

Kingsford students make history at the House of Lords



Kingsford Community Pupils on the steps of the Houses of Parliament with (front l) Annie Teriba and (front third left) Iranga Tcheko with head teacher Joan Deslandes



Iranga Tcheko opens for Kingsford School

Kingsford Community School students made history when they took part in a debate with other students from across England and Wales on four options for House of Lords reform.

For the only time in 2010 that the House of Lords allowed anyone other than peers to speak in the chamber, it opened its doors for 220 state schools and colleges.

Four core schools led the debate, including St Angela's and St Bonaventure's Sixth Form in Forest Gate and Kingsford Community School in Kingsford Way, on whether to elect, select or reject the current system of membership.

From the red benches, representatives from Kingsford Community School made their case for a solely elected House of Lords.

Articulate arguments for an elected House of Lords were put forward by Iranga Tcheko who opened and Annie Teriba who closed the motion. The powerful cases put forward by Kingsford were the result of weeks of preparation and mentoring by opposition spokesperson for Environment, Food and Rural Affairs, Baroness Quinn.

Annie Teriba felt honoured to be debating in the House and said: "To know that you're sitting in the same place as some of our country's most

esteemed people makes you aspire to be there and want to go for it."

The House of Lords is part of our parliament and plays an important role in shaping the legislation put forward by the House of Commons.

The thought-provoking debate was chaired by Lord Speaker Baroness Helene Hayman and formed part of a wider discussion that's been going on for years in parliament and in society.

It wasn't until the Labour government came to power in 1997 that the first stage of reform was carried out. The current government is taking the second stage of reform forward and the debate may influence government proposals anticipated early this year.



Stay trim with NHS Newham

If you put getting fit and active at the top of your New Year's resolution list and are finding it hard to stick to – then you should head to the NHS Newham health fair for inspiration.

Put Saturday 5 February, 11am-4pm at the Old Town Hall Stratford in Broadway in your diary.

It's your opportunity to get a free health check-up (MOT) and get expert advice on how to live a healthier and more active life.

At the health fair you will find:

- free adult virtual cycling and information on local cycle training
- a taster session on Nordic Walking
- information on health services in your area
- lots of free fun for children
- ways to have your say on local health services
- free healthy food tasters and head massages.

For more information call Sabeena Subba on 020 7059 6789 or email Sabeena.Subba@newhampct.nhs.uk

NHS
Newham



Bring a friend to your Winter Active Centre

Beat the winter blues and bring a friend or two along to your Winter Active Centre (WAC) open day on Wednesday 26 January in Beckton Community Centre.

You can sample the many activities that are part of the WAC programme - try something new like New Age Kurling, Wii games or some of the dance and exercise taster sessions. Wind down with a BIG bingo session and a cuppa.

Everybody who brings a friend will

get a free raffle ticket and you could be in with a chance of winning some great prizes.

Winter Active Centre open day and bring-a-friend day
Wednesday 26 January
1.30-4.30pm
Beckton Community Centre
East Ham Manor Way, E6
Call 020 7511 1214 for more information

ACT up and become a volunteer

If you're looking for ways to do something for your community then why not become an Active Community Team (ACT) volunteer.

ACT volunteers work with councillors to bring special events like this year's spring festival to Beckton residents and its visitors.

But becoming an ACT volunteer is not just about organising events, you will also be working with your councillors to solve local problems and run community

projects such as producing a mural or even starting a community garden, youth group or Neighbourhood Watch group.

Don't worry if that sounds daunting – you will receive induction training and lots of support to help you to play an active role in your community.

To find out more about Beckton ACT call Nadine Ford on 020 3373 1705 or email Nadine.ford@newham.gov.uk



Get cakelicious for the spring festival

Mark it in your diary now – on Saturday 26 February head to St Mark's Community Centre for an unmissable fun-packed spring festival.

On the day you'll find interactive stands and games, live entertainment, craft workshops, tasty treats from around the globe, a talent quest and

the opportunity find out more about the Olympics and what's happening in the borough.

To get you in the mood, Newham Council have organised four three-hour cake decorating workshops in the run up to the event, where you can learn the art of turning cakes into edible masterpieces.

With your new-found skills, if you fancy it, you can help your tutor run a cake decorating workshop at the Beckton spring festival.

FREE cake decorating workshops
Start: Saturday 29 January and every Saturday until 19 February
10am-1pm
Beckton Community Centre
East Ham Manor Way, E6

Reconnect

Do you feel passionate about Beckton and want to have a say in shaping its future or want to meet others in your community? Then come along to a networking event and connect.

Councillors Ayesha Chowdhury, David Christie and Alec Kellaway will be on hand to discuss any issues or ideas for the future of Beckton. And they will fill you in on what work they have done and what's in store for the year ahead.

Find out who's who and be in the know about who's doing what in

Beckton in a speed networking activity.

Community lead councillor, Ayesha Chowdhury, said: "Anyone that wants to have a say on the future of Beckton should come along and share their ideas with us.

"You'll also meet likeminded people that want to see positive change in the area."

To confirm your attendance or to find out more call Nadine Ford on 020 3373 1705 or email Nadine.ford@newham.gov.uk

Beckton networking event
Thursday 10 February
6-7.30pm
Beckton Globe Library
1 Kingsford Way, E6

SPOTLIGHT ON...

ADVANCE 2 DELIVER (A2D)



Aidan is a mine of information

If you've ever wanted to start up a community group but didn't know where to start, A2D can help you.

A2D is a three-year Big Lottery-funded project, now in its second year, which offers support to new and emerging community organisations in Newham.

Some of the many services A2D offers are help and advice and include:

- fundraising
- working with volunteers
- strategic planning
- charity registration.

A small team of three works with organisations across the borough but development officer Aidan Keightley has specific responsibility for working with community groups in the Beckton and Royal Docks area.

Aidan has a wealth of experience and knowledge, having run his own business, worked in a

local authority and worked as a fundraiser for many years.

"Ninety per cent of queries we get are about fundraising. Everyone can use Google to find the information but we can help them through the minefield to find grants that are suitable for them using a special database," says Aidan.

Beckton groups that Aidan has helped with fundraising include the women's football team, Women United FC.

He's also worked with Newham Council in creating pilot workshops, which focussed on problem solving, accessing funding and organising events.

Aidan also holds outreach sessions at St Mark's Community Centre. Call Aidan on 020 7473 9514 or email aidan.keightley@bemccf.org.uk to book an appointment.

WHAT'S ON BECKTON

FREE cake decorating workshops

Start: Saturday 29 January and every Saturday until 19 February
10am-1pm
Beckton Community Centre
East Ham Manor Way, E6
Read p3 for more information

Beckton networking event

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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 1705 or email nadine.ford@newham.gov.uk. To email your local councillor write firstname.lastname@newham.gov.uk



Ayesha Chowdhury



David Christie



Alec Kellaway

Beckton Ward

First Friday of the month
6 - 7pm
(alternating)
Beckton Globe
1 Kingsford Way
Beckton, E6

Every Saturday
10- 11am
(alternating)
Beckton Library
Beckton Globe, 1 Kingsford Way
Beckton, 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.