

Beautify Queens Market with art



Hamara Ghar residents put their thinking caps on for designs for the competition

Calling all budding amateur artists to take part in a mural art competition where the winning designs will be painted on the walls of Queens Market.

The Newham Council-run competition is open to all ages and abilities that live or work in the Green Street area. The winning designs will be chosen by an expert panel and the winners will be announced at the spring festival on 26 March in Sandringham Primary School.

Your artwork must be based on the theme of community markets, e.g. images of fruits, spices or scenes

of people or places that reflect the cultural diversity that makes up Queens Market and Green Street.

The conditions of the competition are:

- you must live or work in the Green Street forum area (see www.newham.gov.uk/maps to see if you live in the forum area)
- your design must fit the theme of a community market
- you must submit your design by the deadline of Friday 4 March at 5pm.

Community lead councillor Sharaf Mahmood is excited about the project, saying: "The idea behind the

competition is to bring the community together and work on this exciting project – hopefully there will be a lot of creative collaborations.

"It's also a fantastic opportunity to have your artwork displayed in the vibrant and busy market."

Keep reading your In Focus to find out more about the spring festival, coming to you on Saturday 26 March, 12-4pm in Sandringham Primary School, Sandringham Road, E7.

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



Stay trim with NHS Newham

If you put getting fit and active at the top of your New Year's resolution list and are finding it hard to stick to – then you should head to the NHS Newham health fair for inspiration.

Put Saturday 5 February, 11am-4pm at the Old Town Hall Stratford in Broadway in your diary.

It's your opportunity to get a free health check-up (MOT) and get expert advice on how to live a healthier and more active life.

At the health fair you will find:

- free adult virtual cycling and information on local cycle training
- a taster session on Nordic Walking
- information on health services in your area
- lots of free fun for children
- ways to have your say on local health services
- free healthy food tasters and head massages.

For more information call Sabeena Subba on 020 7059 6789 or email Sabeena.Subba@newhampct.nhs.uk



Proud traders show off their award (l-r) Faiz Merchant, Eddie Stockwell, Carol Porter and Neil Stockwell

QUEENS MARKET WINS TOP GONG

Queens Market is turning it's competitors green with envy after winning the top gong for the Regional Greenest Market 2010 at the National Market Traders Federation (NMTF) awards.

The competition, now in its third year, encourages markets and traders to become more environmentally friendly. It covers three different regions; the North, Midlands and the South. The categories included: National Greenest Market 2010, Most Improved Market 2010, Regional Greenest Market 2010 and Green Market Trader 2010.



Queens Market impressed the judges and won the title of Greenest Market in the South due to their eco-initiatives such as their Zero Waste recycling strategy.

Carol Porter has been a trader for 14 years. She said: "I think it's fantastic. I can't remember winning an award like it before"

Market manager, Roy Wayre, said: "The award is a fantastic achievement and it raises the profile of the market."

The competition was judged by the NMTF and Friends of the Earth.

ACT up and become a volunteer

If you're looking for ways to do something for your community then why not become an Active Community Team (ACT) volunteer.

ACT volunteers work with councillors to bring special events like this year's spring festival to Green Street residents and its visitors.

But becoming an ACT volunteer is not just about organising events, you will also be working with your councillors to solve local problems

and run community projects such as producing a mural or even starting a community garden, youth group or Neighbourhood Watch group.

Don't worry if that sounds daunting – you will receive induction training and lots of support to help you to play an active role in your community.

To find out more about Green Street ACT call Shabana Qadir on 020 3373 1267 or email shabana.qadir@newham.gov.uk

SHOP TILL YOU DROP WITH NEW GUIDE



Mr and Mrs Jay from The Button Shop

If you're bamboozled by the range of retail Green Street has to offer then pick up a new colourful shopping guide that gives you the lowdown on all the shops in the area.

Whether you're a follower of fashion, food or football, the shopping guide has something for every taste and pocket. The 100-page shopping guide has been produced by Newham Council, Visit London and Green Street businesses, and references more than 120 independent retailers.

Inside you'll find details of where you can get the best in everything from jewellery, fashion, beauty; crafts, food and homeware. The guide also highlights shops and restaurants that reflect the best of the area's cultural diversity, innovative style and boundless energy that fuses tastes, traditions and designs from all over the world.

You can pick up a copy from the shops listed in the guide. All London tourist information centres and four and five star



hotels in east and central London will have the guide and it is also available online at visitlondon.com/greenstreet or at visitgreenstreet.com.

For more information about the guide call Alice Van Sertima on 020 3373 1695 or email Alice.Van-Sertima@newham.gov.uk

St Angela's students find the entrepreneur within

Students from St Angela's Ursuline Secondary School in St George's Road put their business acumen to the test in a special retail business challenge day at the school.

Almost 200 students took part in retail-themed workshops, which kicked off with a presentation on Westfield's Stratford City to raise awareness about upcoming employment opportunities.

The workshops gave students an insight into branding, marketing, buying and selling and were facilitated by leading local business people.

With their new found knowledge,



(l-r) Franckson, Katrina, Jacinta, Rianna and Leonora show their business idea to Cllr Mukesh Patel and Sharaf Mahmood

students had to invent a product and market it using a budget. Councillors Sharaf Mahmood and Mukesh Patel also shared tips with students. Green Street West ward councillor, Mukesh Patel, said: "Students have come up with some fantastic ideas and it's obvious that there are some real entrepreneurs in St Angela's."

Have your say on your community growing space

A site with derelict garages in Dorset Road owned by the council will be transformed into a community growing space - with your help.

The council are inviting you to a special event to come and see the site for yourself and share ideas on what you'd like to see in its place.

Have a FREE cuppa at the World Café or pick up some fresh fruit and top tips at the healthy cooking taster session.

Community growing space consultation

Friday 28 January, 11am-1pm
Katherine Road Community Centre
Katherine Road, E7
All participants will receive a FREE goodie bag

Call Shabana Qadir for more information on 020 3373 1267 or email shabana.qadir@newham.gov.uk

SPOTLIGHT ON... SUBCO TRUST

Formed in 1993 out of a need to provide day care for frail, isolated or housebound elderly Asians, SubCo Trust in Plashet Road has gone from strength to strength and has recently joined the list of Winter Active Centres in Plaistow.

The day care centre runs a range of different services which, as chief executive Taskin Saleem explains, are user-led.

She said: "We provide services that people actually want and we respond to the needs of our service users and tailor the activities and workshops to them."

The centre sees around 200 elderly Asian men and women pass through its doors each week and SubCo has its own fleet of buses to ensure that service users can make it to the centre each day.

Elderly folk can choose from a range of activities from reminiscing sessions, massages and therapies to educational workshops around issues such as healthy eating.

The Trust also cook up fresh food every morning for their Meals on



Getting crafty at SubCo

Wheels service that they provide seven days a week.

Their befriending project reaches out to people who are isolated, housebound or have had bereavement.

"We give people support and talk to them. Once they've got the confidence to socialise again we invite them to take part in the activities in the day care centre," added Taskin.

SubCo Winter Active Centre is open to all on Wednesdays and Thursdays, 9.30am-4pm and on Saturdays, 10am-2pm.

To find out more about the Trust call 020 8548 0070.

WHAT'S ON GREEN STREET

Community growing space consultation

Friday 28 January, 11am-1pm
Katherine Road Community Centre
Katherine Road, E7

All participants will receive a FREE goodie bag
Call Shabana Qadir for more information on 020 3373 1267 or email shabana.qadir@newham.gov.uk

FREE Aerobics for adults

Mondays, 12.30-1.30pm
Katherine Road Community Centre
Katherine Road, E7

Call 020 8548 9825 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 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,
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.