

NEW COMMUNITY GROWING SPACE FOR ALL



The proposed community growing site

(centre) Cllr Rohima Rahman at Katherine Road Community Centre consultation with police, residents and East Potential and New Shoots staff

A plot of land with derelict garages owned by Newham Council in Dorset Road have been demolished to make way for a community growing space that will be open to all who live in the area.

The space at the end of Dorset Road, which is the size of a football pitch, had become a fly tipping hotspot. To tackle the problem the council decided to transform it into a community growing space.

The council now has a licence to use the land as a community gardening project, which will allow all green-fingered interested residents who live in the Green Street area to grow their own fruit and vegetables in giant grow bags.

Last month, the council invited residents to contribute ideas for what kind of community growing space suited them. Suggestions were made to grow vegetables, herbs and plants and there are plans to run community food growing workshops.

Experts from the social and economic regeneration charity East Potential and New Shoots, who are supporting the project, were on hand to provide expert advice.

Once the vegetables are harvested there are plans to run healthy cooking workshops as part of Hearty Lives Newham, a partnership programme between NHS Newham, the council

and the British Heart Foundation that focuses on reducing levels of heart disease in the borough.

Community lead councillor, Sharaf Mahmood, said: "The benefits of this are immense because you can save money by growing your own food, get involved in a healthy activity and get to know your neighbours."

It's expected that the growing space will be ready for planting by April.

If you missed the last consultation come along to another planned meeting and have your say on Friday 4 March, 10am-12.30pm at Katherine Road Community Centre in Katherine Road, E7.



2011 Census is counting on us all

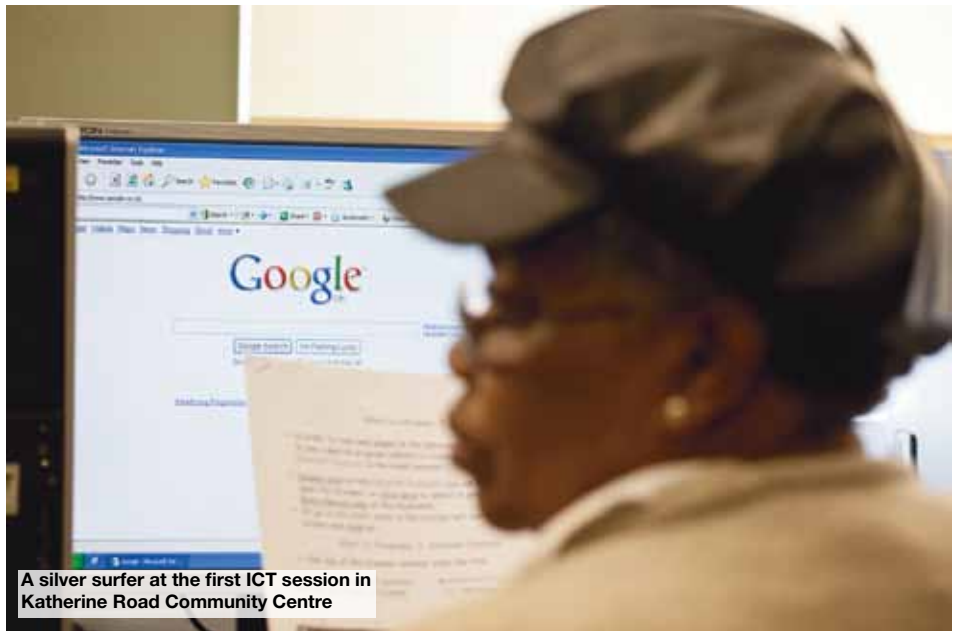
On 27 March every household must complete a 2011 Census questionnaire so that a detailed count of the whole country's population can be taken.

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

Locally a session is taking place at Green Street Library, 337-341 Green Street, E13 on March 31 from 3.30-7.30pm.



FREE 'GET ONLINE' SESSIONS

If you're aged over 50 get ready to go surfing without getting wet at free ICT sessions at Katherine Road Community Centre.

Newham Volunteers invite you to Get Online every Tuesday from 10am-12noon and 1pm-3pm, where they'll be on hand to help you understand a whole new world of online communication. Whether you want to learn how to shop online, join a social network or send and receive emails, the drop-in sessions will show you how.

Once you've grasped the basics, the ICT suite will be open for you to use independently from 9.30am-12noon every Thursday.

Katherine Road Community Centre is at 254 Katherine Road, E7. For more information about Get Online and other Winter Active Centre sessions call 020 8548 9825.

Community art mural competition

Calling all budding amateur artists – Newham Council invites you to take part in a Queens Market mural art competition.

In the last issue of In Focus amateur artists were asked to put paintbrush to paper and come up with a community market themed design, with the winning design painted inside Queens Market. If you haven't yet entered your design you still have time to submit your idea.

The council-run competition is open to everyone who lives or works in Green Street. Young people under 16 must have parental permission to enter the competition.

Your design should not be more than A3 in size. The deadline for entries is Friday 4 March, at 5pm.

To see full details of the competition in last month's In Focus visit www.newham.gov.uk and search for the Newham Mag.

To find out more and to register for the competition contact Shabana Qadir on 020 3373 1267 or email shabana.qadir@newham.gov.uk



Cllr Sharaf Mahmood chats to (l-r) Mary Walsh and Mary Lavery at the launch

A WARM WELCOME AT DOMENEY COURT

A new Winter Active Centre (WAC) has opened in Domenevy Court in St Antony's Road, bringing the total number of WACs in Green Street to three.

The Winter Active Centre programme is run by Newham Council for residents who are aged 50 and over to stay active and keep warm in cold winter months.

Around 45 people attended the event and some took a trip down memory lane with the entertainer who sung nostalgic songs.

The new WAC is open to all who live in the Green Street area and are over 50. It runs every Tuesday from 10am-12noon with exercise classes and bingo and every Friday with singing

and board games from 1-4pm.

New Winter Active Centre
Tuesdays, 10am-12noon
Thursdays, 1-4pm
Domenevy Court
58 St Antony's Road, E7
Call Patricia Jones on 020 8548 0685 to find out more.

Get crafty



Mark it in your diary: on Saturday 26 March head to Sandringham Primary School in Sandringham Road for an unmissable fun-packed spring festival.

To get you in the mood, Newham Council has organised four three-hour cake decorating workshops in the run up to the event, where you can learn the art of creating decorated cake masterpieces.

The course will cover everything from colouring icing and using edible decorations to piping skills. By the end of the course the learners will be able to produce their own cupcakes for any occasion.

With your new-found skills, if you fancy it, you can help your tutor run an arts and crafts workshop at the Green Street spring festival. Spaces are limited – so make sure you book your place.

Read your next In Focus to find out more about the spring festival.

FREE cake decorating workshops
Saturdays – 26 February, 5, 12 and 19 March
10am-1pm
Katherine Road Community Centre
Katherine Road, E7
Call June Smith to book a place on 020 3373 4830

SPOTLIGHT ON... DEBORAH MILLINGTON

Setting up your own business can be a daunting task but St Angela's Ursuline Secondary School ex-student, Deborah Millington, can offer inspiration and top tips.

Born in Forest Gate and educated at St Angela's Ursuline Secondary School in St George's Road, Deborah revisited the school recently as an inspirational role model for young people interested in studying the new business diploma for 14-19 year olds. Deborah has been working with Newham Council, facilitating workshops to give schools around the borough a taste of what the diploma will be like.

The launch of the diploma this September will coincide with Westfield Stratford City opening and 8,500 jobs in retail being up for grabs.

Deborah was inspired to set up her own business after reading Richard Branson's autobiography, *Losing My Virginity* and, capitalising on her background in marketing and retail, she set up RedBorder, a visual merchandising company in 2006. "It was the best decision I have ever made," she says.

Visual merchandising is the creative side of retail. She explains: "I do the in-



Deborah tutors at St Angela's

store marketing campaign and make sure the store looks as good as possible."

"Retail is not just about stacking shelves or sales – there are other ways of expressing creativity such as visual merchandising."

So what are Deborah's top tips for entrepreneurs thinking of starting out? "Make sure you are passionate about your business idea – you have hard days but passion keeps you going," she says.

"Get as much information and advice as possible before setting up your own business – go to places like Business Link and East London Business Place."

Newham Business Network offers business support and start-up advice. For more information call Business Link call 0845 6000 787 or visit www.newham.gov.uk

WHAT'S ON GREEN STREET

FREE cake decorating workshops
Saturdays – 26 February, 5, 12 and 19 March

10am-1pm

Katherine Road Community Centre
Katherine Road, E7

Call June Smith to book a place on
020 3373 4830

(see p3 for more details)

Dorset Road community growing project consultation

Friday 4 March

10am-12.30pm

Katherine Road Community Centre
Katherine Road, E7

(see p1 for details)

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 1267 or email shabana.qadir@newham.gov.uk. To email your local councillor write firstname.lastname@newham.gov.uk



Jo Corbett



Riaz Ahmed Mirza



Pearson Shillingford

Boleyn

Jo Corbett 10 - 11am
Second Saturday of the month
10.30 - 11.30am
Priory Park Centre,
106 Parr Road, E6

Riaz Ahmed Mirza Fourth Saturday of the month (except bank holidays)
Pearson Shillingford Third Friday of the month
6 - 7pm
Priory Park Centre,
106 Parr Road, E6



Nirmal Chadha



Sharaf Mahmood



Rohima Rahman

Green Street East

Nirmal Kaur Chadha Second Saturday of the month, 10.30am - 12pm
Katherine Road
Community Centre,
254 Katherine Road, E7

Sharaf Mahmood Fourth Saturday of the month, 10.30am - 12pm
St Edmund's Parish Church
464 Katherine Road, E7

Rohima Rahman Second Friday of the month
10am - 12pm
Katherine Road Community Centre

254 Katherine Road, E7
Second and Fourth Saturday of the month, 10am - 12pm
William Davies Primary School, Stafford Road, E7

Sharaf Mahmood First and third Saturday of the month, 10am - 12pm
Katherine Road
Community Centre,

Third Friday of the month
10am - 12pm
Katherine Road Community Centre,
254 Katherine Road, E7



Mukesh Patel



Rustam Talati



Harvinder Singh Virdee

Green Street West

First, second and third Friday
6 - 7pm
Elmhurst Primary School
Upton Park Road, E7

Fourth Friday
6 - 7pm
Upton Centre
Claude Road, E13

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.