm.

Rathbone Good Friday Market, Barking Road, E16 from 8.30am-6pm.

Get your tasty recipes published

ACT volunteers and Newham Council want your favourite recipes for a new, internationally flavoured recipe book which will form part of an event in June called Vitality Month.

Whether you're from a school or community group or you just love to eat, send your favourite recipe and we will work with a nutritionist to make sure it's super healthy. Once we've compiled all the recipes we will publish the free book in time for Vitality Month.

Vitality Month is a special event that the council is organising from June to



July to motivate you to lead a healthy and active lifestyle.

During this month, you will be able to try free exercise sessions and listen to motivational speakers on staying active and healthy. Keep reading In Focus to find out more.

Bring your favourite recipe along to

Spring into ACTion – Canning Town's spring festival (read p1 to find out more) – or email it to stella.hales@newham.gov.uk, post it to Stella Hales, first floor Westside, Newham Dockside, 1000 Dockside Road, E16 2QU. For more information call Stella on 020 3373 4008.

Trainees tidy up woodland

The woodland area off Freemasons Road known as Ashburton Wood is looking much tidier and cleaner thanks to the hard work of trainees.

Newham Council is working in partnership with Groundwork London and Serco to allow ten unemployed residents to gain valuable work experience as part of an NVQ qualification in gardening and horticulture.

Trainees, who do four days work on site and one day in class, have

thinned the woodland and cleared out all the rubbish.

Paige Hoadley, 20, is the second woman to join the scheme via her local jobcentre. She said: "I've learnt lots of things like how to cut down trees and about health and safety."

All wood that has been cleared is shredded and reused as mulch to prevent the growth of weeds and maintain a clean and tidy woodland area.

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.



(l-r) Trainees Russell Williamson, Paige Hoadley, supervisor Roy Churchman and Yasir Ali show Cllr Marie Collier the work that's been done

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 CUSTOM HOUSE AND CANNING TOWN

Arts and crafts for disabled people run by East End Hamlets

Thursdays, 11am-3pm and
Fridays, 12noon-3pm
Grassroots Centre
Memorial Park
Memorial Avenue, E16
Call 020 7474 6376 for more information

Free music lessons – learn to play the guitar, drums or keyboard. All ages welcome. Bring your own instrument if you have one. Wednesdays, 6-8pm
Abraham's Nursery
1 Radland Road
Canning Town, E16
Call Bassey on 07938 561 910 or 07557 375 808 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 4008 or email stella.hales@newham.gov.uk
To email your local councillor write firstname.lastname@newham.gov.uk e.g. marie.collier@newham.gov.uk



Marie Collier



Clive Furness



Paul Schafer

Canning Town North Ward

Cllr Collier and Cllr Schafer
Every Monday (alternating), 10am
7a Avondale Court, Avondale Road
Canning Town, E16

Cllr Furness
First and third Friday of the month, 6-7pm
Helping Hands, 42 Balaam Street, E13



Bryan Collier



Michael Nicholas



Alan Taylor

Canning Town South Ward

Cllr Collier
Second and fourth Monday of the month, 10am-12pm
Canning Town Local Service Centre, 3 Beckton Road, E16

Cllr Nicholas
First and third Thursday of the month, 10.30am-12.30pm
Keir Hardie Methodist Church, 14 Plymouth Road, E16

Cllr Taylor
First and third Thursday of the month, 6-7.30pm
Trinity Community Centre, Bothwell Close, E16



Patricia Holland



Gavin Pearson



Conor McAuley

Custom House Ward

Cllr Holland
First Saturday of the month
Cllr Pearson
Second Saturday of the month
Cllr McAuley
Third Saturday of the month, 10-11am
St Joachim's Catholic School
Shipman Road
Custom House, E16

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.