

# IN FOCUS EAST HAM

June 2011

## COMMUNITY MUST BE HEARD

East Ham councillors are determined that the views of forum residents and businesses will be taken into account when decisions are made about what roads and routes will be affected by the 2012 Games.

Transport for London (TfL) have published plans for the Olympic and Paralympic Route Networks, with key roads closed to general traffic to ensure athletes, officials and the media get to sporting events on time.

The plans will not just impact on residents and businesses around the Games venues, but on people across the rest of the borough as well as on the council in delivering vital services.

“The Olympic and Paralympic Games are a once in a lifetime opportunity and we know there will be challenges in hosting them, but we feel let down by TfL over the way they have involved residents and businesses.”

The ORN will mean diversions



Community lead councillor Lakmini Shah said: “The Olympic and Paralympic Games are a once in a lifetime opportunity and we know there will be challenges in hosting them, but we feel let down by TfL over the way they have involved residents and businesses.

“We have asked for lots more information about how East Ham will be affected. With little more than a year to go, we need a picture of the road impacts so that we can begin

to plan our daily lives and business continuity in good time and at minimal cost. We want to enjoy rather than endure the 2012 Games.”

Council officers have been dealing with TfL staff for many months but have become increasingly frustrated by the absence of detail.

Councillors are demanding a public meeting in each of the nine community forum areas. Details will be published in future editions of In Focus and the Newham Mag.

### FIND OUT MORE

Go to [www.newham.gov.uk/orn](http://www.newham.gov.uk/orn)

Newham London

# Fancy footwork at forum finals



Girl's United stand proud with their winners' trophy

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 United Community Sport Trust and Newham and Essex Beagles, offered guidance for runners and players.

At the under-16 female football finals, Girl's United, representing East Ham, grabbed success with a 2-1 win on penalties against Newham Academy, representing Plaistow. 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)**



The clean up team enjoy a well deserved rest

## CLEAN UP AT RON LEIGHTON WAY

A raft of volunteers joined forces to clean up Ron Leighton Way in East Ham.

Newham Council, East Ham's Active Community Team and Ahmaddiya Muslim Association, tidied flower beds and collected rubbish along the length of the street leading up to High Street North.

The council's cleansing waste and recycling team were also on hand to provide support, as well as Councillors Lakmini Shah and Mary Skyers, who also attended.

Cllr Shah said: "These events are a great way for local people to play their part in their community and really make a difference to their local area.

"Clear ups like these are carried out across this community forum area and borough as a whole. Many hands make light work and we'd love to see more volunteers take part next time."

Find out about future events and clear ups taking place by reading East Ham In Focus.

## CCTV IN CIRCUIT

Close circuit television cameras (CCTV) have been installed on a footbridge in East Ham after residents petitioned for the cameras to be put in place.

Local people raised concerns about their safety in the area and local councillors made it a priority issue.

A camera has been mounted on the footbridge that runs between Southend Road and Sibley Grove.

The technology will assist in identifying those involved in any incidents and act as a deterrent to further crime and anti-social behaviour (ASB).

A convex mirror allowing local people to view those using the thoroughfare site has also been installed.

East Ham Central ward councillor and executive member for crime



and ASB, Unmesh Desai, said: "Residents have said this is a priority for them and we have listened. The partnership of the council and police in getting these cameras in place is testament to our commitment to making Newham safer. People seeking to cause trouble in this area will think twice if they know they could be caught on camera."

# Roman Road celebrates the Big Lunch



Cllr Peppiatt, right, Cllr Jenkins, seated, and Cllr Shah, centre, discussed concerns

More than 350 East Ham residents celebrated the Big Lunch in style with a fun day event organised by volunteers from Newham's active community team.

There were a variety of children's and young people's activities including an owl display, badge making, face painting, as well as soft play and inflatable toys.

Live music on the day was provided by Troy and Sally Duo with DJ Tom leading the karaoke and MC mixing and party games.

Residents brought their picnics,

met their neighbours and had a chat. East Ham South Safer Neighbourhoods Team used the opportunity to provide information and safety advice, while councillors Lakmini Shah, Kevin Jenkins and Quintin Peppiatt staffed the meet your local councillor stall and discussed local issues and concerns with residents.

The West Ham Kickz Community Programme ran football skills sessions with young people and The Kitchen Table provided snacks and refreshments.



Pretty in pink - two visitors get their faces painted

Volunteers started the event with a litter walk. They collected 20 bags of rubbish from flower beds at the junction of Roman Road and High Street South.



Newham Stroke Club is running a free workshop on relaxation and stress management on Monday 11 July, 1– 5pm, at Katherine Road Community Centre, 254 Katherine Road, Forest Gate, E7 8PN.

The Calm Sutra Corporate Workshop is a practical training program based on the book Calm Sutra: the Art of Relaxation by Dr Dilip Nadkarni. It aims to help you become calm, relaxed and healthy. The workshop

## WORK ON YOUR INNER CALM

includes learning techniques like deep breathing, meditation, visualisation, affirmation and progressive muscle relaxation. Postural tips will also be provided to help reduce degenerative conditions.

**For more information contact Newham Stroke Club on 07852 387 633 or e-mail [info@newhamstrokeclub.org.uk](mailto:info@newhamstrokeclub.org.uk)**

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



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)

### Gardening tips to help you come top

> For lovely lettuce, crush eggshells and place them around the base of your plants to keep slugs at bay.

> Cover your rhubarb plant with a bucket to create humid conditions. The trapped heat will accelerate growth and the lack of light will create slender, tasty stems.

> For big juicy strawberries add a feed high in potassium, like tomato feed, to the base of your plants at least once a week when in bloom. You can buy this from any good gardening store.

## WHAT'S ON EAST HAM

### East Ham Health Walks

Tuesdays, 9.30am  
Meet at Beckton DLR Station for a 45-minute free Health Walk and information about the wildlife in the local area led by the London Wildlife Trust. The route is via the Greenway, Beckton Alps and East Ham Nature Reserve.  
Contact Cairis or Lauren on 077345 99286

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 3578 or email [kim.vasa@newham.gov.uk](mailto:kim.vasa@newham.gov.uk)  
To email your local councillor write [firstname.lastname@newham.gov.uk](mailto:firstname.lastname@newham.gov.uk) e.g. [kevin.jenkins@newham.gov.uk](mailto:kevin.jenkins@newham.gov.uk)



Kevin Jenkins OBE



Rev. Quintin Peppiatt



Lakmini Shah



Ian Corbett



Unmesh Desai



Mary Skyers



Ormana Gangadharan



Lester Hudson



Ted Sparrowhawk

### East Ham South Ward

Cllr Jenkins  
Every Saturday (except bank holidays), 9.30-11am  
Brampton Primary School, Masterman Road, East Ham, E6

First and third Saturday of the month (except bank holidays), 1- 3pm  
Roman Road Primary School, Roman Road, E6

Cllrs Peppiatt and Shah  
Every Saturday (alternating), 10am  
Vicarage Lane Primary School, Vicarage Lane, East Ham, E6

### East Ham Central Ward

Cllrs Corbett and Desai  
Every Friday, 5.30-6.30pm  
Committee Room 3, Newham Town Hall, Barking Road East Ham, E6

Cllr Skyers  
First Saturday of the month, 10-11am  
The Hartley Centre, 267 Barking Road East Ham, E6

### Wall End Ward

Cllr Gangadharan  
Second Saturday of the month, 10am-12noon

Cllr Hudson  
Fourth Saturday of the month, 10am-12noon  
Altmore School, Altmore Avenue, East Ham, E6

Cllr Sparrowhawk  
First and third Saturday of the month 10.30am-12noon  
Nelson Primary School  
Caretaker's house, Napier Road East Ham, 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.