

# E16 NEWS



The demolition of the two tower blocks, Wood and Pattinson, in the Fife Road area is well under way. You may have noticed hoardings and scaffolding have been erected around the site, which also includes Harvey Point, Clinch Court and Charford Road.

We are installing more street lighting around the site in an effort to improve safety and security, but please let us know if you experience any problems.

At the neighbourhood group meetings and in surveys, a lack of youth facilities and activities has been raised as being a major issue. We are starting to address this and have begun consultation to find out what facilities you want to see in the parks and open spaces. This will be completed in February. As part of the masterplan for Keir Hardie Recreation Ground a multi use games area will be installed.

We have also appointed a new community sports coach, Abul Hussain, who will be organising sports and fitness activities in the area. Abul joins us from West Ham United's Asians In Football Project. Please see inside to find out about the activities he is organising for the half-term holiday.

## Contacts

### Newham Homes

Sylvia Gayle  
Community Housing Team  
20 Freemasons Road  
London E16 3NA  
020 8430 4579

### Canning Town and Custom House Regeneration Project

Gemma Allen  
20 Freemasons Road  
London E16 3NA  
020 8430 2408

### Pinnacle

Beverley Varney  
Nelson Street Studios  
Nelson Street  
E16 1DS  
020 7540 9880

**Philip Morris**  
Interim Project Director  
Canning Town and Custom House  
Regeneration Project



# redevelopment update

## Plans for new housing scheme approved



Proposed development in Vandome Close

Newham Council has approved six new housing schemes by London & Quadrant Housing Trust in the Canning Town and Custom House area.

The sites at Crediton Road, Tarling Road, Vandome Close, Rogers Road, Fords Park Road and Butchers Road will create around 150 new flats and houses.

The new housing developments will consist of a range of properties, from one bedroom flats to five bedroom houses.

There will also be a mix of tenure, with 80 per cent for rent or in shared ownership and the rest for sale.

Work should start soon and it is expected that all six sites will be completed by the summer of 2008, creating modern and attractive housing that will be available to local families.

Architects bptw partnership and Jestico + Whiles have been appointed to design the scheme.

The new homes will help with the ongoing re-housing programme that is currently taking place as part of the wider regeneration of the area.

London & Quadrant will also be developing two other large housing developments at Butchers Road and Rathbone Street. These two sites could create another 140 homes, in addition to the 150 in the first six schemes.

You can see details of the scheme at the weekly drop in sessions, which are held every Thursday at the Canning Town and Custom House Regeneration Project office, 20 Freemasons Road.

## Improving Canning Town Recreation Ground

**Come to Canning Town Recreation Ground and let us know what you think about the proposed new improvements for the park.**



The designs will be on display:

**Saturday February 24**

**11.30am to 2.30pm**

**Canning Town Recreation Ground  
Games area and children's play  
area (Sofia Road entrance)**

You can meet staff from the council's parks service and Canning Town and Custom House Regeneration Project to discuss the proposals.

Representatives from Groundwork East London will also be attending to

present their proposals for Ashburton Woodland on Freemasons Road, across the road to the recreation ground.

There will be activities for children and light refreshments.

**For more information log onto [www.newham.gov.uk](http://www.newham.gov.uk) or contact the parks service on 020 8430 2000, email: [yourparks@newham.gov.uk](mailto:yourparks@newham.gov.uk)**



### LIGHTING ENHANCES SAFETY

Additional street lighting is being installed in the Fife Road area, close to the demolition site.

The site, which includes Harvey, Wood and Pattinson Points, Clinch Court and Charford Road, has had hoardings erected and the enhanced lighting will help to improve safety and security for residents and businesses.

We are currently assessing street lighting levels throughout the regeneration area. Let us know if the lighting in the streets and housing blocks near you could be improved.

**For more information contact Sam Clark on 020 8340 5450 or email: [sam.clark@newham.gov.uk](mailto:sam.clark@newham.gov.uk).**

## Healthy Start in E16

Healthy Start is a new scheme to help families who want to eat more healthy food and replaces the Welfare Food Scheme.



You can receive vouchers if you are pregnant or have children under four years old and receive:

- Income Support
- income based Jobseeker's Allowance, or
- Child Tax Credit with an income below £14,155 a year.

You can also claim if you are pregnant and under 18, even if you do not receive benefits.

If you already get welfare food scheme milk or infant tokens you will automatically get the Healthy Start vouchers.

If you are eligible and want to register to receive vouchers you can fill out a form (HS01), which is available from:

- the Healthy Start website [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- by calling 08701 555 455
- by asking your midwife or health visitor.

You will need to have the form signed by a midwife or health visitor.

Once you are registered, you will receive your vouchers through the post every four weeks.

Shops displaying the Healthy Start sticker will accept the vouchers. These include Iceland, Somerfield, Plaistow Groceries on Prince Regent Lane and ASDA.

You can also use the vouchers at the Community Food Enterprise's mobile food store, which stops at Paragon Close every Monday from 10am to 11am, and other social food outlets.

Why not ask your local shop to register so you can spend your vouchers close to home?



## TASTY RECIPES

### BANANA MILKSHAKE

Put a chopped banana, 100ml pure orange juice, 300ml milk and a small pot of unsweetened yoghurt into a blender and blend until smooth.

If you don't have a blender, mash the banana with a fork then add all the other ingredients and whisk together until the mixture is smooth.

It is now ready to drink.

### COLESLAW

Chop the ends off a carrot then peel and grate it.

Wash a medium-sized white cabbage and cut it into very small pieces.

Mix the carrot and cabbage in a bowl then add three tablespoons of low fat mayonnaise and low fat yoghurt and some black pepper.

Mix well and serve.

## Free healthy lifestyle tips for children and parents

MEND is a free, active and fun programme aimed at addressing children's lifestyle habits.

It is aimed at parents of children aged between seven and 11 who are overweight, and has been designed to help kids to become fitter and healthier while having fun and making friends.

MEND stands for Mind Exercise Nutrition Do-it! and has been running across London for a number of years. It has been very popular and had very successful results.

The programme is based around fun activities to keep children physically fit as well as helping them and their parents to make long lasting changes to their eating habits.

The MEND programme is available at Eastlea School in Exning Road.

Families attend two evenings a week for nine weeks. Half of each session is for parents and children to learn together about healthy eating through games and activities, including a supermarket tour and tasting session. For the rest of the session, children take part in fun games to increase their physical activity.

The programme will be running a total of eight times until March 2008 and places are limited.

**For more information, telephone Carol Jules on 020 8430 6628.**

## ShiNE a light on sexual health



Sometimes, it is difficult or embarrassing to talk about sexual health, or you may not be sure where to go for advice.

SHiNE (Sexual Health in Newham) runs a free and confidential drop-in service at the Appleby Health Centre for people aged 24 and under.

The team works alongside doctors, nurses and trained counsellors to provide information and guidance on contraception, emergency contraception, referral for termination of pregnancy, pregnancy testing, chlamydia testing, counselling on relation-

ship and sexuality issues and free condoms.

You can choose to see a male or female worker.

You can be assured that you will be listened to and given professional advice and support.

There is no need to book an appointment.

ShiNE at the Appleby Centre  
Appleby Road  
Every Monday  
4.30pm to 6.30pm

**For more information  
telephone 020 8586 5249 or  
020 8586 5234 or text 07624  
802242.**

## Free sports activities

If you are aged seven to 17, then you can take part in free sports activities during the half-term holiday.

There will be five-a-side football, basketball, hockey, tape ball cricket, tennis, handball and volleyball sessions taking place at the Canning Town Recreation Ground.



Sessions begin at 11am and finish at 4pm.

The sessions are co-ordinated by Abul Hussain, who is the newly-appointed community sports coach based at the Canning Town and Custom House Regeneration Project office.

For more information, contact Abul on 07854 954738.

## Children swim free during school holidays

Newham residents under 17 can swim free at any of the four leisure centres during school holidays.

All you need is a Newham Gold Card and 20p for your locker.

Free swims are available February 12 to 18.

During the school term, children swim for only £1.

### The nearest leisure centres are:

**Balaam Leisure Centre**  
Balaam Street  
Plaistow  
020 7476 5274

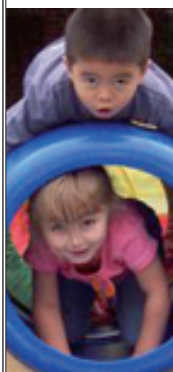
**Newham Leisure Centre**  
281 Prince Regent Lane  
Plaistow  
020 7511 4477

Weak or non-swimmers must be accompanied in the water by a competent adult swimmer.

Newham Gold Cards can be obtained from the Healthy Living and Sports team on 020 8430 2484 or 020 8430 2462.

Please check session times before you go by contacting the leisure centre or log onto [www.newham.gov.uk](http://www.newham.gov.uk)

## Oasis Nursery School in Canning Town



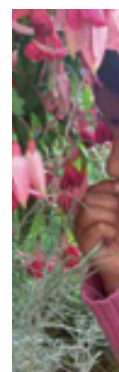
### Oasis Nursery School



First the child, always the child

FREE part time places for 3-5 year olds, now available

Ring Julie for more details on  
**020 7474 5263**



## Children fill park with spring flowers

Keir Hardie Recreation Ground will be filled with daffodils in the spring, thanks to members of Hallsville School Council.

The children worked with East landscape architects to plant bulbs by the side of the pathway. They also experimented with stencilling temporary signs on the footpath using gold glitter.



East, who has been commissioned to develop a masterplan for the park, is also working with St Luke's School, Youth Club and local community groups in making improvements to the park.

# Update on your Safer Neighbourhoods Team



The Canning Town South Safer Neighbourhoods Team is now at full strength.

Sergeant Steve Micallef joined last September and leads a team consisting of two police constables and four police community support officers.

You may see some of the officers on foot or cycle when they are out and about meeting residents, businesses and community groups.

The Safer Neighbourhoods Teams work with primary schools in raising awareness of issues such as Stranger Danger and Road Safety.

The teams work together with partners including the council in resolving problems such as anti-social behaviour, fly tipping, graffiti and poor street lighting.

For example, the Canning Town South team received complaints that groups of young people were congregating in the communal, covered stairwells of a block in St John's Road, smoking drugs, causing damage to the building and general anti-social behaviour.

The police and Newham Council got three of the young people to sign Acceptable Behaviour Contracts (ABCs) to stop them from causing further nuisance in that area.

If you want to pass on information about crime and anti-social behaviour or to discuss issues which may be adversely affecting your work or home life, then contact your Safer Neighbourhoods Team sergeant:

<b>Sergeant Lisa Butterfield</b> <b>Canning Town North</b>	<b>020 8721 2038</b>
---	----------------------

<b>Sergeant Steve Micallef</b> <b>Canning Town South</b>	<b>020 8721 2840</b>
---	----------------------

<b>Sergeant Trevor Barnes</b> <b>Custom House</b>	<b>020 8721 2039</b>
--	----------------------

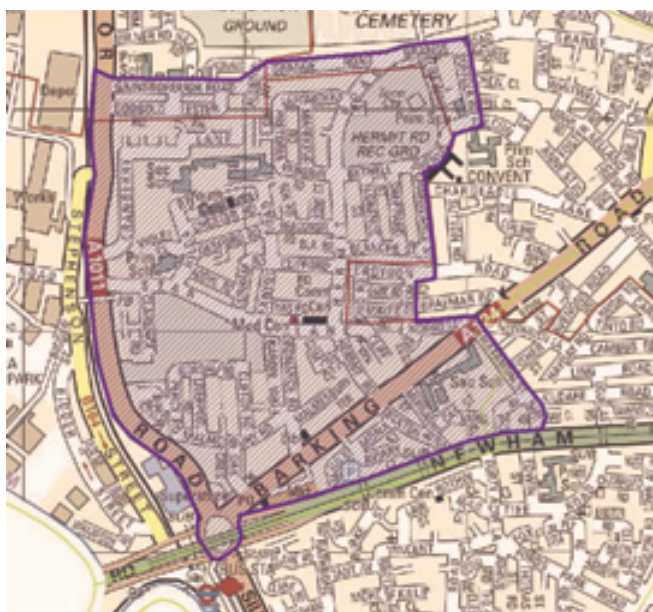
If you are not sure which ward you belong to, log onto [www.newham.gov.uk](http://www.newham.gov.uk) or telephone 020 8430 2000.

## Anti-social behaviour **no go zone**

In response to complaints about problems such as fighting in the Hermit Road area and street drinking in Rathbone Market, a dispersal order has been introduced by the police and council.

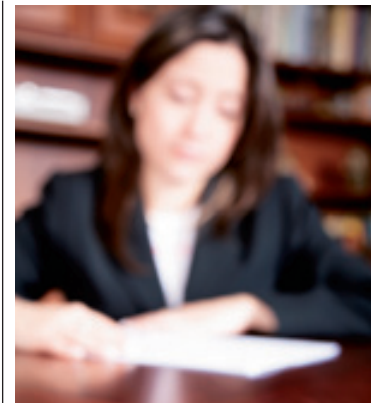
The no go area is bounded by Newham Way, Manor Road, Gainsborough Road, Grange Road, Suffolk Road, Chargeable Street and Alexandra Street.

The order, which lasts until March 31, allows the police to tell groups of people behaving anti-socially to disperse. It also allows them to tell people who do not live in the area to leave and not to return within 24 hours.



Anyone under 16 may not be allowed in the area between 9pm and 6am unless accompanied by a parent or responsible person over 18. They may be removed to their home or place of safety, where appropriate.

People who do not leave the area after being instructed by a police officer to do so could face up to three months in prison and/or a fine of up to £2,500.



## Free legal advice

Get free confidential legal advice on employment and consumer issues every Wednesday from 6.30-8pm at Community Links, 105 Barking Road.

No appointments are necessary. Sessions operate on a first-come-first-served basis, so early arrival is recommended.

In addition, Community Links can provide advice on welfare benefits, housing, debt and immigration at 105 Barking Road and from some doctors' surgeries and community centres.

**For more information, telephone 020 7473 9640.**

For more information about this dispersal order, contact the Canning Town North Safer Neighbourhoods Team at The Hub in Star Lane on 020 7474 8638.

# what's on

Canning Town and Custom House  
Regeneration drop-in sessions

Every Thursday, 10am-4pm  
20 Freemasons Road

**Pinnacle estate walkabouts and inspections**  
Every Friday, 2pm – Nelson Street Studios, Nelson Street

## Walking groups

Keir Hardie walking group  
Every Wednesday, 1pm  
Keir Hardie Methodist Church  
Fife Road

Custom House walking group  
Every Friday, 10.30am  
Ascension Church, Baxter Road

Contact Bob Bicheno  
07950 186137

## Mayor's Surgery

Monday February 12  
10.30-11.30am  
Monday March 12  
10.30-11.30am  
Community Links  
105 Barking Road

## Half-term holiday sports activities

Canning Town Recreation Ground  
Freemasons Road   
Monday February 12 to Friday 16, 11am-4pm  
Five-a-side football; Basketball; Hockey;  
Tape ball cricket; Tennis; Handball; Volleyball  
Contact Abul Hussain on 07854 954738

## Free careers and training advice

Early Start  
5-9 Freemasons Road  
February 8, 22  
March 8, 22  
Canning Town and Custom  
House Regeneration Project  
20 Freemasons Road  
February 15  
March 1, 15, 29  
2-4pm  
No appointment necessary  
Contact Elite on  
020 7055 3570

## Free legal advice on employment and consumer issues

Every Wednesday,  
6.30pm to 8pm  
Community Links,  
105 Barking Road

## Freemasons Road Neighbourhood Group

Tuesday February 13,  
6.30pm  
Canning Town and  
Custom House  
Regeneration Project,  
20 Freemasons Road

## Coffee mornings

Ascension Church  
Baxter Road  
Custom House

February 9  
March 9  
10am to  
12.30pm



## Careers and Jobs Live 2007

ExCeL, Custom House  
Sunday March 25  
11am to 5pm  
Monday March 26  
10am to 4pm

## Area Tenant Liaison Committee

**Thursday March 15**  
6.30pm to 9pm  
Cundy Centre  
Hartington Road

**Thursday May 10**  
6.30pm to 9pm  
Trinity Centre  
Bothwell Close

**Thursday July 5**  
6.30pm to 9pm  
Cundy Centre  
Hartington Road

**Thursday September 13**  
6.30pm to 9pm  
Trinity Centre  
Bothwell Close

**Thursday November 8**  
6.30pm to 9pm  
Cundy Centre  
Hartington Road

## Make new friends at the warm centre

Trinity Community Centre, Bothwell Close  
Every Monday, Wednesday and Friday  
9.30am to 3.30pm. Until Friday March 30  
Telephone 020 7366 6048 or 020 8430 2486

Monday - Friday 9.00am - 5.00pm



RPN/07/11

### For free translation phone

للترجمة المجانية الرجاء الاتصال هاتفياً.  
欲索取免費譯本，請致電。  
Pour une traduction gratuite, téléphonez  
मुफ्त अनुवाद के लिए फोन कीजिए  
സൗജന്യമായ തർജ്ജമയ്ക്കായി ബന്ധപ്പെടുക  
Turjubaan lacag la'aan ah ka soo wac telefoonka.  
Para uma tradução grátis, telefone.  
বিনামূল্যে অনুবাদের জন্য টেলিফোন করুন  
મફત ભાષાંતર માટે ફોન કરો.  
मुँहड अनुवाद लई ब्रेन वरें  
منترے کے لئے ٹیلیفون کیجئے۔  
Za besplatne prevode pozovite

Para obtener una traducción telefónica gratuita llame al:  
Перевод – бесплатно. Звоните.

Për një përkthim falas telefononi.  
இலவச மொழிபெயர்ப்புக்கு தொலைபேசி செய்யுங்கள்.  
Για δωρεάν μετάφραση, τηλεφωνήστε.  
Ücretsiz çeviri için telefon edin.  
Diện thoại để được thông dịch miễn phí.  
بۆ وەرگیران (تەرجمەکردن) بە خۆپاڤی، تەلەفۆن بکە.  
Del nemokamo vertimo skambinkinte

For large print or braille phone

**020 8430 6291**

© Newham Language Shop