

MANOR PARK » IN FOCUS

Covering East Ham North,
Manor Park and Little Ilford

Guaranteed to break the fun-o-meter, this council organised FREE festival has something to suit all ages and tastes, from arts and crafts to sports and beauty therapies.

Community centres will be showcasing the sports and arts and crafts classes that they regularly run – come and try something new. If you like what you see, you can sign up to any of their classes on the day.

If you're looking for a new job bring along your CV and get top tips from the experts on how to improve your employability. Workplace and Connexions will be on hand to provide details on how to nail that job and

you can also search their database of current job vacancies.

Brush up on your interview and presentation skills with Workplace and get a DVD recording of your own mock interview to take away with you.

Footie fanatics: bring your trainers and join in the five-a-side tournament from 12.30-3pm. It's open to all ages and there's no need to book, just turn up and register on the day.

Bring your pom-poms along and join in with cheerleading workshops run by Newham's world-renowned Ascension Eagles cheerleaders.

On the art and craft front there will be cake decorating workshops, St

Put a spring in your step

Manor Park's spring festival – Skill Up and Energise - is coming to you on Saturday 12 March in Little Ilford School, from 12noon-4pm – be sure not to miss this great day out!

Barnabus Church will be running textile workshops and there will be a chance for you to create your own fashion jewellery.

Community lead councillor, Kay Scoresby, said: "Thanks to all those who are working hard to make this event a showstopper. Make sure you get there early on the day."

Skill Up and Energise
Saturday 12 March
12noon-4pm
Little Ilford School
Browning Road, E12
Call 0800 519 4015 or email
community.forums@newham.gov.uk

The sky's the limit for Ascension Eagles Cheerleaders – take part in their workshops at the festival





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 Manor Park Library, Romford Road, E12 on March 24 from 3.30-7.30pm.



Spuds they like at Little Ilford School

Goulash soup and roast vegetable pie were two of the nutritious, tasty treats taste-tested by students at Little Ilford School.

All year groups took part and were offered the chance to sample new delights conjured up by UK Potato Growers and the School Food Trust, who lead on nutrition in schools; both are looking at new student-friendly recipes that can be dished up at lunch.

Loaded potato skins topped the poll and will become part of the lunchtime offer at the school in Browning Road. Year 8 student Reece said: "It's great that we can try different food and have a say about what we like."

Students from across the borough have been taste-testing healthy food with help from Newham Catering Services.

The potato council will publish the students' favourite recipes in a cook book for schools to inspire healthy eating.

FEMALE FRIENDLY FLEXING AT ALL LADIES YOGA

If you're looking to work the winter blues from your bones but the gym is not for you, why not try the new ladies only yoga class at the Jack Cornwell Community Centre, run by qualified instructor Rashida Adam. The gentle exercise increases flexibility and improves posture, and is as demanding as you want to make it. Devotees of yoga claim to experience a range of other benefits too, including improved sleep, lower stress levels and mental wellbeing.

And at £2.50 per class, you can't go wrong. Come along on Thursdays from 9.30 - 10.30am to the Jack Cornwell Community Centre, Jack Cornwell Street, E15.

If you're male or would prefer

a mixed class, these are held on Mondays from 9.30-10.30am. Phone David at the centre on 020 8553 3459 for further details.





Get skilled up at the new Workplace in East Ham

Newham's one-stop employment service, Workplace, has opened its third branch much closer to Manor Park residents' doorsteps.

Following the success of Workplace in Stratford and Canning Town, the third one in East Ham will bring training and job opportunities to those that live in East Ham and Manor Park.

Workplace can help you get your CV ship-shape, find that perfect job or help you get skilled up for a new job.

With Westfield Stratford City opening later this year, there will be more than 8,500 jobs in retail. To ensure that local people get local jobs, Workplace in East Ham and the other two branches are running a Retail Works course.

The two week course gets you ready for a career in retail with a recognised qualification. It covers everything from improving your communication skills to dealing effectively with difficult situations.

If retail's not up your street, have a look at Workplace's other training courses. Check the website for more details.

Workplace East Ham is in High Street South (opposite the Newham Town Hall), E6. Visit www.newhamworkplace.co.uk to find out more or call 020 8430 4331.

Working together to tackle fly tipping

A fly tipping dumping ground that's been an eyesore for the residents who live on the corner of High Street North and Monega Road has been cleared for good.

Thanks to residents working together with Newham Council, Manor Park ward councillors and the police, the problem site, a disused garage entrance where rubbish was being dumped, is now looking much tidier.

As the land is owned by Kwik-Fit, the council could not act to clear the rubbish. As a result the council issued an enforcement notice to ensure that the owners removed the rubbish.

The rubbish has now been cleared and Kwik-Fit has erected a fence to prevent any more fly

tipping. They continue to work with the council to ensure this doesn't happen again.

Resident Shaeid Sharif, who initially alerted his ward councillors to the problem, said: "This has been a fantastic result and welcomed by the residents of Monega Road."

Manor Park ward councillor, Salim Patel, said: "This result shows that by working together we can solve problems that are occurring in our area."

To report crime and anti-social behaviour call Manor Park Safer Neighbourhoods Team on 020 7161 909 or the council's free ASB hotline on 0800 731 3300.

Flytipping: a health hazard and eyesore



SPOTLIGHT ON... ASTON-MANSFIELD

Look back in time to the late nineteenth century, when two different groups of people shared similar ideals and beliefs to help the poor of east London and you will find the humble beginnings of what is known today as Aston-Mansfield.



Mansfield College settlers

The charity has a rich and detailed history, and Mansfield House University Settlement (1890) and Aston Charities Trust (1884) have deep roots in tackling deprivation by providing much-needed community services in Newham and further afield.

Both charities campaigned for better conditions for the poor and even started the precursor to the Citizens Advice Bureau, known then as the 'poor man's lawyer' scheme.

Fast forward to October 2000 when the two charities merged to form one charitable body, administering their assets from offices at Durning Hall in Forest Gate which Aston-Mansfield owns and manages along with the Froud Centre in Toronto Avenue.

The ethos of the charity hasn't changed much since its origins in the 1800s, as Briony Fleming, fundraising and communications manager, explains: "We aim to create a diverse,

inclusive society in which all are free to participate.

"Aston-Mansfield is seen as a community hub and plays a key role in tackling poverty, deprivation, disadvantage and powerlessness in east London."

The charity does this by running jam-packed programmes of activities that are tailored to the needs of the community.

For new groups starting up there's the Community Involvement Unit (CIU) which provides advice, information and support to small or start-up organisations and, through Aston-Mansfield's buildings, they provide space for local and religious groups to meet and worship.

To find out more visit www.aston-mansfield.org.uk or call Kevin Blowe on 020 8536 3825 or email Kevin.blowe@Aston-Mansfield.org.uk

WHAT'S ON MANOR PARK

Badminton competition heats – all abilities welcome

Tuesday 22 February
Junior competitions (under 16s) 2-5pm
Adult competitions (16+ males and females) 6-8pm
Little Ilford School
Browning Road, E12

Skill Up and Energise – Manor Park's spring festival

Saturday 12 March
12noon-4pm
Little Ilford School
Browning Road, E12
(see p1 for more 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 8382 or email glennette.bowles-dove@newham.gov.uk. To email your local councillor write firstname.lastname@newham.gov.uk



Jose Alexander



Firoza Nekiwala



Paul Sathianesan

East Ham North Ward

Every Saturday (alternating)
10.30 - 11.30am
Kensington School,
Kensington Avenue,
Manor Park, E12



Kay Scoresby



Amarjit Singh



Salim Patel

Manor Park Ward

Every Saturday (alternating)
10 - 11.30am
Manor Park Local Service Centre,
685-689 Romford Road,
Manor Park, E12



Andrew Baikie



Farah Nazeer



Khalil Kazi

Little Ilford Ward

Every Saturday (alternating)
10 - 11am
Jack Cornwell Community Centre,
Jack Cornwell Street,
Manor Park, E12

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.