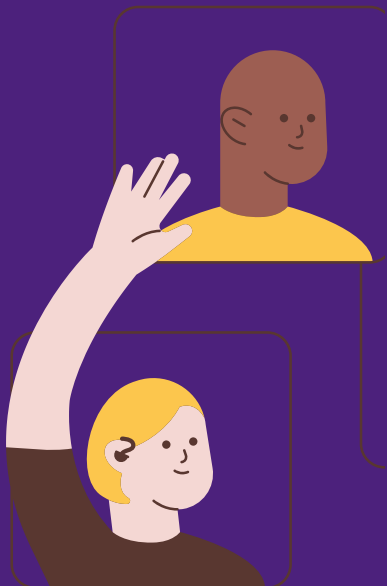


Welcome Newham Newsletter

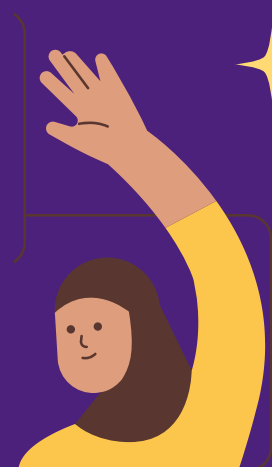
Hello and welcome to our May newsletter! We would like to highlight activities and events happening in the area that may be of interest to you.

If you know of something happening that you think would be a good idea to show case in the newsletter, please get in touch with the team.

Our faith calendar of the month



MAY	
	Beltane A pagan celebration marking the beginning of summer.
1	Vesak Celebrating the enlightenment of the Buddha.
	2 Twelfth Day of Ridvan Marks the conclusion of the Ridván festival.
	4 Lag Ba'Omer A Jewish holiday marking the end of a plague among Rabbi Akiva's students.
	12 Chatti Sharif Commemorates the death anniversary of Khwaja Moinuddin Chishti, a revered Sufi saint.
	14 Ascension Day Marks Jesus Christ's ascension into Heaven.
	21 Shavuot (1-3) Celebrating the giving of the Torah and the first harvest.
	Pentecost/Whitsun A Christian celebration of the Holy Spirit's appearance.
	Hajj The annual pilgrimage to Makkah, a major Islamic obligation.
24	Buddha's Birthday Honouring Siddhartha Gautama's birth.
	Declaration of the Báb Celebrating the Báb's announcement in the Bahá'í faith.
	26 Yawm Arafat A day of repentance during Hajj.
	Eid al-Adha Marks the sacrifice made by Prophet Abraham (PBUH).
	29 Ascension of Bahá'u'lláh Commemorating Bahá'u'lláh's passing.





We have a new mayor!



Newham has returned Labour's **Forhad Hussain** as the new Mayor to lead the borough for the next four years.

Mr Hussain, from the Labour Party, secured 25,538 votes to become Newham's first new Mayor in eight years.

Mr Hussain shared: "The election matters because people deserve a choice. Democracy works when people are willing to step forward and serve. I start work next week with energy and determination to deliver for every part of the borough.

This is the beginning of a new chapter for the borough. Together, we will build a Newham where every resident will be proud to call home. It is the honour of my life to be elected Mayor of Newham, the borough that made me!

WELCOME
NEWHAM

Newsletter

For
families...

Newham London

May Half Term - Forest Gate Library










Forest Gate Library, 6-8 Woodgrange Road, E7 0QH
Tel: 020 3373 0856
Email: CN.ForestGate@newham.gov.uk

Join us this May half term for a fantastic programme of free activities for children and families at Forest Gate Library.

Dates: Tuesday 26th May – Saturday 30 May 2026.

What's On:

-  Teddy Bears' Picnic Party – Bring your favourite teddy along!
-  Rhyme Time with Your Teddy – Sing, clap, and enjoy together
-  Arts & Crafts – Get creative with fun activities
-  Table Tennis – Friendly games for all abilities
-  Colouring Competition – Show off your artistic skills
-  Console Club – Gaming fun with friends
-  Pyjama Jam Story Session – Come in your PJs and enjoy a cosy storytime and many more...

newham.gov.uk

WE ARE NEWHAM.

WELCOME
NEWHAM

Newsletter

For
families...



nct

Forest Gate **COMMUNITY GARDEN**

SCAN ME!



Suitable for babies
under 2 years

**Let's
party!**

21st May
11:00am- 12:30pm

136 Earlham Grove,
London E7 9AD

**Join us at the Forest Gate Community
Garden for our Teddy Bear Tea Party!**

Light snacks
Bubbles
Music



**All parents
and bears
welcome**

Infant feeding
support
Activities



RSVP - <https://forms.office.com/e/BKJwJsgYIG>

All the bears at the party are welcome to follow you home, but any who remain will be donated to our friends at the Newham Food Alliance for children who may need a friend.



WELCOME NEWHAM Newsletter

For families...



Family Navigators

Family Navigators help families find and access support and offers in Newham.



What do we do?

- Help with school applications
- GP and Dentist registrations
- Education and training opportunities
- Employment, money and finance
- Access to Healthy Start Vitamins
- Housing advocacy
- Access to Domestic Abuse support
- Access to food support
- Health and wellbeing
- Parenting and Healthy relationships support
- Local and community activities
- Supporting families from pre-birth to 18 years old (or up to 25 with SEND)

For more information contact:
Family.Navigators@newham.gov.uk
newham.gov.uk/FamilyHubNetwork

Where can Family Navigators be found?

Family Hub at East Ham Library

Monday, Tuesday and Thursday from 9:30 am - 12:00 pm & 1:00 pm - 3:00 pm

Family Hub at Shipman Youth Zone

Wednesday from 9:30 am - 12:30 pm

Sheringham Children's Centre

Friday from 1:00 pm - 3:00 pm

Kay Rowe Children's Centre

Friday from 9:30 am to 12:30 pm

Bonny Downs Community Centre

Thursday from 9:30 am - 12:00 pm

Stratford Library

Friday from 9:30 am - 12:00 pm

Newham University Hospital

(Main reception - St Andrew's Wing)

Tuesday from 9:30 am - 12:00 pm &

Friday from 1:30 pm - 4:00 pm

WE ARE NEWHAM.

WELCOME
NEWHAM

Newsletter

For
families...



Signposting you and your family to services, offers and opportunities in Newham

Our Family Navigators are here to support and assist you during challenging times.

We deeply value kindness and respect in our interactions. If it feels like you need a moment to yourself, the Family Navigators may gently suggest taking some time to regroup and return when you're ready, so we can have a warm and constructive conversation together.

Our Navigators are multilingual and have access to translation services to assist you better

We are compassionate listeners who strive to understand without judgement

Connecting you to the support you need, when you need it

We support with:
Applications
Registrations
Referrals &
Signposting

For legal support, we recommend seeking support from specialist services

We can support you to complete forms up to 4 pages in length

Kindly wait for the response time to pass before requesting a follow up on your query

Please contact the housing team to discuss your housing needs



Please scan QR code to find out more information

For all ages...

From our libraries

May Half Term - Forest Gate Library

Activity	Date and time	Location	Age
Teddy Bears Picnic party- Rhyme time with your favourite Teddy	26/05/2026 11:00-12:00pm	Children's library	Under 5's
Arts and Crafts	26/05/2026 4-5pm	Children's library	All ages
Table Tennis	26/05/2026 5-6pm	Children's library	7+
Colouring competition	27/05/2026 11:00-12:00	Children's library	All ages
Console Club	27/05/2026 3-4:30pm	Children's library	7+
Pyjama Jam story session- Enjoy your story in your PJ's.	28/05/2026 9:30-10:15	Children's library	All ages
Table Tennis	28/05/2026 11:30-12:15	Children's library	7+
Chess Club	28/05/2026 5:30-7:30	Cafe area	7+
Creative writing	29/05/2026 11:30-12:30	Children's library	7+
Football Quiz	29/05/2026 3-4pm	Children's library	6+
Lego Club	30/05/2026 11-12pm	Children's library	All ages
Arts and Crafts	30/05/2026 4-5pm	Children's library	All ages
Family Movie Club	30/05/2026 5-6:30	Room 1	All ages

WELCOME
NEWHAM

Newsletter

For all
ages...

From our
libraries

WE ARE STRATFORD LIBRARY

WE ARE NEWHAM

WHAT'S ON?

TUESDAY

Rhyme Time Session (under 4's - term time)
10:00am - 11:00am

Deaf Wellbeing Workshop 11:00am - 2:00pm

Chess Club (all ages) 5:30pm - 7:30pm

English for Ukrainians (registration required)
6:00pm-7:00pm

WEDNESDAY

Coffee Mornings 12:15pm - 1:30pm
(last Wednesday of each month - may vary)

Code Club (registration required with staff; ages 8-13;
term time) 12:00pm - 1:00pm / 4:00pm - 5:00pm

Newham Poetry Group (booking required on
newhampoetrygroup@gmail.com) 6:00pm - 7:30pm

THURSDAY

Welcome Newham: One-Stop Shop (Hopkins
Room; session for refugees and asylum seekers)
10:00am - 2:00pm

Learn My Way (ICT beginners class; booking
required with staff) 10:30am - 12:30pm

FRIDAY

Singing and Storytelling (under 5's)
10:00am - 10:30am

Music for the Mind for People living with Dementia
and their carers (fortnightly). Booking required
fiona@newhamndp.co.uk 11:00am - 1:00pm

SATURDAY

Conversation Club 10:00am - 12:00pm

Homework Club (primary school children; term
time) 10:00am - 12:00pm

SUNDAY

Lego Club 12:00pm - 1:00pm

Family Film Matinee 2:00pm - 3:30pm

STRATFORD LIBRARY CONTACTS

Stratford Library

3 The Grove, E15 1EL

Phone number: 02033730826

General / Library Enquiries:

StratfordLibrary@newham.gov.uk

Exhibitions Enquiries:

CN.ExhibitionsStratfordandWestHam@newham.gov.uk

Community Neighbourhood

Enquiries:

Stratfordwestham@newham.gov.uk

VENUE TO HIRE

Hopkins Room - Stratford Library

TheHopkins.Room@newham.gov.uk

COMMUNITY CENTRES CONTACTS

Chandos Community Centre

Enquiries:

Chandos@newham.gov.uk

Vicarage Lane Community Centre:

CN-VicarageLaneCommunityCentre@newham.gov.uk



WE ARE NEWHAM.

*For
adults...*

*From our
libraries*

Get Active Get Healthy Activities

For adults over 35, beginners/all abilities are welcome. A library card is needed to sign in for the class on arrival. Bring one proof of address if you want to sign up for a library card.

Day	Time	Activity	Description
Monday	10.00-11.00am	Pilates	Join our Pilates class to practice core strength, flexibility, balance and posture.
Monday	6.00-7.00pm	Zumba	Dance your Monday blues away, get active and have fun.
Wednesday	11.15-12.15pm	Chair Based Exercise	Enjoy the benefits of exercises while sitting! Perfect for all abilities.
Thursday	1.00-2.00pm	Freestyle Dance (term time only)	Enjoy gentle dance, music and movement that build confidence, mobility, wellbeing and new friendships.
Thursday	6.00-7.00pm	Yoga	Join our yoga classes to enjoy gentle postures, breathing and relaxation with calming music.
Friday	9.30-10.30am	Tai Chi	Revitalise your body and mind with our gentle Tai Chi classes.
Saturday	5.30-6.30pm	Salsa	Get your groove on with some Latin dance moves and get fit while having fun.

WELCOME
NEWHAM

Newsletter

For all
ages...

PEOPLE NEED PEOPLE WALKING CLUB

Discover new places together



Weekly Community Walks

Get Active

Get Connected

Be Creative

Thursdays 11am - 1pm
23rd April - 30th July

Meet at Stratford Library E15 1EL

Contact Bo: 0208 519 0143
studio@framesofmind.uk

master your mobile:

photography tips
nature, navigation
& health Apps

bring your travel pass

**Gentle paced walks
all welcome**



MAYOR OF LONDON



WELCOME
NEWHAM

Newsletter

For all
ages...



Stronger
healthier
happier
together

FOREST GATE NEIGHBOURHOOD HEALTH EVENT

Your health. Your community, Your future.

Join local health and wellbeing services,
community groups and residents for a day of
information, support and connection.



WEDNESDAY
20 MAY
2PM – 5:30PM



THE GATE LIBRARY
6–8 Woodgrange Road
London, E7 0QH



**EVERYONE
WELCOME!**
All ages, all backgrounds.

WHAT TO EXPECT



Health checks & advice
Blood pressure, BMI, vaccinations
and more



Mental wellbeing support
Talks, resources and
friendly advice



Healthy living
Nutrition, physical activity
and lifestyle tips



Community & local services
Connect with organisations
and find what's on near you

Small steps
stronger community
better health



North Newham
PRIMARY CARE NETWORK

STAY CONNECTED

SCAN ME



WELCOME
NEWHAM

Newsletter

For all
ages...



Forest Gate GARDEN TRAIL

SAT 6TH AND SUN 7TH JUNE. 11 AM - 4 PM

Take the opportunity to explore a great selection of residents and community gardens around Forest Gate. Have fun, meet people and be inspired. This year 22 gardens will be open to the public. All different, with a variety of flora and fauna and ranging in design.



Tickets £5. (under 12s free)

Tickets and guides are available online, from participating gardens or from the Forest Gate Community Garden. Follow the QR code or visit: <https://bit.ly/4cNPasH>

The guide will also be available from our website mid May: <https://www.fgcommunitygarden.org/garden-trail-2026>



WELCOME
NEWHAM

Newsletter



Please help keep the garden open.

The Forest Gate Garden Trail is organised by volunteers from the Forest Gate Community Garden. All ticket sales go towards supporting the garden.

A regular donation from even £1 a month will help to keep the garden open in the future for all to enjoy.

Please follow the QR code below or visit:

www.fgcommunitygarden.org/donate



Forest Gate Community Garden, 136 Earlam Grove, E7 9AD



www.fgcommunitygarden.org
info@fgcommunitygarden.org
[@fgcommgarden](https://www.facebook.com/fgcommunitygarden)
[facebook.com/fgcommunitygarden](https://www.facebook.com/fgcommunitygarden)

Supported by the Stow Bros.
www.stowbrothers.com

**THE STOW
BROTHERS**

WELCOME
NEWHAM

Newsletter

For SEND
young people
aged up to 25

For Parents, Carers, Guardians
and SEND Young People
aged 0-25!

Learn about the Local offer,
support available for SEND
young people and enjoy sports,
leisure and creative arts
opportunities!

Bigger

Better

Together!

Newham London



Introducing..

**GR8 DAY 2 PLAY
X
LOCAL OFFER LIVE**

Location: Newham Leisure Centre, 281
Prince Regent Lane, London E13 8SD

Questions?: Sheila.begum@newham.gov.uk
or alana.lukens@newham.gov.uk



Save the Date:
Saturday
May 23rd 2026
12-5pm

More details
next page

WELCOME
NEWHAM

Newsletter

Agenda



12-1
Pilates



1-2
Boxing



Virtual Reality



Multi Sports



2-4
Badminton



4-5
Yoga



Appetisers/Lunch



Creative
Arts



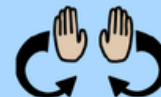
4-5
Swimming



3:30-4:30
Soft Play



Food Pantry



Massage

For this event please book a general ticket which will give you access to all activities.

The only activity that requires booking is the swimming and soft play slot. Please note that if you are over 20 min late your slot will be given to other attendees as both these sessions only last an hour and we want to ensure that they are fully accessed.

<https://www.eventbrite.com/e/bigger-better-together-newham-local-offer-live-x-gr8-day-2-play-tickets-1989392390192?aff=oddtcreator>



Book your
ticket

WELCOME
NEWHAM

Newsletter

For children
aged 4-17...



ACTIVE COMMUNITIES HOLIDAY PROGRAMME

In addition to all the extra activities taking place in leisure centres, the Active Communities team also hosts free sessions in both our leisure centres and local community settings.

These daily activities for children aged 4-17 are a mix of different sports and are a great way to keep your kids active and entertained throughout the school holidays.

These sessions are often delivered in partnership with local sports clubs to ensure a high quality of coaching.

To find out more about these sessions and to book on please visit our website.

BOOK ANYTIME, PLAY EVERY DAY

Whether it's with friends or with family, discover a world of fun for all ages at a location near you:

Newham Leisure Centre

281, Prince Regent Lane, Plaistow, E13 8SD

Atherton Leisure Centre

189 Romford Road, London, E15 4JF

East Ham Leisure Centre

324 Barking Road, East Ham, London, E6 2RT



Book your activities at
better.org.uk/newham-holiday-activities

*Terms and conditions apply. Junior gym induction required before attending Junior Gym sessions. Adults must actively supervise the child at all times during Adult and junior gym sessions. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277936. Registered office: Middlegate House, The Royal Avenue, London, SE18 6SE. Inland Revenue Charity no. 1042395.

What's on across Newham

Family/ Fun Swimming Aqua Splash
Soft Play Swim School Holiday Short Courses
And Much More!

WELCOME
NEWHAM

Newsletter

For young
people...



Newham London

JUNIOR TENNIS CAMP

Stratford Park
Gooseley Playing
Fields

25 - 29 May 2026
12:00 - 2:30pm
5-10 / 11-16 years

Action packed holiday
camps with team
challenges, tennis skills,
games and prizes.



SCAN THE QR CODE TO
BOOK OR CLICK ON THE
LINK BELOW

[HTTPS://NATIONALTENNIS.ORG.UK/CAMPS/LONDON/](https://nationaltennis.org.uk/camps/london/)

CONTACT FOR FURTHER INFORMATION -
HELLO@NATIONALTENNIS.ORG.UK

LTA
YOUTH

WELCOME
NEWHAM

Newsletter

For young
people...

Time
for young people

The
Children's
Society

FREE

Workshop Programme MAY 2026

Mental Health Awareness Week 11-17th May

Time for young people, 517- 519 Barking Road, Plaistow, E13 8PS

Book a free
space on
Eventbrite

DATE	ACTIVITY	AGE	TIME	
Tuesday 5th May	Connection Cafe & Speed Friending	16-25 Years	16:00- 17:30	
Wednesday 6 th May	Positive Vibes Postcards	10-15 Years	16:00- 17:30	
Tuesday 12 th May	Build your own Coping Toolkit	16-25 Years	16:00- 17:30	
Wednesday 13 th May	Build your own Coping Toolkit	10-15 Years	16:00- 17:30	
Tuesday 19 th May	Create your own Wellbeing Zine	16-25 Years	16:00- 17:30	
Wednesday 20 th May	Slime Making	10-15 Years	16:00- 17:30	
Tuesday 26 th May	Fruit Kebab Making	16-25 Years	16:00- 17:30	
Wednesday 27 th May	Fruit Kebab Making	10-15 Years	14:00- 15:30	



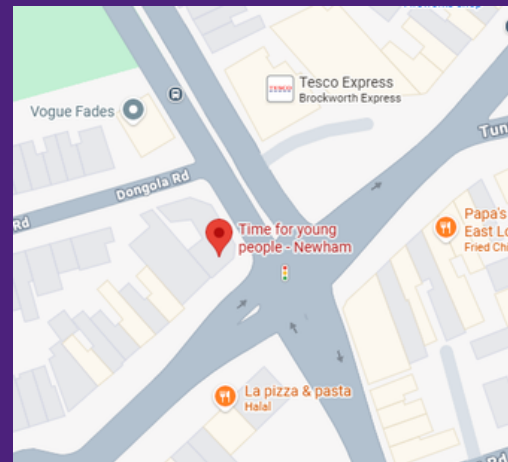
Follow us on Instagram

WELCOME NEWHAM

Newsletter

Time

for young people



**Address: 517 -519
Barking Road, E13 8PS**

Focus: Emotional well-being, including help with anxiety, depression, and building resilience.



providing free, drop-in mental health and emotional wellbeing support for young people (often aged 10-25)

Day	Time	Service
Monday	2pm - 6pm	Drop-In Wellbeing Support for ages 8-15
Tuesday	2pm - 3pm	Decompression Space - all ages
	4pm - 5:30pm	Workshop for young people aged 16 -25 years old
Wednesday	2pm - 3:30pm	Decompression Space - all ages
	2pm - 4pm	Workshop for young people aged 16 -25 years old
Thursday	2pm - 6pm	Drop-In Wellbeing Support for ages 16-25
	2pm - 4pm	Decompression Space (Chill Zone)
Friday	10am - 3pm	Decompression Space (Chill Zone)

WELCOME
NEWHAM

Newsletter

Youth

Empowerment Zone



Beckton Globe Youth Zone

Kingsford Way, Beckton,
E6 5JQ

Forest Gate Youth Zone

Woodford Road, Forest Gate
E7 0DH

Little Ilford Youth Zone

Little Ilford Centre, 1A Rectory
Rd, Manor Park
E12 6JB

Shipman Youth Zone

340 Prince Regent Lane,
Custom House
E16 3JH

Stratford Youth Zone

Theatre Square, Stratford
E15 1BX

*For more information,
please scan:*



Beckton Globe Youth Zone

TUESDAY	WEDNESDAY	THURSDAY
3-5PM UNIVERSAL SESSION 3.30-4.30PM PODCAST SESSION	3-5PM UNIVERSAL SESSION 5-6PM ROYAL FALCONS 6-8:30PM UNIVERSAL SESSION	3-5PM UNIVERSAL SESSION 3:30-4:30PM COOKING SESSION 6-8:30PM SENIOR SESSION 17+
	FRIDAY	
	YOUTH ZONE CLOSED	



Forest Gate Youth Zone

Forest Gate Youth Zone Weekly Timetable

TUESDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Roller Skating then Basketball

IT Room - PS5 (Racing Sim)

Kitchen - BHAO: Afro Carribean Cuisine

WEDNESDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Basketball | 5pm - 8pm

Music Studio: Therapeutic Music

IT Room - PS5 (Racing Sim)

Kitchen - Baking

THURSDAY

3pm - 7pm

Gaming Hall - PS5, Table Tennis, Pool, Foosball

Sports Hall - Roller Skating then Volleyball

IT Room - PS5 (Racing Sim)

Kitchen - Healthy Cooking Skills

Gym Studio: Non Contact Boxing | 5:30PM - 7:30PM

FRIDAY

2pm - 6pm

Gaming Hall: PS5, Table Tennis, Pool, Foosball

Sports Hall: Dodgeball then Basketball

IT Room: PS5 (Racing Sim)

Football Pitch: West Ham Foundation Football | 4:30pm - 6:30pm



Little Ilford Youth Zone

Tuesday

3.00-5.00pm

Drop-in Session

3.00-5.00pm

Better Multi Sports

3.00-4.45pm

Newham Music

Wednesday

3.00-5.00pm

Drop-in Session

3.00-4.45pm

Volleyball Session

11-15 Yrs

6.30-9pm

Drop-in Session

6.30-7.30pm

Boxing keep fit class

6.30-8.45pm

Basketball session 18+

Little Ilford Youth Zone

Thursday

3.00-5.00pm

Drop-in Session

6.00-8.00pm

Drop-in Session

Friday

3.00-5.00pm

Drop-in Session

6.30-9.00pm

Drop-in Session

the
VR ROOM



**YOU
TH**
EMPOWERMENT

**YOU
TH**
EMPOWERMENT

Membership is free, and so are all our activities! Plus, we provide all the equipment you need.

Shipman Youth Zone

SHIPMAN YOUTH ZONE

YOUTH
ZONE

CHILL MONDAY

DOST ESOL
3:30-5:45PM
DOST YOUTH
SESSION
6:00-8:00PM

enjoy!



FLOW STATE TUESDAY

UNIVERSAL SESSION
3:30 - 8:00PM
VOCAL ACADEMY
5:15 - 6:00PM
MUSICAL THEATRE
6PM - 8PM

WEDNESDAY NIGHT LIVE

UNIVERSAL SESSION: 3:30 - 5:30
TABLE TENNIS CLUB: 4 - 5:30
NEWHAM MUSIC STUDIO
SESSIONS: 4:00PM - 5:15PM
(UNDER 13S)
MUSIC STUDIO SESSIONS:
5:15PM - 6:30PM (AGES 14-17)
NIGHT CLUB
6:30PM - 9:00 (18+)

THURSDAY LOCK IN

GYM
4:00 - 5:30PM
SEND INCLUSION SESSION
4:00 - 5:30PM

THE WEEKEND RESET FRIDAY

UNIVERSAL SESSION
12:30 - 2:30PM
3:30 - 6:00PM
MATHS TUITION PROGRAMME
MUSIC PRODUCTION
T-SHIRT DESIGNING & PRINTING
3:30 - 6PM
YOUTH CITIZEN ASSEMBLY
4 - 6:00PM



Stratford Youth Zone

**YOU
TH**

EMPOWERMENT

Stratford Timetable

Tuesday

Open Access

Youth Session

3.00-5.30

Arts and Crafts

(poke Art)

Homework Club



Evening Session

5.30pm -7.00pm



Wednesday

Well-Tech Weds

3.00pm - 5.30pm

Immersive Room, Gaming

Massage Chairs

VR Headsets

Planning seeds

Girls Group



Friday

Open Access Youth

Session

3.00-5.30pm

Food Friday



Evening Session

5.00pm - 8.00pm



Monday

Community Pantry

3.30pm – 5.30pm

Thursday

Youth Pantry

3.00-6.00pm

Study Space Games

session

Evening

6.00pm - 8.00pm

18+ SEND & NEET

SESSION



Stratford Youth Zone

@ The Source

Theatre Square

E15 1BX

 @stratfordyouthzonenbn

