

# IN FOCUS ROYAL DOCKS

April 2011

## Drew Primary helps UEL make history

Drew Primary School pupils made history when they put pieces of their own artwork in a time capsule that was buried beneath the foundation of a new state-of-the-art sports centre at the University of East London (UEL) Docklands Campus.

UEL asked the school in Wythes Road to contribute to the capsule, which will be reopened in 2061. Working on the themes of community, sport and Olympics, the youngsters provided ten images, featuring a range of illustrations including the iconic Tate & Lyle factory building in Silvertown.

Deputy head teacher, Natasha Scott, said: "We were honoured to take part. The community will benefit from the new sports centre and who knows – we might even have a future Olympian in our school."

Year 4 pupil, Kezia Ablosa, said: "UEL was fantastic and exciting. We met the president of the university and put our pictures in the time capsule which will be dug up in fifty years' time."

The SportsDock forms part of UEL's strategy to become London's leading university for sport by 2015.



(l-r) UEL Vice Chancellor Professor Patrick McGhee and Drew Primary School pupils Neve and Kezia, placing their drawings in the capsule

When completed, the centre will be a world-class fitness testing and sports coaching venue. During the Games,

"The community will benefit from the new sports centre and who knows – we might even have a future Olympian in our school."

more than 1,000 athletes, coaches, scientists, medical practitioners and support staff from the US Olympic team will use the new facility.

Facilities in the centre will include:

- multi-use games areas
- a state-of-the-art gym

- high performance strength and conditioning centres, where athletes can work on their strength, power and speed

- all-weather synthetic grass football pitch
- a dance studio
- a sports café.

Once the SportsDock is completed early next year it will be open to the public from 6.30am-10.30pm, seven days a week, and will offer flexible and affordable rates for individuals, clubs and organisations.

**To find out more about membership email [sportsdock@uel.ac.uk](mailto:sportsdock@uel.ac.uk) stating your name, address and preferred mode of contact.**

### CONTACT US

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)



# 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](http://www.newham.gov.uk/recycling)**

Rouksana Dyer at the Newham LINK stand chats to Louise Kennard and Ava



## HEALTHY DAYS AT RDLAC

Health was the theme of the day at Royal Docks Learning and Activity Centre's (RDLAC) annual healthy living day last month.

From health MOTs, diabetes workshops, free head massages and tai chi sessions, there was something to enhance visitors health and wellbeing.

RDLAC staff member, Gary Ewer, said: "The event is aimed at raising awareness about different health issues. It's an opportunity for people to find out more about alternative therapies as well as pick up information on, for example, diabetes or bowel cancer."

Parents from the parent support group who attend RDLAC helped to organise the event and cooked up a tasty healthy free lunch for everyone who attended the event.

## 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](http://www.royaldockstrust.org.uk) or call John Johnson on 020 7277 8667.**

**Stop press:** As In Focus was going to print, it was announced in the budget that Royal Docks will become one of the country's largest Enterprise Zones.

An Enterprise Zone allows Newham Council to offer reduced business rates for five years and other incentives to encourage investment. Read what this will mean for Royal Docks in your next In Focus or turn to the Mayor's pages in the Newham Mag.

# Believe in Better is a hit

Hundreds flocked to Royal Docks spring festival - Believe in Better - in Britannia Village Hall last month.

The festival saw more than 1,000 people enjoy the sunshine, craft workshops and top live local entertainment.

A huge audience cheered on the contestants at the talent quest competition. The winner was Kwaku Mason for his rhyming MC skills. You can see Kwaku again when he performs at the Mayor's

Town Show in July.

Youngsters were queuing up for walking on water zorbing action and Britannia Voices presented their debut play.

Community lead councillor, Steve Brayshaw, said: "A massive thanks to everyone who made this fantastic event happen including all the staff at Britannia Village Hall, Britannia Voices volunteers and anyone I've forgotten to mention."



Kwaku Mason wins the talent quest competition

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## Bookworms celebrate World Book Day

Parents and carers took youngsters to a family reading breakfast session as part of World Book Day celebrations last month at North Woolwich Children's Centre in Winifred Street.

Children coloured in bookmarks and also learnt about the importance

of breakfast time, while parents and carers picked up top tips from a nutritionist on what the best breakfast option is.

If you missed the event don't worry – there are plenty more upcoming events such as:



Ronke colours in a bookmark with her mum Bose Adeniji



Carers and youngsters learn about breakfast options from a nutritionist

- > Baby Club Mondays, 9.30-11.30am – a friendly and welcoming group for you and your baby focusing on early learning. For babies up to 18 months old
  - > Music and movement, 10-11am – enjoy singing, dancing and action songs in this lively group. During the school holidays older siblings up to the age of eight years old are welcome to attend groups.
- North Woolwich Children's Centre is in 68a Winifred Street, E16. Call 020 3373 2727 to find out more.

## 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](mailto:cyana1@tiscali.co.uk)**



CYANA staff and support group

## WHAT'S ON ROYAL DOCKS

**Baby Club Mondays** - a friendly and welcoming group for you and your baby focusing on early learning. For babies up to 18 months old.  
9.30-11.30am

### And

**Music and movement** – enjoy singing, dancing and action songs in this lively group.

**10-11am**

**Both at the North Woolwich Children's Centre**

**68a Winifred Street, E16**

**Call 020 3373 2727 to find out more.**

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) e.g. [steve.brayshaw@newham.gov.uk](mailto:steve.brayshaw@newham.gov.uk)



Steve Brayshaw



Patrick Murphy



Anthony McAlmont

### Royal Docks Ward surgeries

First and third Thursday of the month (alternating), 7pm  
Britannia Village Hall  
65 Evelyn Road, E16

Second and fourth Thursday of the month (alternating), 7pm  
The Royal Docks Learning and Activity Centre, Albert Road, 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](http://www.newham.gov.uk/mayor) or call 020 3373 0437.