

# IN FOCUS PLAISTOW

April 2011

## Plaistow festival front garden contest

Calling all green-fingered gardeners. For the first time, this year there will be a front garden competition at the Plaistow summer festival – enter it and you could be in with the chance of winning some top prizes.

No garden is too small, whether it's at the front of a house, bungalow or flat and you can plant in the ground, window box or a container. The competition is only open to Plaistow residents. Winners will be announced at the Plaistow summer festival in Plaistow Park on Saturday 2 July.

Gardens will be judged on general layout, cleanliness, lack of weeds and pests and how plants and vegetables are arranged. Only one entry per household is allowed.

So what are you waiting for? Get gardening and you could be in with a chance of winning some top prizes.

Community lead councillor, Rohima Rahman, said: "We want residents to take pride in their



Get your front garden in tip top shape and you could win some top prizes

"We want residents to take pride in their gardens and show them off to us. It's important that people's front gardens look good and inviting."

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**The deadline for entries is Friday 24 June** and you must be a Plaistow resident to enter. You can pick up an application form from Plaistow Library in North Street, E13, or at the Newham African Caribbean Resource Centre, Barking Road, E13.

**For more information or to request an application form email [shamilla.kumari@newham.gov.uk](mailto:shamilla.kumari@newham.gov.uk) or call 020 3373 1267.**

### 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)



# Tickets for the Olympics now on sale



Make sure you don't miss the biggest sporting event happening on your doorstep next year – the London 2012 Olympic and Paralympic Games.

Tickets have gone on sale and you have until 11.59pm on Tuesday 26 April to submit your application. There is no advantage to submitting your application on the first or last day.

Applications for Paralympic Games tickets will be open in September 2011 and will follow a similar sales process.

The only way to apply for a ticket in the UK is at [www.tickets.london2012.com](http://www.tickets.london2012.com). This is London 2012's official site. You can also get a postal application from any Lloyds TSB branch. Don't buy a ticket from an unauthorised website or tout. You risk being scammed, and not getting the ticket you wanted and paid for.

If you get a ticket for an event you can't attend, you can return your ticket to get a refund through the London 2012 official ticket exchange. Your ticket will then be officially resold.



(back l-r) Cllrs Joy Laguda, Rohima Rahman and Charity Fiberesima put their heads together with one of the groups

## BRIDGING THE GENERATION GAP

Young and old came together at a special intergenerational event held at Newham Sixth Form College (NewVIc) to discuss issues around bus transport.

The event was organised by Voice and Choice and Age UK Newham, who campaign on issues concerning older residents.

Conflict and Change facilitated the group and Plaistow councillors chaired the meeting. Plaistow North ward councillor, Joy Laguda, said: "The aim

of the event was to have respectful dialogue between generations about our different needs, build understanding and the ideas that we have collected will hopefully lead to improvements on buses."

A representative from Transport for London was present and took on the group's suggestions, which included making buses a more comfortable place to be, improving queuing and the policy around priority seats.

## CHANGES TO PRINCE REGENT RPZ

Last May an experimental Residential Parking Zone (RPZ) was introduced by Newham Council to ease residents' parking woes.

The Prince Regent RPZ mostly falls in Plaistow but also affects a small area in Canning Town.

A consultation was recently carried out to find out what residents' views were on the RPZ hours and to also invite households and businesses from 19 roads adjacent to the RPZ to join. Eleven of those roads will now join the RPZ extension - Caraway Close, Chalk Road, Cumberland Road (Holborn Road to Denmark Street), Egham

Road, Haig Road West, Jedburgh Road (west of New City Road), Liddon Road, New Barn Street, Seaton Close, Salomons Road & Upperton Road West.

The majority of roads within the RPZ and those in the new extension voted to retain the existing hours: Monday to Sunday, 8am-10pm. A number of the roads to the west of the RPZ voted for a reduction in hours: Monday to Sunday, 8am-6.30pm. The changes will come into effect in early May.

**To see a map of the RPZ visit [www.newham.gov.uk](http://www.newham.gov.uk) and search for 'Prince Regent CPZ'.**

# Plaistow came together at spring festival

More than 1,500 festival-goers enjoyed the free council-organised event with their Plaistow councillors last month at Newham Sixth Form College (NewVIc), as it kicked off with a colourful procession from Newham Leisure Centre to NewVIc.

New City Primary cycling club, ACT volunteers, parents and teachers and councillors joined the colourful procession to get the word out about the festival.



Plaistow councillors join parents, pupils and volunteers in a procession to the festival

People were treated to an array of activities to try out on the day including: flower arranging, cake and biscuit decorating, card making, photography, crafts market, sculpture making and lots more.

Top live entertainment came from performing art students at NewVIc, who dazzled crowds with bollywood and street dance moves, choir singing and drama performances.



The young mayor, Ali Mohamed, judges the talent quest



New City Primary School cycling club

## No-go zone for troublemakers

Plaistow Safer Neighbourhoods Team (SNT) has joined forces with Newham Council to crack down on anti-social behaviour by creating a dispersal zone.

A dispersal zone can disperse groups of more than two people and tell those who do not live in the area to leave and not return for up to 24 hours.

If you are under 16 you may not be allowed in the area between the hours of 9pm and 6am, unless accompanied by a parent or responsible person over the age of 18.

Anyone who refuses or breaches the notice can be arrested and, if convicted, face up to three months in

prison or pay a fine of up to £2,500.

The zone, which came into effect on 21 March and will last until 1 September, covers High Street, North Street, Glasgow Road, Tweedmouth Road, Stirling Road, Edinburgh Road, Herbert Street, Swete Street, Kennedy Close, Chesterton Terrace, Stock Street, Atlas Road and Victoria Road.

**To report anti-social behaviour call your Plaistow North SNT on 020 8721 2524 or email [PlaistowNorth.snt@met.police.uk](mailto:PlaistowNorth.snt@met.police.uk) Alternatively call Newham Council's 24-hour anti-social behaviour hotline on 0800 731 3300.**

## New City Green improvements

Work to continue improving New City Green begins this month and will take eight weeks to complete.

This is the final phase of improvements which is expected to be completed in June. New play equipment will be installed in the Green off New City Road and the park will remain open while the works are being carried out.

Keep reading your In Focus for updates.

## 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 PLAISTOW

### Easter family fun days

Thursday 21 April and  
Thursday 28 April  
9.30-11.30am and 1-3pm on  
both days  
Plaistow Primary School and  
Children's Centre  
Visit [www.newham.gov.uk/  
easteractivities](http://www.newham.gov.uk/easteractivities) for more information

### Newham Leisure Centre is running a range of sessions for eight to 16-year-olds

Basketball, 10.30-11.15am everyday  
18-21 April  
Karate, 12.30-1.15pm, Wednesday  
20 and Thursday 21 April  
Newham Leisure Centre  
281 Prince Regent Lane, E13  
Call Newham Leisure Centre for  
more details on 020 7511 4477

**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 1804 or email [shamilla.kumari@newham.gov.uk](mailto:shamilla.kumari@newham.gov.uk)  
To email your local councillor write [firstname.lastname@newham.gov.uk](mailto:firstname.lastname@newham.gov.uk) e.g. [alan.griffiths@newham.gov.uk](mailto:alan.griffiths@newham.gov.uk)



Alan Griffiths



Forhad Hussain



Joy Laguda

### Plaistow North Ward

Cllr Griffiths  
First and third Saturday of the month 10.30-11.30am  
Plaistow Library, North Street, Plaistow E13

Cllr Hussain  
Second and fourth Saturday of the month, 10.30-11.30am  
Plaistow Library, North Street, Plaistow, E13

Cllr Laguda  
Third Saturday of the month, 10am-12.00noon  
Curwen School, Atlas Road, Plaistow, E13



Charity Fiberesima



Neil Wilson



Sheila Thomas

### Plaistow South Ward

Every Monday and Wednesday (alternating)  
6-7pm  
Newham African Caribbean Resource Centre,  
627 Barking 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](http://www.newham.gov.uk/mayor) or call 020 3373 0437.