

MANOR PARK » IN FOCUS

Covering East Ham North,
Manor Park and Little Ilford

Hello from Councillor Pat Sheekey

Your attendance at our community forum environment event made for a really successful day and you can read all about it in this issue of In Focus.

We also bring you news of a breast cancer awareness day and two new health initiatives in our area.

And with information on how to keep warm and dispose of your green waste this winter, I'm sure you will enjoy the read.

Manor Park community lead councillor, Pat Sheekey



Monega Primary School pupils with staff and Cllr Pat Sheekey prepare the wish tree for the community forum event



All around the eco wish tree with (l-r) Cllr Jo Corbett, Sir Robin, Cllrs Kazi, Sheekey and Baikie

They made a difference

Ways to keep rubbish off the streets and recycle more were high on the agenda for councillors last month when they met hundreds of residents at an inspirational environment day.

The 'make a difference to your environment' event saw residents and ward councillors pound the pavements to discuss cleaner streets and identify fly-tipping hot spots.

Following the two-hour walkabout, councillors and Mayor Sir Robin Wales, joined residents for environmental workshops and information at Little Ilford youth centre.

"Input from local people is invaluable when looking for solutions to local problems and events like these are a great opportunity to really make a difference," said community lead councillor Pat Sheekey, who attended the day with ward councillors Andrew Baikie and Khalil Kazi, Paul Sathianesan, Jo Corbett and Kay Scoresby and MP Stephen Timms.

The day, organised by Manor Park community forum and its active community team, also offered children the chance to learn about recycling and

design eco themed t-shirts and masks.

Residents also penned their environmental hopes on a recycled wish tree, made by children at Monega School earlier in the week, out of stripped branches, paper mache and coloured paper.

The three-hour event also included free fruit and smoothies, plus information on leading a cleaner and greener lifestyle from the recycling green bus and stalls.

More than 350 residents attended the day and Cllr Sheekey added: "The day was a great chance to identify problems, discuss solutions and keep residents up to date with the council's work to keep the streets clean."

That work has now been given a boost, with waste and recycling collections running from 6am to avoid congestion during rush hour and improve collections from areas that are difficult to access.

Go green with your garden waste

Green-fingered gardener or environmentally conscious – whatever your reasons, make sure you recycle your green waste.

The council offers a free green garden waste collection to all residents. The service accepts leaves, weeds, grass cuttings, hedge trimmings, small branches and flowers.

All you need to do is place them in a black bag, leave them at the front of your property and phone us to arrange a collection. The waste will usually be picked up within two working days.

All the garden waste will be turned into compost instead of being sent to landfill sites. So if you want to do your bit for the environment, make the most of this council service.

To arrange a free collection or for more information, call 020 8430 2000.



Keep Warm this winter



Are you aged over 50? Don't want to be home alone this winter?

Then get yourself down to the new Newham warm centres in Manor Park.

Open until the end of March 2009, the centres are the perfect places to make friends, get advice and enjoy a range of your favourite activities.

The centres are among several open across Newham this winter and ward councillor Khalil Kazi is delighted to see them up and running.

"These centres will be lifelines for many people in our community this winter and we hope they enjoy the time they spend there," he said.

Warm centres offer free dancing and sing-alongs, big bingo, refreshments, games, monthly inter-community-forum dominoes competitions, tips on healthy eating, shopping trips and outings, massage and therapy sessions and books and magazines.

You can also get advice on pensions or benefits and heating your home – so why not get warm this winter with Newham?

The centres are open to Newham residents only. For more information call 020 8430 2486 or visit www.newham.gov.uk/winter

Warm centres in your area:

- **Hathaway Community Centre, Hathaway Crescent, E12. Thursdays, 11am – 3pm. Call 020 8548 4980**
- **London Tamil Sangam, 369 High Street, E12. Wednesdays and Thursdays, 11am – 4pm. Call 020 8471 7672**
- **Malayalee Association of UK, 671 Romford Road, E12. Tuesdays and Thursdays, 1 – 4pm. Call 020 8553 4667**
- **Trinity Community Centre, East Avenue, E12. Wednesdays (women only), 1.30 – 4pm, Thursdays (men only), 1.30 – 4pm. Call 020 8472 8947**
- **EKTA Project, Froud Community Centre, 1 Toronto Avenue, E12. Wednesdays, Thursdays and Fridays, 1.30 – 4pm. Call 020 8514 5221**

Beating heart disease together

Cardiovascular disease (CVD) affects the heart and circulation. It includes coronary heart disease (angina and heart attack) and stroke, and is the most common cause of death in the UK.

That's why the council is working with Newham Primary Care Trust (PCT) in partnership with the British Heart Foundation to roll out a new project called Heart of Newham to reduce levels of cardiovascular disease.

To help raise awareness about CVD, Soraya Bowen, new community development worker, has been visiting community groups in East Ham North.

Soraya says: "I hope to raise awareness about cardiovascular disease and encourage people to make the necessary changes to have a healthier heart."

East Ham North councillor, Sukhdev Singh Marway adds: "I think this is an excellent initiative. East Ham North has



one of the highest rates of CVD and it's important that we face this problem head on."

For more information on the project email soraya.bowen@newham.gov.uk

Before



Cllrs Sheekey and Marway inspect the closed road

After ↓



Cllrs Baikie, Corbett and Kazi on the reopened road

Bridge success

The reopening of Browning Road bridge last month was welcomed by residents anxious to see an end to the work, after journeys by bus and car were severely affected during the vital repairs.

Ward councillors Andrew Baikie and Sukhdev Singh Marway picked up on their concerns and by liaising closely with council officers, London Buses and Network Rail they were able to push for a speedy finish.

“The closure of the bridge and redirection of the 147 bus was causing severe disruption,” says Cllr Baikie. “It was vital that the works did not drag on beyond the proposed completion date and we are delighted to say that after continued discussions, they were finished on time.”

Cancer awareness boost



Cllr Pat Sheekey (left), Elena Vinokourova from the PCT, Cllr Jo Corbett, with Luljeta Nuzi director of the Shpresa programme and youngsters Emi Hasaj and Klajdi Muca

Award winning group Shpresa put breast cancer awareness at the top of the agenda last month when they hosted a special day at Little Ilford Youth Centre.

More than 100 residents joined Manor Park community lead councillor Pat Sheekey and Little Ilford ward councillor Jo Corbett at the event, which offered information on breast screening, nutrition and healthy living.

Cllr Corbett said: “Newham has a lower incidence of breast cancer compared to the rest of England, but more women die from the disease than the national average so events like this are vitally important.”

The day was organised by Newham Primary Care Trust (PCT) and the Newham-based Albanian migrant programme Shpresa, winners of a PCT communities health partnership award.

With arts and crafts for children and PCT workshops for residents of all ages to give their views on health, the day was a big hit with everyone.

Going undercover for health

Cllrs Paul Sathianesan and Joy Laguda with Manor Park GP Bhubinder Kohli (left) and EKTA members and volunteers in front of the tent



A hand-crafted velvet and silk tent created by a Manor Park charity is set to boost the health of people in Newham.

EKTA, a charity for South Asian elders based at the Froud Community Centre in Toronto Avenue, commissioned artist Madhumita Bose to create the tent as a special space to sit and talk.

The tent is decked out in phrases and decorations that reflect the thoughts of more than 120 EKTA users and it can be transported to health fairs or events for other groups to use.

“This is a really imaginative project that has created a calm and comfortable space for people to sit and discuss their feelings,” says East Ham North ward councillor Paul Sathianesan, who cut the ribbon on the tent last month.

EKTA offers a befriending and support service for isolated or frail Asian older people and their carers in Newham. For more information call 020 8514 5221.

SPOTLIGHT ON...

SHALOM EMPLOYMENT ACTION CENTRE

Cllrs Marway, Sheekey and Kazi with learners of 2008, LSCLE partnership manager Sheila Weeden and SEAC project manager Rama Veerasingam.



When it comes to getting people into work and helping them reintegrate into society, the Shalom Employment Action Centre (SEAC) ranks among the best.

The charity first set up in Manor Park in 1988 and works in partnership with Newham Community Education and Youth Service (Newceys). Together, they equip people from across the world with the skills to help them make the most of their new lives in Newham.

English for Speakers of Other Languages (ESOL) with Citizenship and For Work and ICT skills form the basis of the studies offered by the charity at its training centre in High Street North, Manor Park; they also have a crèche for two to five-year-olds.

And the testimonies of those who have studied at the centre show how vital their work has been.

"The Shalom Centre is an excellent starting point for the people who have recently come to the UK, especially when they have language barriers and problems finding jobs," says student Mariam Khan.

Community lead councillor Pat Sheekey attended the charity's AGM last month with councillors Sukhdev Singh Marway and Khalil Kazi.

"Everyone was so proud when they went up for their certificates," she said. "Having completed their studies, they no longer felt isolated because they do not have to rely so much on translators."

Shalom Employment Action Centre, 395 High Street North, E12. Call 020 8472 3571.

WHAT'S ON MANOR PARK

Get together

Parents and carers who want to take a break, have a chat and relax while their children play in a safe environment can do just that at a special weekly get together. Hathaway Community Centre in Hathaway Crescent runs the free meet up sessions for parents and carers every Monday between 1– 3pm. Turn up or call 020 8548 4980 for more information.

Wildlife panels unveiled

If you're passionate about Manor Park's open spaces don't miss the new wildlife panels which will be unveiled near Sally Murray Close, E12 on Tuesday 18 November at 1pm. The colourful panels feature drawings of bugs and birds entered in a competition by children from Sheringham, St Winefride's, Sir John Heron and Dersingham schools and chosen by ward councillor Jo Corbett. Keep an eye out for more details in next month's In Focus.

For even more things to do check out the What's On in Newham calendar:

www.newham.gov.uk/whatson

If your group has an activity to promote please contact us on 020 8430 4533 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 8430 3055 or email John.WymanWhite@newham.gov.uk



Pat Sheekey



Paul Sathianesan



Sukhdev Singh Marway



Kay Scoresby



Amarjit Singh



Ayub Korum Ali



Andrew Baikie



Jo Corbett



Khalil Kazi

East Ham North Ward

Every first Friday
of the month, 6 - 7pm
Katherine Road
Community Centre
254 Katherine Road
Forest Gate E7 8PN
Councillor Pat Sheekey

Every Saturday
10.30 - 11.30am
Kensington School
Kensington Avenue
Manor Park
E12 6NN
(alternating)

Manor Park Ward

Every Saturday
10 - 11.30am
Manor Park Local Service Centre
685-689 Romford Road
Manor Park
E12 5AD

Little Ilford Ward

Every Saturday, 10 - 11.00am
Jack Cornwell
Community Centre
Jack Cornwell Street
Manor Park
E12 5NN

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 8430 2107.