

EAST HAM » IN FOCUS

Covering East Ham South,
Central and Wall End

Be dazzled by top entertainment from local groups, including a performance by the dance experts from East Ham's Deborah Day Theatre.

If you're a footie fanatic, there's a five-a-side tournament run by Bonny Downs. It's open to all ages, just turn up with your trainers and register on the day.

If a football doesn't tickle your fancy then dust off your dancing shoes and bust a groove to hip bhangra tunes spun by a top DJ.

For youngsters, there will be face painters and bouncy castles and Oliver Thomas Nursery will be running supervised messy play and art and craft activities.

Get to know people you haven't met before through a special speed networking exercise organised by Conflict and Change, or pick up top tips on how to turn your business ideas into cash from the experts at the Women's Business Centre.

If you want to check your weight, blood pressure or general health, visit the NHS Newham stand for a free health check up.

After all the action, take some time out in the relaxation zone and pamper yourself with a free beauty treatment.

Community lead councillor, Lakmini Shah, said: "It's gearing up to be an

extravaganza – so don't miss it. It's also an opportunity to learn more about what services the council provides and to have fun, of course!"

The free event is organised by Newham Council, your local councillors and Active Community Team (ACT) volunteers.

Spring into ACTion
Saturday 5 March
12noon-4pm
Langdon Secondary School
Sussex Road, E6
Call 0800 519 4015 or email
community.forums@newham.gov.uk

Deborah Day dancers get ready to perform at a past community event – don't miss them at next month's event





Money made clear

If you're finding it difficult to stay within your budget or find the best savings account or mortgage then FREE Moneymadeclear sessions at East Ham Customer Service Centre could benefit you.

Moneymadeclear is a free and impartial service, provided by the Consumer Financial Education Body (CFEB), that offers face-to-face appointments at the Customer Service Centre in Barking Road on Tuesday mornings.

Book your place by calling the contact centre on 020 8430 2000 and asking for a Moneymadeclear appointment or by visiting any Customer Service Centre.

East Ham Customer Service Centre, Town Hall Annexe, 330-354 Barking Road, E6. Open Monday to Friday, 9am-5pm.

For more information visit www.newham.gov.uk



Newham Council invites you to help put some spring colour into Gooseley Playing Fields, St Albans Avenue, at a special planting day on Saturday 26 February.

Native hedgerows will be planted at the community event, which is open to residents and park users of all ages and abilities.

It's also a chance for nature enthusiasts to Go Wild with conservation experts World Wildlife Fund (WWF) who'll be hosting nature games and trails. Discover what creatures and insects live in the park, do a spot of bird watching or make jewellery from twigs.

Community lead councillor, Lakmini Shah, said: "This is a perfect chance for residents to enjoy an afternoon in the fresh air and do their bit for this important green space."

To find your nearest Plant for Life event check out www.newham.gov.uk/whatson. Alternatively call the parks team on 020 8430 2000 or email parks@newham.gov.uk

**Plant for Life
Thursday 24 and
Friday 25 February
11am-3pm (both days)
Gooseley Playing Fields,
St Albans Avenue, E6**



Get crafty

Mark it in your diary and on Saturday 5 March head to Langdon School in Sussex Road for an unmissable fun-packed spring festival (read p1 for more details).

To get you in the mood, Newham Council has organised four three-hour silk painting and batik workshops in the run up to the event, where you can learn the art of developing your own designs and transferring them to silk.

The course will cover everything from working on your design to colouring it when it is transferred to silk.

Alongside the silk picture painting you will work on a sketch book containing

samples of all the techniques you will learn on the course, including batik.

With your new-found skills, if you fancy it, you can help your tutor run an arts and crafts workshop at the East Ham spring festival.

**FREE batik and silk painting workshops
Every Saturday 5 February to 26 February
2-5pm
Bonny downs Baptist Church
Darwell Close
(off Flanders Road), E6
Call Tracey Pease on 020 8586 7070 to book a place**

Full steam ahead for Langdon School revamp

Planning permission has been granted for the refurbishment of Langdon School, on Sussex Road, which will make it the largest 'all-through school' in the country, providing primary and secondary education under one roof.

Works, which will begin in March this year, have been funded through the Building Schools for the Future programme and



Primary Basic Needs funding.

When finished, the school will be a real community asset with a state-of-the-art learning resource centre offering a great range of books and ICT facilities, as well as learning and training opportunities for adults.

The new dining hall will also be open to the wider community so that students can enjoy breakfast with their families before they begin classes.

Head teacher Dr Manuzah Tabassum said: "I am delighted for the children, young people and families of East Ham that will benefit from this investment as part of the BSF programme.

"We look forward to successful partnership working between primary and secondary school colleagues to ensure the benefits of this unique opportunity are far-reaching."

A man's best friend



Residents who care about their canines came together for a free responsible dog ownership event in Central Park.

The Newham Council event raised awareness about the importance of cleaning up dog mess and how to control dangerous dogs, in response to a survey about residents' priorities in the area.

More than 40 dog owners picked

up top tips on how to handle their pet from The Dogs Trust while others took advantage of free dog microchipping.

Councillor Quintin Peppiatt had his Dachshunds chipped in 2008. He said: "I would urge all dog owners to get their dog chipped. A chip the size of a grain of rice is placed into the dog's neck which means they can be identified and returned should they stray or be stolen."



Dog owners also gave their views on the council's proposed dog control orders, which will replace the Dogs Act 1996 in March. It will give the council more scope to ban dangerous dogs from public areas and encourage more responsible dog ownership.

The council's animal welfare service, based at Folkestone Road, offers information on neutering and behavioural advice. If you would like to get your dog chipped, call the service on 020 8586 9739.

To find out more about dog control orders visit www.newham.gov.uk and search for dog control orders.

SPOTLIGHT ON...

THE ALZHEIMER'S SOCIETY

Residents across the borough who experience memory loss are being encouraged to seek help from the Alzheimer's Society.

The organisation operates from offices in Barking Road, Plaistow, but works throughout Newham providing one-to-one support to residents, as well as hosting a monthly Memory Lane Café in East Ham.

The café gives residents the opportunity to socialise with people who experience similar symptoms and discuss a topic that sadly remains taboo in many households.

The Alzheimer's Society has recently launched a campaign called 'Worried about your memory?' to raise awareness of the illness. Newham's support services manager Suzanne Humphreys said: "Alzheimer's affects around 1,200 people in the borough, though this could be an underestimate given the stigma surrounding dementia.

"The aim of this campaign is to encourage people who are concerned about their memory to see their GP."



A dementia sufferer at a coffee morning

The monthly café session is held on the last Thursday of each month from 1-3pm at the Well Community Centre in Vicarage Lane, East Ham, and is open to residents across Newham. It's a chance for people with dementia and their carers and family members to share ideas and experiences.

Suzanne added: "If people are concerned about their memory they should act sooner rather than later and contact the Alzheimer's Society in Newham on 020 8271 1334 to find out what support is available for them."

For details about the Memory Lane Café call Karen on 07525 403849. For more information about how to spot the symptoms of Alzheimer's visit www.alzheimers.org.uk

WHAT'S ON EAST HAM

Plant for Life

Thursday 24 and Friday 25 February
11am-3pm (both days)
Gooseley Playing Fields,
St Albans Avenue, E6
(read p2 for more details)

FREE batik and silk painting workshops

Every Saturday 5 February
to 26 February
2-5pm
Bonny downs Baptist Church
Darwell Close
(off Flanders Road), E6
Call Tracey Pease on 020 8586 7070
to book a place

For even more things to do check out the What's On calendar on the Newham website, where you'll find listings for more than 6,000 events: www.newham.gov.uk/whatson

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 3578 or email kim.vasa@newham.gov.uk
To email your local councillor write firstname.lastname@newham.gov.uk e.g. kevin.jenkins@newham.gov.uk



Kevin Jenkins OBE



Rev. Quintin Peppiatt



Lakmini Shah

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



Ian Corbett



Unmesh Desai



Mary Skyers

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



Omana Gangadharan



Lester Hudson



Ted Sparrowhawk

Wall End Ward

Cllr Gangadharan
Second Saturday of
the month
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
Caretakers 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 or call 020 3373 0437.