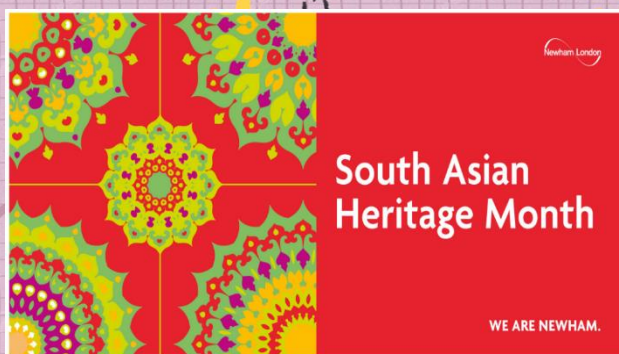


# WELCOME NEWHAM NEWS

## Welcome Newham Summer Holiday Newsletter

The summer holidays have arrived, and it's the perfect time to explore fun and enriching activities across Newham! Whether you're looking to keep the kids entertained or find something enjoyable for the whole family, we've got you covered. Inside this newsletter, you'll find a curated selection of events and programmes happening in local libraries and community spaces throughout the summer.

We've highlighted a few standout activities below, and there's plenty more to discover further on — including opportunities for adults and young people alike. Wishing you a joyful and activity-filled summer!



### Free events in Newham this July–August for South Asian Heritage Month. Celebrate culture, stories & art.

This summer, Newham invites residents and visitors to celebrate South Asian Heritage Month 2025 through a rich programme of free cultural events running from July to August, aligned to the national theme 'Roots to Routes'. Organised in partnership with artists and local communities, this year's programme explores migration, memory, and identity through art, storytelling, performance, and workshops across Newham's libraries and cultural venues.

Highlights of the month include:

- Patterns of Belonging – a year-long exhibition at UOL Culture Lab showcasing Phulkari embroidery and stories of Partition through collaborative textile art.
- Goodnight Maharajah – a new theatre production on the life of Duleep Singh, the last Maharajah of Punjab.
- Risograph Print Workshop, Mughal-inspired Art Sessions, and Knit & Knatter Clubs – hands-on creative opportunities celebrating South Asian aesthetics.
- Chotto Desh by Akram Khan Company – performance and workshops for families with young children.
- A powerful line-up of film screenings and talks, including Free to be Me, Santosh, and a historical discussion on the Bengal Famine and South Asian contributions during WWII.

All events are **free to attend**, but **booking is required**.

Book now at: [www.newhamsouthasianheritage.org](http://www.newhamsouthasianheritage.org)

## Welcome Newham Team

Email: [welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk) Phone: 02033733222

# FILM NIGHTS

The SOURCE, Stratford's recently relaunched cultural venue developed by the University of East London and Newham Council, is thrilled to announce **FILM NIGHTS** — a brand-new cinema programme.

Throughout July, Designed to be both socially accessible and culturally engaging, FILM NIGHTS offers local and London audiences the chance to catch recently released national and international films they may have missed followed by post-film conversations — all in a vibrant community setting. **Tickets are just £5 plus booking fee.**

Kritee Gower, Executive Director of The SOURCE and Yes Partnership at the University of East London, and the creator of FILM NIGHTS, shares:

**It's not just about entertainment — it's about building awareness, encouraging empathy, and creating shared moments of understanding.**

Supported by FILM LONDON, this initiative fills a much-needed gap after the closure of Picturehouse East in Stratford, offering a high-quality, affordable alternative to home streaming in East London and across the city.

To view the July programme and book tickets, visit <https://www.uel.ac.uk/the-source>.

**Girl Pedal Power**

Come join British Cycling on **Wednesday 6<sup>th</sup> August**, from 12-2pm at Lee Valley VeloPark

for an event all about celebrating the power of female cyclists!

**Free event open to Women and girls age 8+**

Bring your bike, but **if you don't have one then you can borrow one** when you arrive!

Attendees should be able to ride a bike.

➤ **Sign up link [here](#)**

Free fun cycling event  
What to expect:  
Fun & Games  
Dr. Bike – Free bike check  
Skills Sessions  
Races

Bring your friends, your bikes, and your energy!

BRITISH CYCLING  
**CITY ACADEMY**

Scan QR code to sign up!

## Story Street & The LEGO Group



Vibrant play experience co-created by Discover's Children's Forum and The LEGO Foundation.

- 📅 **Dates:** Saturday 2 August – Sunday 31 August 2025
- 🕒 **Time:** 11am – 4pm daily
- 📍 **Location:** Discover Children's Story Centre, Stratford

Families are invited to explore a colourful play street filled with **LEGO building, painting, cardboard sculpting, dress-up play, and live performances.**

- 🎫 **Entry:** Free with a Discover Entry ticket
- 🌟 **Over 1,000 free tickets** will be distributed to Newham families via local charities, food banks, and community groups. Don't miss this magical opportunity to build, play, and imagine together!

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# Royal Docks Summer Splash 2025



**Time & date**  
25 July – 17 August 2025  
from 11:00am to 17:00pm.  
(Last entry 16:30pm).

**Location**  
Royal Victoria Dock (next to  
City Hall), Kamal Chunchie  
Way, London, E16 1ZE



**Tickets**  
Free (unticketed)

The Royal Docks Summer Splash returns for the At the Docks summer s waterside activities and family-friendly events!

This free, family-friendly lido in the docks features lifeguard-supervised swimming, sandpits, deckchairs and sunsafe areas to relax in. There's also swim safe sessions for children to learn how to stay safe in the water, as well as a packed programme of free family activities to enjoy.



## Story Garden



The Summer Reading Challenge encourages children to keep reading during the summer holidays, ensuring they are ready for a great start to the new term in the autumn. Children set a reading goal and collect rewards for reading anything they enjoy. Children can sign up at their local library and it's FREE to take part.

How to take part  
- Sign up at your local Newham Library and start your reading adventure. Keep reading throughout the summer to collect rewards and complete the challenge! Visit us in person to borrow books, receive your prizes and take part in exciting activities that bring the Story Garden to life

Beckton Library  
Canning Town Library  
Custom House Library  
East Ham Library  
Forest Gate Library  
Green Street Library  
Manor Park Library  
North Woolwich Library  
Plaistow Library  
Stratford Library

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## Library Events & Workshops

Explore fun and educational activities at Newham Libraries this summer!

### Activities Include:

- Arts & crafts
- Author visits
- Storytime sessions
- Coding clubs
- Family games and creative writing

 Events take place across all Newham libraries

 View full event listings at: <https://newham.events.mylibrary.digital>

### Why Join?

- Encourages reading for pleasure
- Supports literacy and creativity
- Fun, free, and family friendly
- Helps children return to school confident and inspired



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# Kids Eat Free or for £1 – Summer Support for Families

During the summer holidays, many cafés, restaurants, and supermarkets offer special meal deals for children, including **free meals** or **£1 offers**.

Offers typically include:

- Free kids' meals with the purchase of an adult meal
- £1 kids' meals available all day
- Free fruit or drink included
- No booking required at many locations



These deals are available across various venues and may change weekly, so it's a good idea to check with your local cafés or supermarket cafés for the latest offers. They're a great way to enjoy a day out without stretching your budget!

## Newham Youth Zones – Summer 2025

Newham's **Youth Zones** offer a safe, welcoming space for young people aged **10–19** (up to **25 with SEND**) to enjoy a wide range of **free** and **fun activities** during the summer holidays.

### 📅 Weekly programme:

[www.padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou](http://www.padlet.com/YESLBN/youth-empowerment-weekly-programme-r5x77y7xlyou)

### 📍 Activities Include:

- Football, basketball, rowing
- Coding, gaming, media production
- Gardening, arts & crafts
- Dance, drama, music
- Mentoring, wellbeing sessions
- Trips and special events

### Stay Connected

- 📷 Instagram: @lbnyes

### 1. Forest Gate Youth Zone

🏠 1 Woodgrange Road, Forest Gate, E7 0QH

### 2. Beckton Globe Youth Zone

🏠 1 Kingsford Way, Beckton, E6 5JQ

### 3. Stratford Youth Zone

🏠 Theatre Square, Stratford, E15 1BX

### 4. Canning Town Youth Zone

🏠 Rathbone Market, Barking Road, E16 1EH

# Youth Zones

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# Free sports equipment in Newham's parks

Date: Everyday

Time: Available at all times when the parks are open

- Barking Road Recreation Ground, Barking Road, East Ham, E6
- Brampton Park, Masterman Road, East Ham, E6
- Canning Town Recreation Ground, Prince Regent Lane, Custom House, E16
- Gooseley Playing Fields, St Alban's Avenue, East Ham, E6
- Keir Hardie Park, Tarling Road, Canning Town, E16
- New Beckton Park, Savage Gardens, East Ham, E6
- Memorial Recreation Ground, Memorial Avenue, West Ham, E13
- Plaistow Park, Greengate Street, Plaistow, E13
- Plashet Park, Plashet Grove, Forest Gate, E7
- Priors Park, Grange Wood Street, East Ham, E6
- Royal Victoria Gardens, Pier Road, North Woolwich, E16
- Star Park, Star Lane, West Ham, E16
- Stratford Park, West Ham Lane, Stratford, E15
- Warrior Square, Little Ilford, E12

Fancy a game of but don't have your own equipment?

Thanks to a partnership with London Sport and Equip, we have fifteen free equipment lockers located across our parks. To use the equipment, download the free Equip Sport app <https://equip.sport/download/> Take your equipment free of charge, close the door and enjoy! Then use the app to put your equipment back when you're finished. Contact: [nicole.napier@newham.org.uk](mailto:nicole.napier@newham.org.uk) Website: <https://equip.sport/>



## FREE coach led, outdoor, group exercise sessions



To book onto these sessions, please visit [ourparks.org.uk](http://ourparks.org.uk)

**Service access criteria:** You must be aged 16 or over to attend a class without an adult. Children aged 3 and over are welcome to attend classes, one child per adult.

**Categories:** Exercise and fitness classes; Sports clubs and groups; Sports facilities; Getting active; Services for older people

**Additional needs catered for:** Physical disability friendly

**Waiting list (weeks):** 0

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