

**BECKTON**  
» IN FOCUS

# Put a spring in your step



(l-r) Cllrs Ayesha Chowdhury and David Christie enjoy the festivities at last year's summer festival – don't miss all the action at the upcoming spring festival

**Mark Saturday 26 February in your diary as St Mark's Community Centre in Tollgate Road gets set to host Spring into ACTION, Beckton's spring festival.**

The FREE council-organised event has something to suit all ages and tastes from eclectic entertainment and top talent to martial arts and creative craft workshops.

On the live entertainment front, be dazzled by top local groups including pop group Dan Shirri and dancers, Dream Academy and Smooth Moves.

Watch out for Beckton's up and coming stars as they perform live as part of a talent quest to find the best act to perform at the Mayor's Town Show in July.

If you're a footie fanatic, there's a five-a-side tournament in The Globe sports hall. It's open to all ages; just turn up with your trainers and register on the day.

If football doesn't tickle your fancy then try something new in the non-contact boxing and karate demonstration workshops running all day, or dust your roller skates off and work up a sweat at the roller skating rink in the car park.

If you'd rather take it easy and get creative, the cake decorating workshops, jewellery making and needle craft workshops will be more up your street, or you can get lyrical in a Newham Writers workshop.

And make sure you bring your wallet with you to pick up bargain price herbs, plants and honey from the East Ham Allotment Society.

Community lead councillor, Ayesha Chowdhury, said: "Thanks to all those who are working hard to make this event happen. It's going to be a showstopper – so make sure you get there early."

**Spring into ACTION**  
**Saturday 26 February**  
**11am-3pm**  
**St Mark's Community Centre**  
**Tollgate Road, E6**  
**Call 0800 519 4015 or email**  
**community.forums@newham.gov.uk**

**WIN, WIN, WIN top prizes in a FREE draw**



# 2011 Census is counting on us all

On 27 March every household must complete a 2011 Census questionnaire so that a detailed count of the whole country's population can be taken.

The census enables the Government and organisations like councils and health authorities to plan essential services.

You must give information about the people living or staying with you on that day, whether you fill in your questionnaire before, on, or after 27 March. You need to complete it online, or fill in the paper questionnaire and send it back as soon as you have completed it. The closing date is 6 April.

The Newham Census team is offering help to residents in completing the questionnaire. For a full list of the completion events visit [www.newham.gov.uk/census](http://www.newham.gov.uk/census)

Locally sessions are taking place at Beckton Globe, 1 Kingsford Way, E6 on March 29 from 3.30-7.30pm; April 2 from 9.30am-12noon and 1-5pm; and on April 3 from 1-5pm.



Cecilia George chats to Cllrs Alec Kellaway and Ayesha Chowdhury at the Winter Active Centre open day

## Bring a friend to your Winter Active Centre

Winter Active Centre (WAC) regulars at Beckton Community Centre in East Ham Manor Way brought their friends along to a WAC open day.

The free council-organised event showcased the types of classes and activities that form part of the WAC programme for residents who are aged over 50.

The WAC programme encourages residents to beat the cold, keep active and make new friends.

Newcomers sampled new age kurling, massage, salsa dancing and taster exercise sessions to music, followed by a relaxing cup of tea.

Ward councillor, Alec Kellaway said:

"I was really impressed with the range of activities that Beckton Community Centre offers as part of the Winter Active Centre programme. It seems it's never been a better time to be aged over 50!"

For more information on Winter Active Centres call 020 3373 4830 or visit [www.newham.gov.uk/activecentres](http://www.newham.gov.uk/activecentres)

**Winter Active Centre**  
**Mondays, 10.30am-4.30pm**  
**Tuesdays, 10.30am-4pm**  
**Wednesdays and Thursdays, 10am-3.30pm**  
**Fridays, 10-11am**  
**Beckton Community Centre**  
**14 East Ham Manor Way, E6**

## Trainees tidy up woodland

The woodland area across from ASDA in Tollgate Road 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 local unemployed residents 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 wood, cleared out all the rubbish and tidied the woodland area from a section of Tollgate Road from the roundabout to



Trainees have been working hard to thin out the woodland

Hallywell Crescent.

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.



(l-r) Cllrs Ayesha Chowdhury and Alec Kellaway help residents clean up the property

# Community cracks down on ASB

A neighbourhood watch group worked with the police and Newham Council to banish anti-social behaviour (ASB) from their area.

A small block of flats with troublesome tenants in Kirkham Road was becoming a nightmare for neighbours in the area as, anti-

social behaviour increased and the property was becoming an eyesore.

Members of Willthorne Neighbourhood Watch group alerted the police to the ASB problems and, after months of working together anonymously with the police and the council, all parties have helped to eradicate the problems.

The joined-up working led to the troublesome tenants being removed and the property being cleaned up.

Willthorne Neighbourhood Watch's co-ordinator said: "By working with experienced officers from Community Safety, we have made a huge improvement to the area and, as a bonus, we have brought the local community together."

If you would like to join a Neighbourhood Watch group or set one up email [nnwachair@hotmail.co.uk](mailto:nnwachair@hotmail.co.uk). To report crime or ASB call your Beckton Safer Neighbourhoods Team on 020 8721 2040 or call the council's ASB hotline on 0800 731 3300.

# A day of play at Beckton District Park

Make sure you don't miss a FREE mini playday and nature fun at Beckton District Park North in Tollgate Road on Wednesday 23 February.

There'll be bouncy castles, crazy bikes and a wrecking ball to keep young ones active. Nature enthusiasts can Go Wild and discover another side of Beckton District by going on bug hunts, learning what kind of birds live in the park and lots more.

Mini playdays are funded by the Big Lottery Fund and led by Newham Council's early childhood services in partnership with Links Event Solutions. Other playdays are planned for this summer; keep reading your In Focus for updates.

**FREE mini playday and Go Wild games**  
**Wednesday 23 February**  
**11am-3pm**  
**Beckton District Park North**  
**Tollgate Road, E6**



# SPOTLIGHT ON...

## BOWEL CANCER SUPPORT GROUP

**Chris Hackman, 53, from Bradymead in Beckton, was diagnosed with Bowel Cancer two years ago. Now the cancer has come back to his liver but he's staying upbeat and positive and has set up his own Bowel Cancer Support Group.**



**Bowel cancer support group members Chris Hackman and John Costello**

"I was fed up with not having any support, so I set up my own group", says Chris. "I wanted a group that wasn't associated with a hospital environment and somewhere where people felt comfortable to speak out.

"The group gives me a focus rather than wallowing in self pity. You have to have a positive outlook to beat it. If you are strong in mind you are strong in body," says Chris.

Patients offer the best emotional support says Chris because they have been through it themselves, and by sharing their experiences they help each other and can help remove the stigma attached to cancers.

He adds that families and relatives can come along to the support group because cancer affects the whole family.

Chris is working on forging links

with Community Food Enterprise, so when people are going through chemotherapy they can get healthy food delivered to their doorstep.

Cancer increasingly affects all ages. Chris is working on organising fundays for patients and their families, "to get patients out of the house and having some fun," says Chris.

Bowel Cancer Support Group meets every second Wednesday of the month from 2-4pm at Winsor Park Community Centre, 18-20 Warwall, E6. The next meeting is 9 March.

**To find out more about cancer support groups call Chris Wright on 020 8553 5366 or email [chris.cyana1@googlemail.com](mailto:chris.cyana1@googlemail.com)**

## WHAT'S ON BECKTON

### Spring into ACTION – Beckton's FREE spring festival

Saturday 26 February

11am-3pm

St Mark's Community Centre

Tollgate Road, E6

(see p1 for more details)

### Police drop-in surgeries - you can discuss any concerns with the police at this drop-in session.

Thursday 10 March

11-12noon

Beckton Safer Neighbourhoods

Team base

Mary Rose Mall

(opposite ASDA), E6

**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 1705 or email [nadine.ford@newham.gov.uk](mailto:nadine.ford@newham.gov.uk). To email your local councillor write [firstname.lastname@newham.gov.uk](mailto: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](http://www.newham.gov.uk/mayor) or call 020 3373 0437.