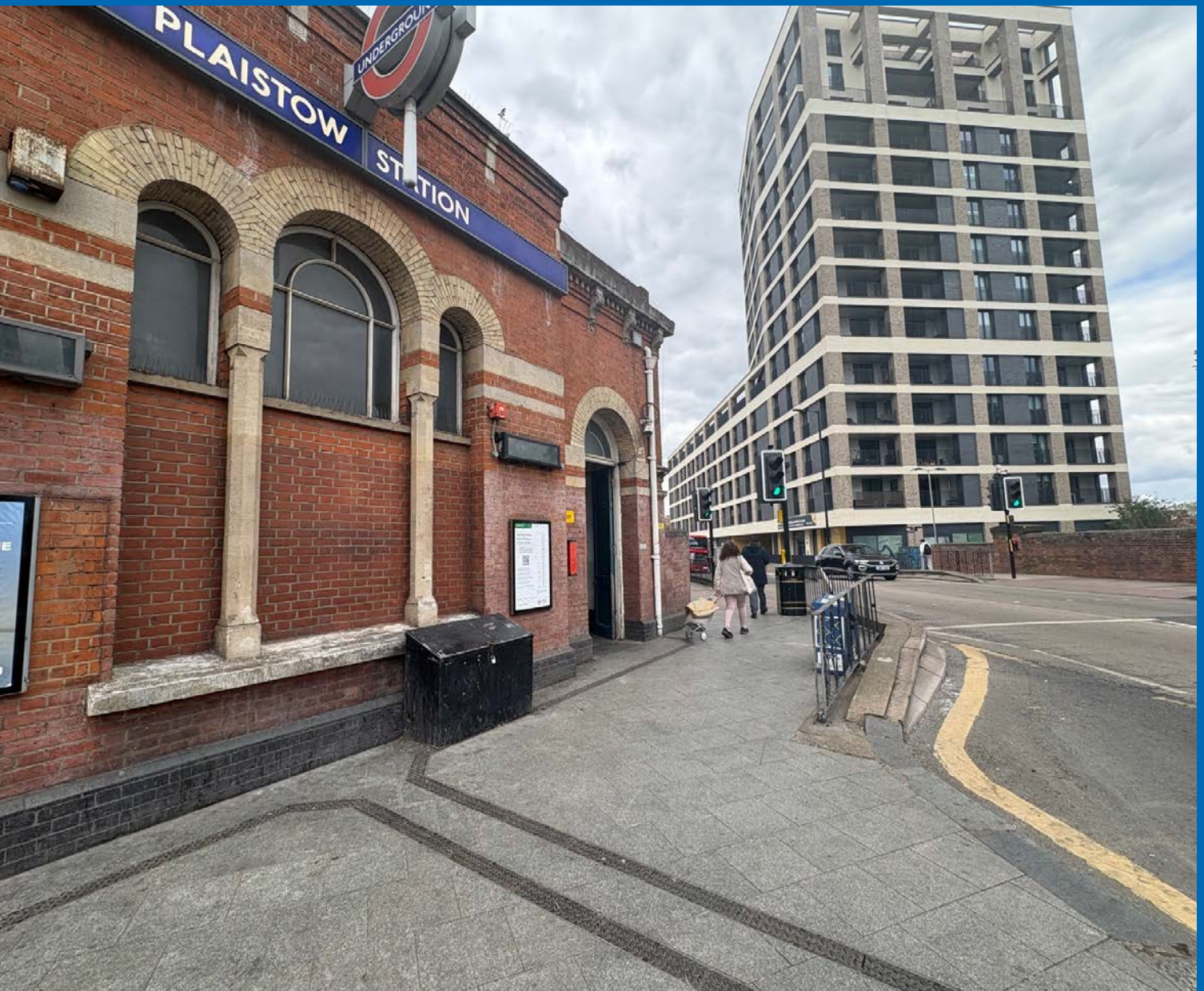


Plaistow Community Neighbourhood

Wards: Plaistow North, Plaistow South, Plaistow West
and Canning Town East
May 2026



Plaistow Station

Contents

Introduction	3	Partner organisations	14
Wards	3	Overview	14
About the area	3	VCSE partnerships	14
Community facilities	3	Faith partnerships	14
Resident testimonials	3		
Resident survey	4	Volunteering	15
		Overview	15
Neighbourhood map	5	Volunteering across Newham	15
		Over 50s Luncheon Club	15
Plaistow North	6	Other initiatives	16
Population data	6	Dost Centre at Newham Leisure Centre	16
Census data 2021	6	Well Newham	17
		Well Newham Directory of Services	
Plaistow South	8	(powered by Joy)	17
Population data	8	Newham Food Alliance (NFA)	17
Census data 2021	8	Fruit on Prescription	17
		Nutrition Kitchen	17
Plaistow West and Canning		Best Start Family Hubs	18
Town East	10	Mayor and Councillors	19
Population data	10		
Census data 2021	10	Contact us	20
People Powered Places	12		
Overview	12		
Neighbourhood priorities	12		
Community grants	13		
Overview	13		
Neighbourhood Small Grants	13		
Lyle's Local Fund	13		
Genting Good Causes	13		
Creative Healing for Hidden Heroes	13		

Introduction

Wards

Plaistow Community Neighbourhood is made up of the following wards:

Plaistow North
Plaistow South
Plaistow West and Canning Town East

About the area

Geographically located within the heart of Newham, Plaistow is mainly used as a transit link from Stratford to Royal Docks. It is one of the most dynamic centres in London for attracting new businesses and investment, despite being on the north-eastern fringes of the city. Newham University Hospital, New Vic College, Lister and Cumberland secondary schools all provide employment opportunities which attract people from outside of the area.

Transport

One of the area's best assets is its transport links. It takes 25 minutes to central London on the District or Hammersmith & City lines, and both Stratford and West Ham stations are nearby for the Jubilee and Central lines.

Community facilities

Key community facilities in Plaistow are Plaistow Library, Plaistow Community Centre, Jeyes Community Centre, Newham African Caribbean Resource Centre, The Mix, Wild Green E13, Greenway Orchard and Newham Leisure Centre.



ICCAN group



Wild Green, E13

Resident testimonials



Beverly Biggs

“I've proudly volunteered in Newham for over ten years, most recently with the Neighbourhood Working Group. The Plaistow Community Neighbourhood Team is inspiring, supportive, and deeply community focused. I'm grateful to be part of this journey and excited to keep working together to make a real difference.



Doris Okundaye

“Working with Newham Council's Plaistow team has been constructive and supportive. Their engagement, guidance, local networks, and practical assistance have been vital in progressing True Ambassadors' initiatives and strengthening our ability to serve the Plaistow and wider Newham community effectively.

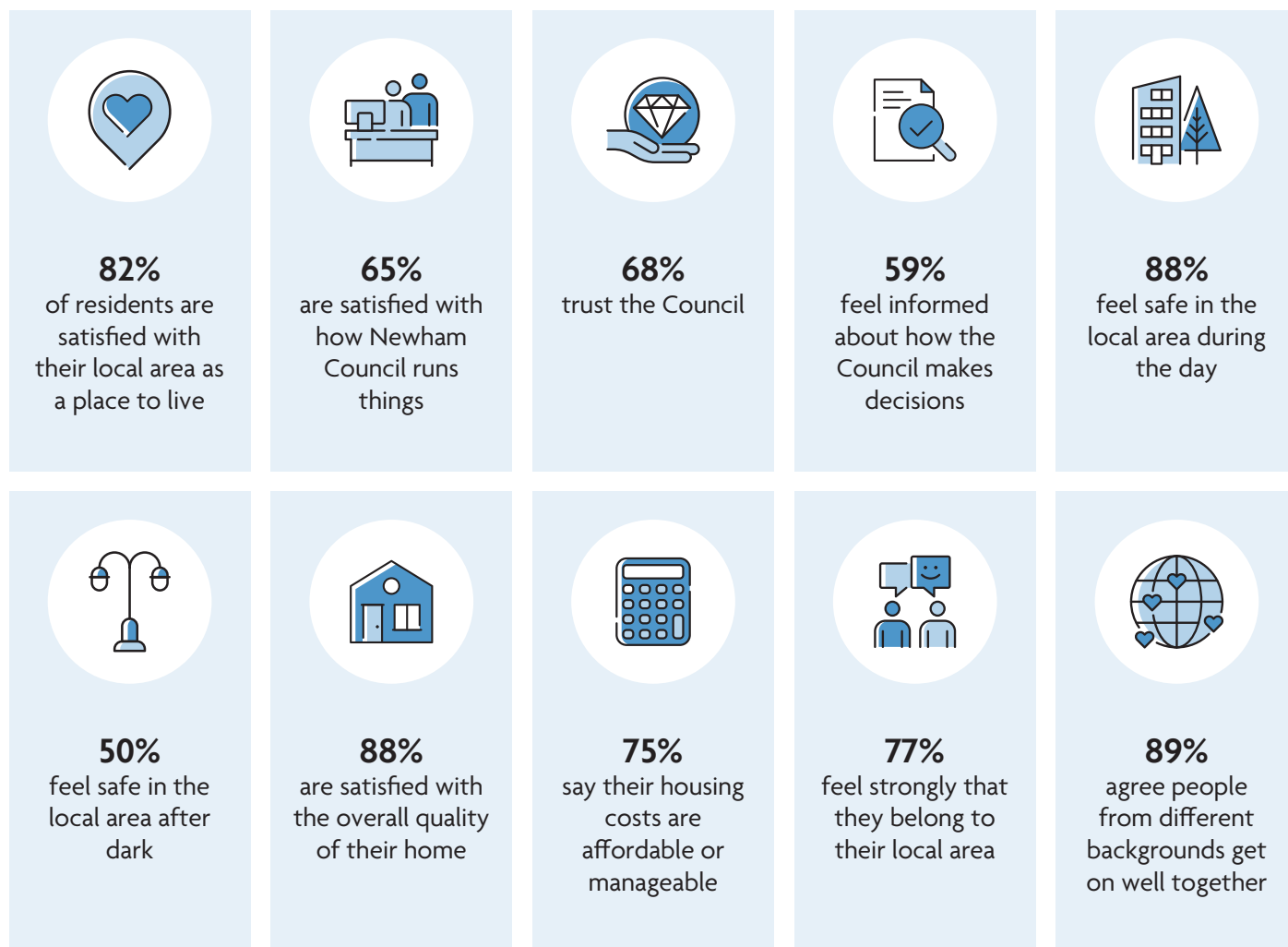
Resident survey

The resident survey provides a borough-wide snapshot of residents' views. It was last carried out between November and December 2025, with 1,523 face-to-face interviews conducted across all eight of Newham's Community Neighbourhood Areas.

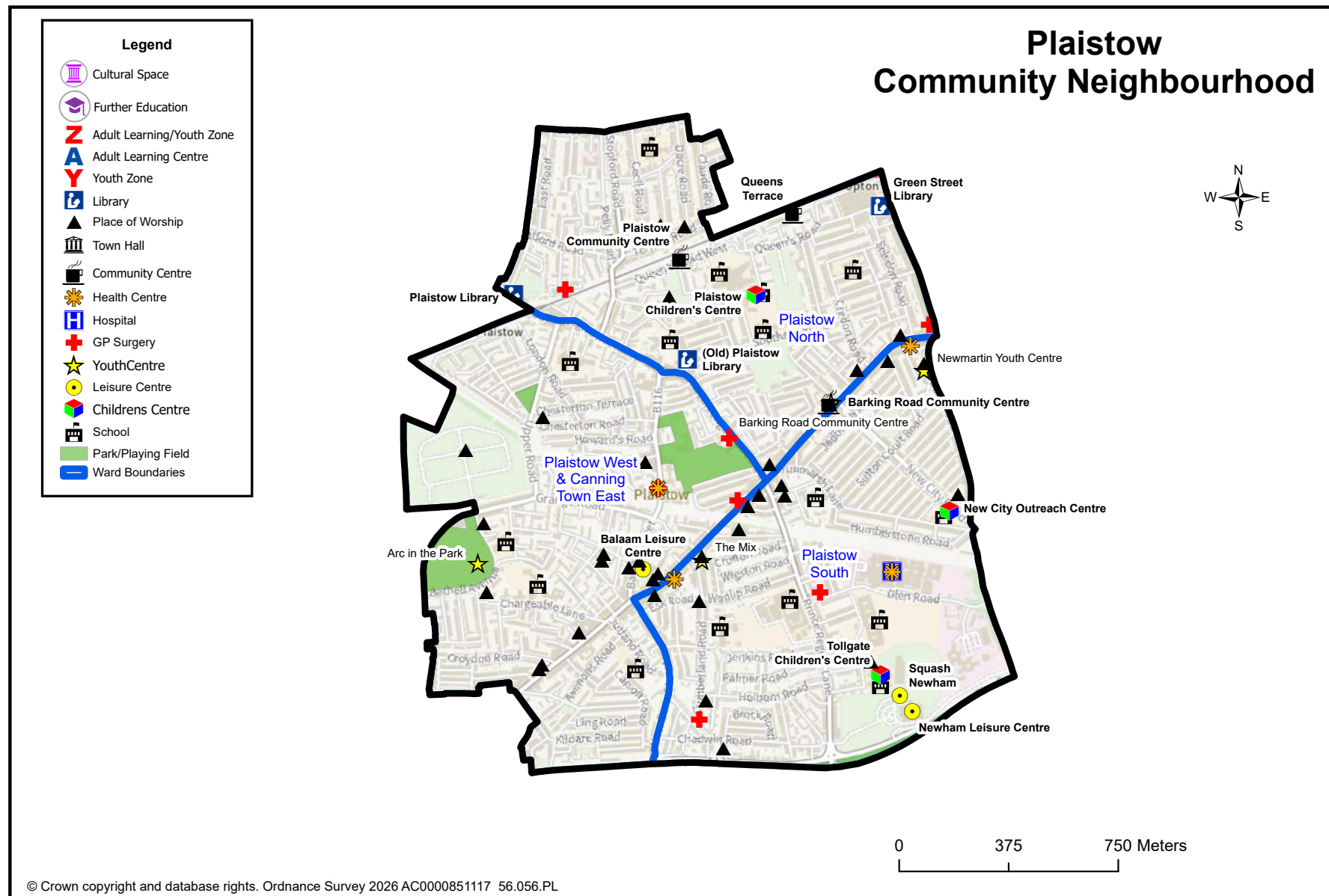
The findings below show how residents in Plaistow responded. For more information, visit the [Newham Resident Survey](#) website or scan the QR code.



Ten key findings for residents in Plaistow



Neighbourhood map



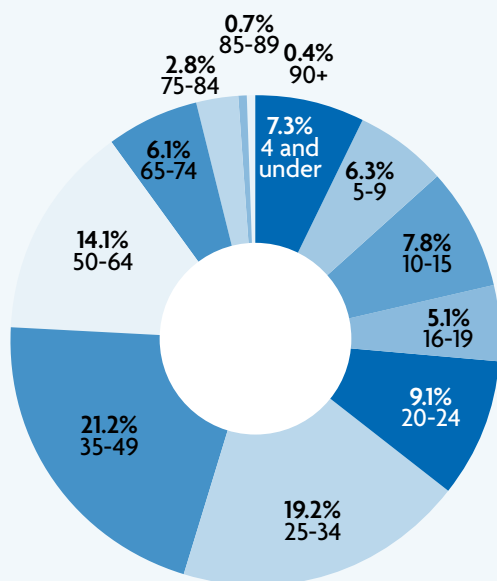
Plaistow North

Population data

Population: **18,752** (5.0% of Newham's population)

Population data is from the Office for National Statistics (ONS) Small Area Population Estimates (SAPE), based on mid-2024 ward-level estimates published in November 2025.

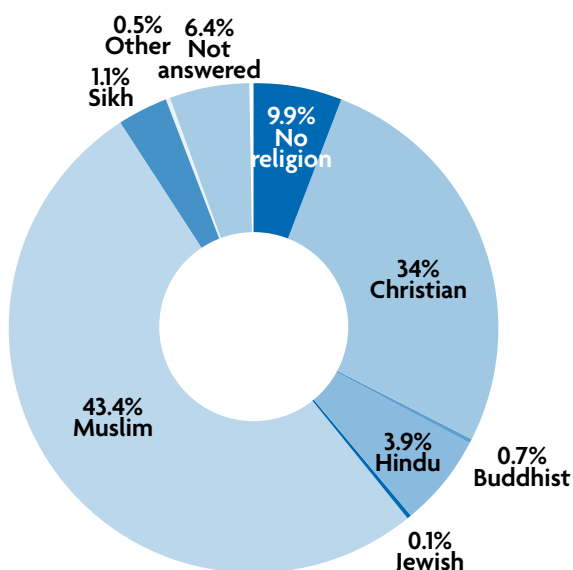
Age



Census data 2021

The UK Census takes place every ten years and provides the most comprehensive population data. The last census took place on 21 March 2021.

Religion

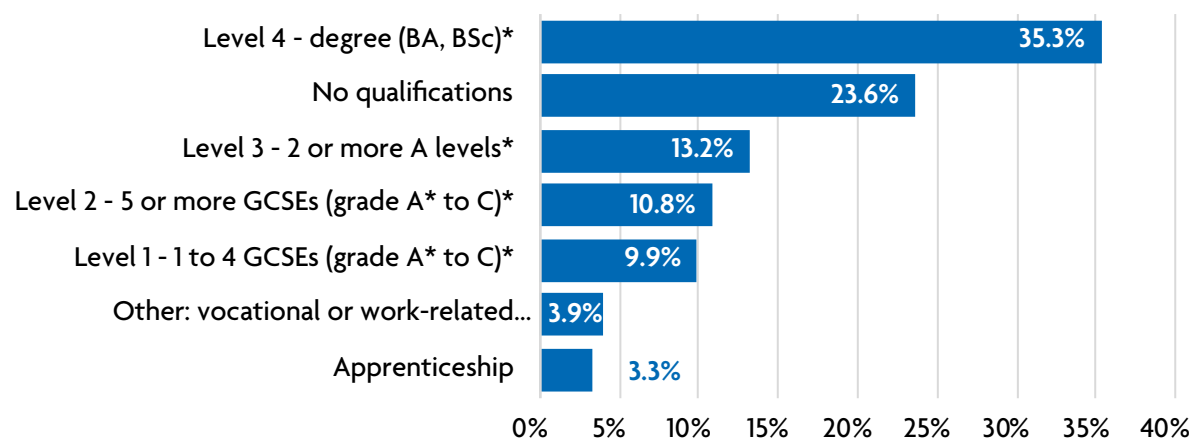


Ethnicity

The Census 2021 gave residents the choice to identify themselves through one of 19 available response options, which included categories with write-in response options. For Newham, there were over 200 additional ethnic identifications as a result.

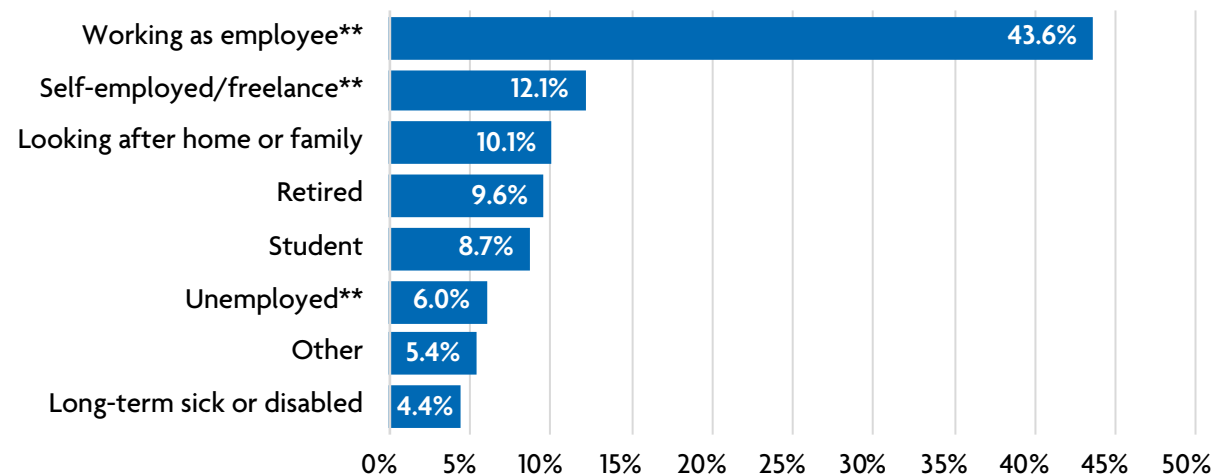
Ethnicity	Percent
Asian, Asian British or Asian Welsh	47.8%
Bangladeshi	21.5%
Chinese	1.3%
Indian	9.6%
Pakistani	10.1%
Other	5.3%
Black, Black British, Black Welsh, Caribbean or African	19.6%
African	12.6%
Caribbean	4.6%
Other	2.5%
Mixed or Multiple ethnic	3.9%
White and Asian	0.6%
White and Black African	0.8%
White and Black Caribbean	1.1%
Other	1.4%
White	23.9%
English, Welsh, Scottish, Northern Irish or British	11.1%
Irish	0.5%
Gypsy or Irish Traveller	0.1%
Roma	0.4%
Other	11.9%
Other	4.7%
Arab	0.8%
Other	3.9%

Qualifications



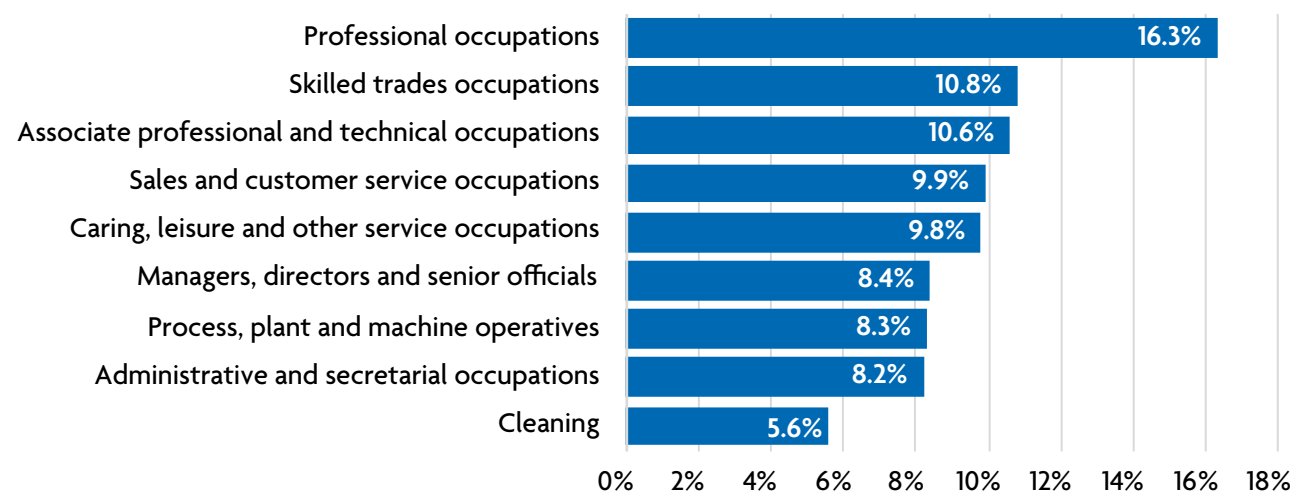
*Or equivalent

Economic activity



**Including full time students

Occupation***



***Percentages do not sum to 100. Remaining residents (not shown) work in security, sales, and other 'Elementary' occupations (Census 2021).

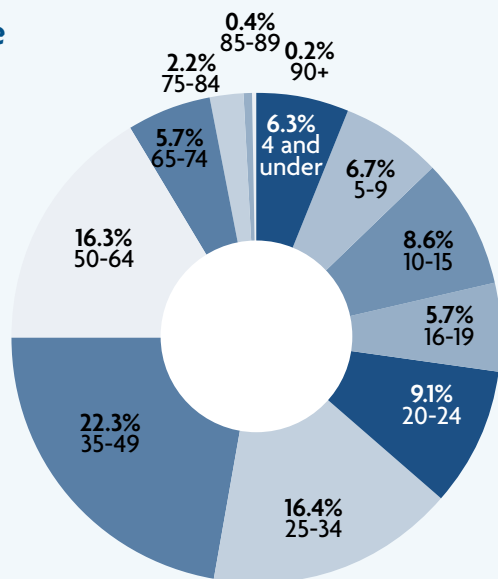
Plaistow South

Population data

Population: **13,553** (3.6% of Newham's population)

Population data is from the Office for National Statistics (ONS) Small Area Population Estimates (SAPE), based on mid-2024 ward-level estimates published in November 2025.

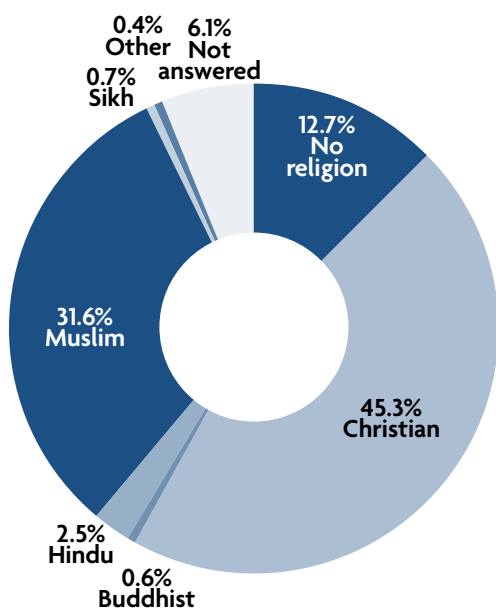
Age



Census data 2021

The UK Census takes place every ten years and provides the most comprehensive population data. The last census took place on 21 March 2021.

Religion

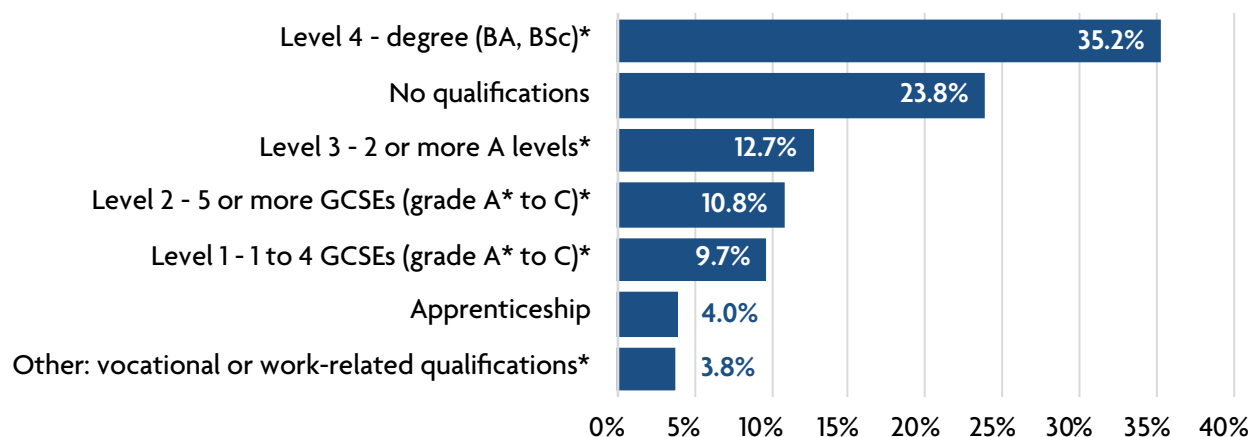


Ethnicity

The Census 2021 gave residents the choice to identify themselves through one of 19 available response options, which included categories with write-in response options. For Newham, there were over 200 additional ethnic identifications as a result.

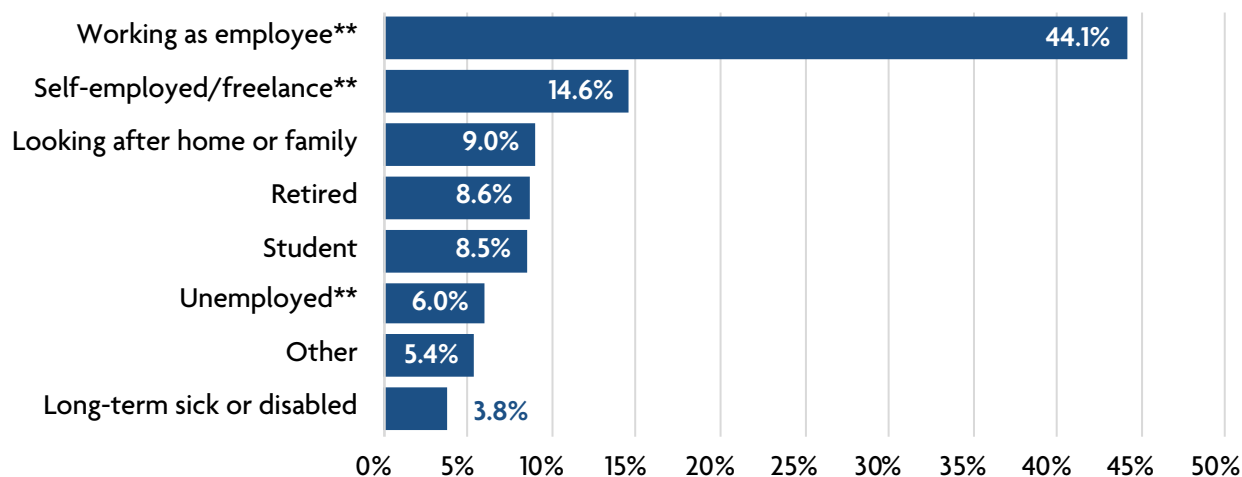
Ethnicity	Percent
Asian, Asian British or Asian Welsh	35.2%
Bangladeshi	16.1%
Chinese	1.1%
Indian	4.4%
Pakistani	7.1%
Other	6.5%
Black, Black British, Black Welsh, Caribbean or African	19.4%
African	13.1%
Caribbean	4.4%
Other	1.8%
Mixed or Multiple ethnic	4.7%
White and Asian	0.8%
White and Black African	0.9%
White and Black Caribbean	1.4%
Other	1.5%
White	34.9%
English, Welsh, Scottish, Northern Irish or British	17.7%
Irish	0.5%
Gypsy or Irish Traveller	0.1%
Roma	0.7%
Other	15.8%
Other	5.9%
Arab	0.9%
Other	5%

Qualifications



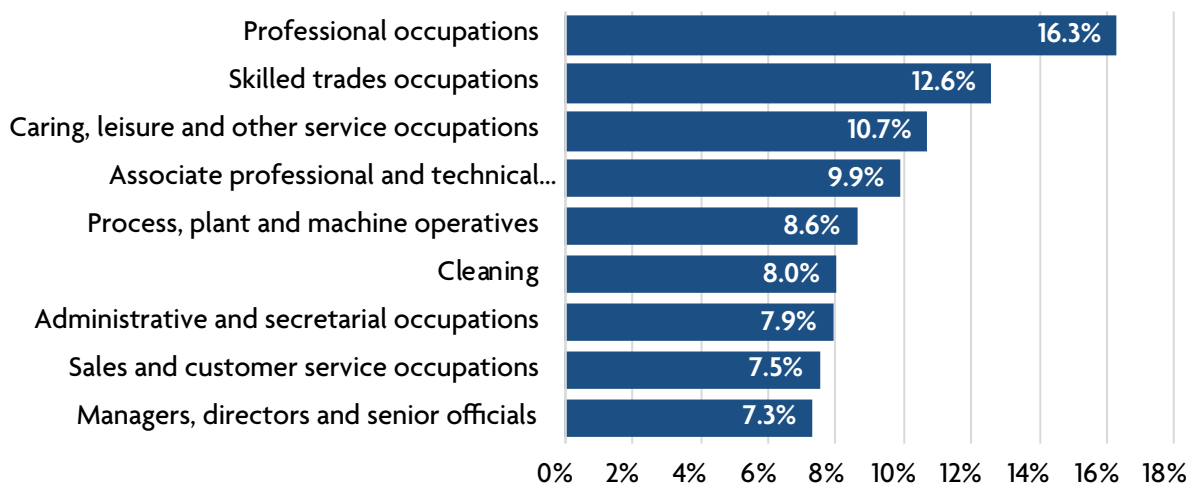
*Or equivalent

Economic activity



**Including full time students

Occupation***



***Percentages do not sum to 100. Remaining residents (not shown) work in security, sales, and other 'Elementary' occupations (Census 2021).

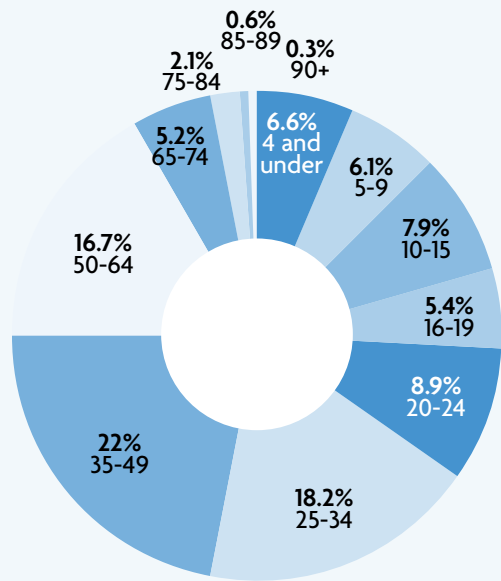
Plaistow West and Canning Town East

Population data

Population: **18,418** (4.9% of Newham’s population)

Population data is from the Office for National Statistics (ONS) Small Area Population Estimates (SAPE), based on mid-2024 ward-level estimates published in November 2025.

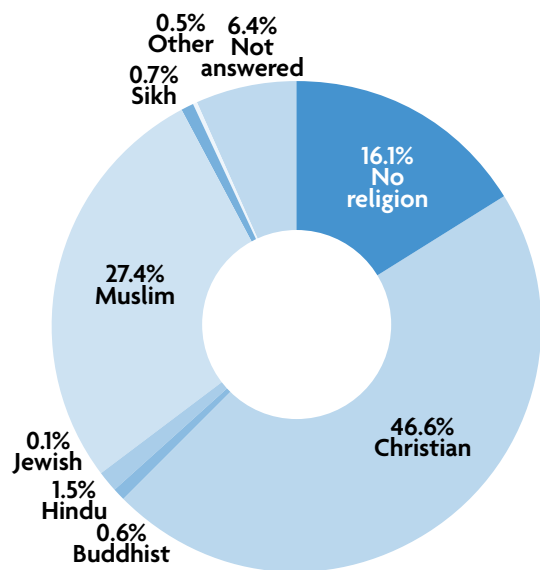
Age



Census data 2021

The UK Census takes place every ten years and provides the most comprehensive population data. The last census took place on 21 March 2021.

Religion

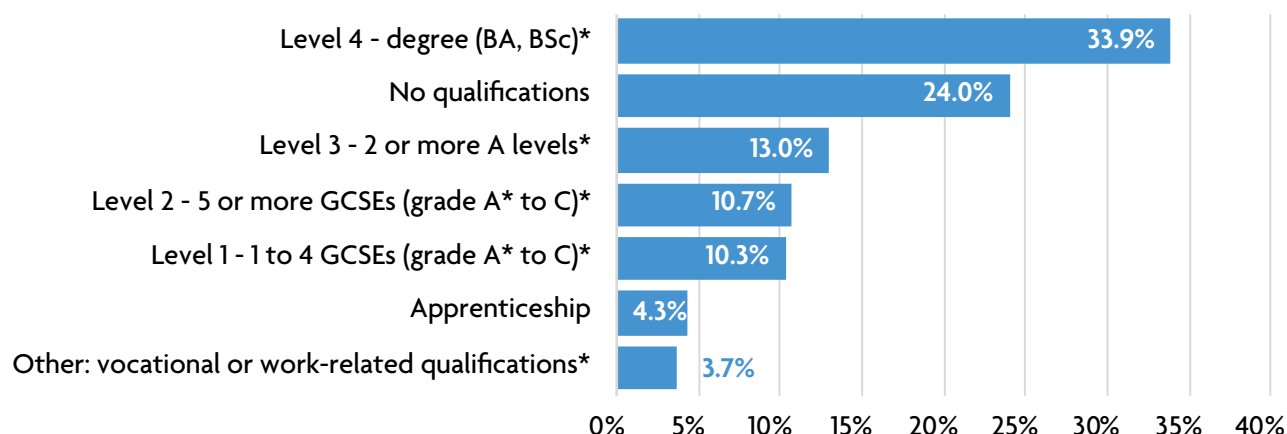


Ethnicity

The Census 2021 gave residents the choice to identify themselves through one of 19 available response options, which included categories with write-in response options. For Newham, there were over 200 additional ethnic identifications as a result.

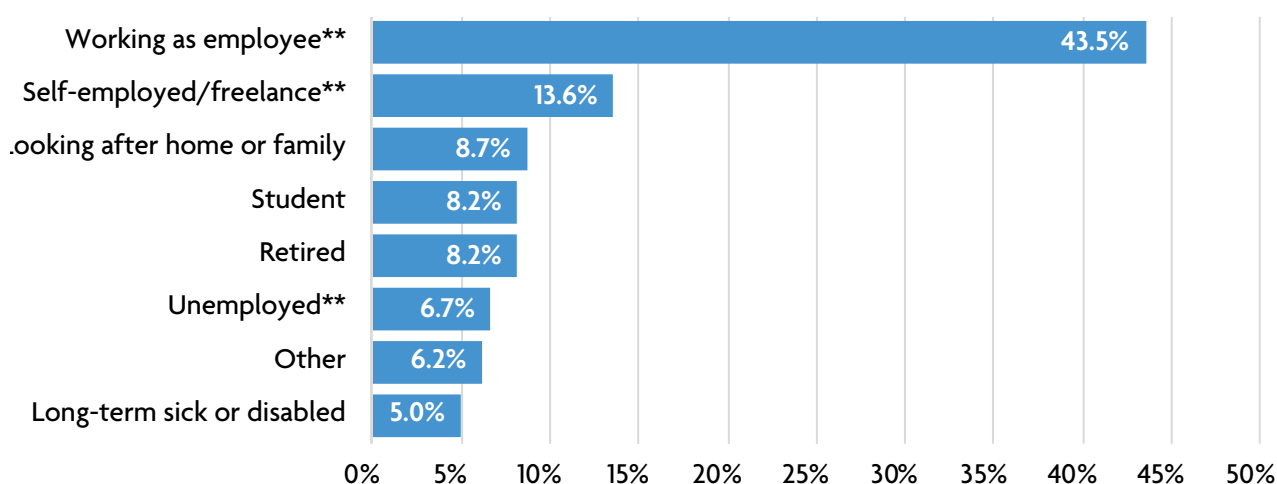
Ethnicity	Percent
Asian, Asian British or Asian Welsh	28.4%
Bangladeshi	14.2%
Chinese	1.6%
Indian	3%
Pakistani	5.2%
Other	4.4%
Black, Black British, Black Welsh, Caribbean or African	21.8%
African	15%
Caribbean	4.5%
Other	2.2%
Mixed or Multiple ethnic	5.8%
White and Asian	0.8%
White and Black African	1.4%
White and Black Caribbean	1.7%
Other	1.9%
White	38.1%
English, Welsh, Scottish, Northern Irish or British	20.1%
Irish	0.6%
Gypsy or Irish Traveller	0%
Roma	0.6%
Other	16.8%
Other	5.8%
Arab	1.4%
Other	4.4%

Qualifications



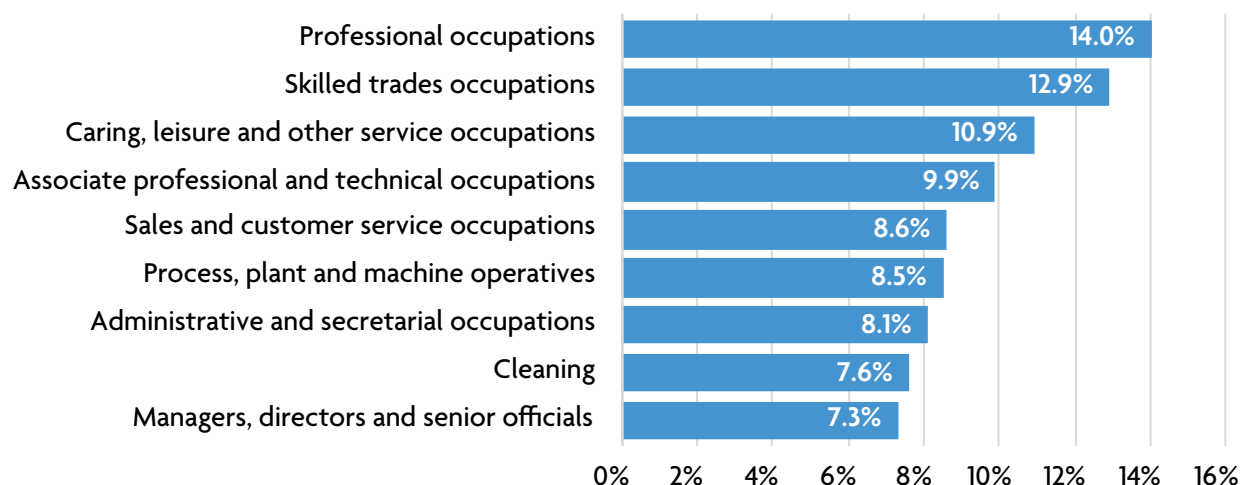
*Or equivalent

Economic activity



**Including full time students

Occupation***



***Percentages do not sum to 100. Remaining residents (not shown) work in security, sales, and other 'Elementary' occupations (Census 2021).

People Powered Places



Love E15 – Anti-fly tipping project

Overview

People Powered Places (PPP) is Newham Council's flagship participatory budgeting programme and one of the largest of its kind in the UK. Since launching in 2018, PPP has funded over 400 community-led projects, embedding co-production into local decision making and giving residents a direct role in shaping neighbourhood investment.

The 2025-27 cycle is delivered through a borough-wide model of resident participation. 120 resident Working Group members were recruited across Newham's eight Community Neighbourhoods to support the assessment and decision-making process, alongside 15 Youth Advisory Board members appointed in May 2025 to ensure young people influence programme design and approach.

In June 2025, 2,916 residents took part in setting neighbourhood priorities online and through activity in libraries and community centres. Our Ideas events were held across all community neighbourhoods between June and July, attended by 844 residents, where communities developed project ideas and explored solutions together. In September, 474 funding applications were received and assessed through resident-led scoring and feasibility checks carried out by Council services.

The Big Vote, held in November 2025, saw 11,139 residents cast their votes online, in community venues and through outreach sessions. PPP continues to evolve through innovation, including AI supported translation at hybrid events to improve accessibility and inclusive participation. Over 130 community-led projects will be delivered across Newham over the next year.

In Plaistow, 17 community-led projects will be delivered over the next year, contributing to over 130 projects being delivered across Newham.

To find out more about the programme and the successful projects visit:
newham.gov.uk/peoplepoweredplaces



Neighbourhood priorities

Plaistow neighbourhood priorities for the 2025-27 cycle are:

Priority	Description
1. Health & Wellbeing	Improve health care, reduce inequalities, address cost of living, mental wellbeing, loneliness.
2. Community Safety	Improve safety, prevent crime, tackle anti-social behaviour, hate crime awareness, stronger communities.
3. Youth Empowerment	Enable all children and young people to be safe, healthy, happy and thriving.

Community grants

Overview

The Community Grants programme brings together a range of small internal and externally funded grant schemes to support hyper local, grassroots and resident led activity. Through grants of £1,000 - £5,000, the programme helps community groups get projects off the ground that respond directly to neighbourhood priorities and local needs.

Neighbourhood Small Grants

The Neighbourhood Small Grants programme supports VCFSE organisations delivering local projects that address identified community needs. It focuses on small and emerging groups who may not have accessed larger funding streams, helping to build capacity and promote equitable access to funding.

In 2025-26, 45 projects received grants of up to £1,000, totalling £44,000 borough-wide.



Lyle's Local Fund

The Lyle's Local Fund, established by Tate & Lyle Sugars and administered in partnership with Newham Council, supports projects that help create safe, prosperous and healthy local communities. Grants of up to £5,000 are available to not for profit organisations whose work benefits Newham residents.

In 2025-26, £50,000 was available, supporting 10 projects across the borough.

Genting Good Causes

The Genting Good Causes Fund, delivered in partnership with Newham Council, provides funding for projects that strengthen local communities and improve wellbeing. Grants of up to £5,000 are available to voluntary, community and faith organisations, schools and charities based in Newham.

In 2025-26, £81,000 was awarded to 20 projects across Newham.

Creative Healing for Hidden Heroes

Organisation: Carers Community Mental Health Group

Grant Amount: £1,000

The Carers Community Mental Health Group received £1,000 to support unpaid carers through creative scrapbooking workshops in Plaistow. Operating since 2016 with a very small annual income, the charity provides education, peer support and access to mental health services. The project created safe, therapeutic spaces where carers developed 'tree of life' scrapbooks reflecting their experiences and resilience. Supported wellbeing discussions helped participants express feelings that are often difficult to articulate, addressing the frequently overlooked mental health needs of carers who prioritise others above themselves.

Partner organisations

Overview

We work closely with Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations to connect with residents and respond to local needs. Partners deliver vital support including food provision, advice services, befriending activities and community events, helping to address poverty, isolation, health inequalities and financial hardship.

VCSE partnerships

VCSE organisations play a key role in mobilising volunteers, attracting external funding into the borough, amplifying resident voice and supporting prevention and early help. Many partners have also been successful in applying for People Powered Places and Community Grants funding and are pivotal in delivering these projects. The sector is fundamental to fostering active citizenship, community resilience and strong neighbourhoods across Newham.

Some examples of VCSE partnerships

- **True Ambassadors**
A charity empowering community through programmes supporting vulnerable people, promoting good mental health, education, wellbeing and social inclusion.
- **Indian Care Community Association of Newham**
A community organisation devoted to enriching the lives of older individuals within the Hindu community. It offers inclusive initiatives, wellbeing activities, and discussion forums, while celebrating culture through community engagement.
- **Wild Green E13**
A volunteer-run community garden offering inclusive opportunities for all to learn, connect, and engage with nature and urban wildlife.
- **Rights Equality in Newham (REIN)**
Works with partners to improve community quality of life through equality, diversity, education, social welfare, youth engagement, coffee mornings, and wellbeing programmes.
- **Newham African Caribbean Resource Centre**
A key Plaistow community hub that delivers advice, education, befriending and cultural activities. It also provides health, leisure, and wellbeing services to help reduce isolation.
- **Carers Community Mental Health Group**
This is a dedicated group that supports carers in Newham through education, peer support, and access to mental health services.

- **ASK User Led Mental Health Group**

A community group delivering weekly support groups, workshops, and events in Newham to raise awareness and understanding of mental health conditions and illnesses.

Faith partnerships

Newham is one of the UK's most religiously diverse boroughs, with faith institutions playing a vital role in community life. Faith groups provide trusted spaces for worship, support and connection, and are often among the first to respond to local needs. They deliver food provision, advice, wellbeing activities, youth work and volunteering opportunities, while promoting social cohesion and mutual understanding.

The Council works in partnership with faith organisations across neighbourhoods, recognising their contribution to community resilience, civic participation and early help. These relationships support inclusive engagement, strengthen local networks and help ensure services reflect the needs of Newham's diverse communities.

Some examples of faith partnerships

- **London Ghana Seventh Day Adventist Church**
Operates a food bank while supporting the neighbourhood through litter-picking activities and youth engagement initiatives.
- **Universal Church of the Kingdom of God**
Offers advice and support to adults and young people, with additional practical guidance through its Food Connect service.
- **Memorial Community Church**
Connected to the community through a range of associated and spin-off projects, including Bridges Homeless Support, Our Community Cares, and the Swift Centre.
- **Christchurch Newham**
Faith group offering community space, outreach programmes and aid services.
- **UKIM Masjid Ibrahim & Islamic Centre**
Local mosque providing food assistance, education and youth activities to the community.

Volunteering

Overview

Newham's Volunteers Programme is an established Council led service that supports residents and organisations to benefit from high-quality volunteering. Open to residents aged 16+, the programme welcomes people from all backgrounds, including working professionals, young people, older residents, people with disabilities, and refugees and asylum seekers.

Each year, over 500 active volunteers contribute over 19,000 hours across more than 300 opportunities, supporting activity within Community Neighbourhoods, libraries, community centres and wider council led programmes. Opportunities are also delivered through VCFSE organisations across Newham.

The programme works closely with VCFSE partners to help them develop meaningful volunteering roles and supports recruitment through a brokerage offer that matches residents to opportunities that suit their interests, skills and availability. Flexible short and long term options enable people to get involved in ways that work for them. The service is recognised for best practice and accredited with the Investing in Volunteers quality standard.

Volunteering across Newham

Pathways into employment

Volunteering supports residents to build confidence, develop skills and gain UK work experience. Through tailored support, including registration and DBS checks, volunteering can act as a pathway into training and paid employment.

Recognising and valuing volunteers

Volunteers are recognised for their time and commitment through the Tempo Time Credits rewards scheme. Credits can be exchanged for activities such as transport, fitness, cultural experiences and local attractions, helping to motivate and sustain long term involvement.



For more information about the programme please visit:
newham.gov.uk/volunteering

Over 50s Luncheon Club

The Over 50s Luncheon Club supports older residents by providing regular, welcoming meals and social opportunities that help reduce isolation and promote wellbeing. Volunteers play a vital role in preparing and serving food, welcoming residents, and supporting the smooth delivery of sessions.

As part of the programme, volunteers are also supported to develop new skills. Three volunteers, Eric, Bridget and Malgorzata, completed Basic Level 1 Food Hygiene training, delivered in partnership with Adult Services and Chargeable Lane Resource Centre, strengthening confidence and service quality.

Volunteer Eric said: **“The training was an eye opening and rewarding experience, and I would recommend it to anyone involved in the Over 50s Luncheon Club.”**

The project demonstrates how volunteering supports both community wellbeing and personal development.



Other initiatives



NHS Neighbourhood Plan networking event

Dost Centre at Newham Leisure Centre

Dost Centre creates a community for young refugees and migrants between 13 and 19 years of age. Support provided through this initiative includes youth club, free sports, gym, and referrals to support services, e.g. English learning and employment. The service runs a weekly youth club on Thursdays, 6pm-8pm at Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD.

NHS Neighbourhoods programme

The NHS Neighbourhoods programme will bring together GPs, community health, mental health, social care, public health, and the VCFSE sector to work jointly for local people.

Newham will be split into four localities, each with two neighbourhoods, to bring services closer to residents' daily lives. This model supports the ambition of the 10 Year Health Plan for England.

Well Newham

Well Newham is a borough-wide health and wellbeing programme that brings together information, services and support to help residents live healthier lives. It focuses on both medical and non medical factors that affect health, from mental wellbeing to housing and money. Delivered in partnership between the Council, NHS and the voluntary sector, it forms part of Newham's wider approach to reducing health inequalities.

Through a single, resident friendly website, Well Newham helps residents find local services and health advice that match their needs. The website has over 200 pages one can access depending on their requirement. It also features a dedicated events page whereby residents can find events and activities that they can participate in. The website is accessible through this link: wellnewham.org.uk



Well Newham Directory of Services (powered by Joy)

The Well Newham Directory of Services, powered by Joy, is an online directory of all local health and wellbeing services available across Newham in one place. There are over 600 local services listed on the platform, from stop smoking to physical activities and support for children, young people and families. The directory allows residents to search for support near them and self refer to most of the services. Some referrals can be made only by professionals such as GPs and social prescribers. Over a thousand referrals are made every month through this platform. It plays an important role in making local services easier to find and access, while also helping partners understand demand and service gaps across neighbourhoods. Access the directory here: wellnewham.org.uk/advice/well-newham-directory-services-powered-joy



Newham Food Alliance (NFA)

Newham Food Alliance is an open collaboration of over 40 VCFSE partners ranging from large and long established to smaller grassroots organisations. These span Newham's geography, food cultures and social need. NFA partners run food banks, food clubs and the community hot meals programme. If someone is experiencing financial challenges that are preventing them from getting the food they need, please visit this website to make a referral to the Newham Food Alliance: newham-self.achieveservice.com/service/NFA_Referral



Fruit on Prescription

Newham NHS are currently piloting a project that prescribes fruit and vegetable vouchers for low-income patients with health conditions, improving wellbeing, supporting local markets, delivered with Alexandra Rose's Charity.

Nutrition Kitchen

A 12-week cooking programme in partnership with Nutrition Kitchen to improve residents' health and wellbeing, supporting weight management through practical behaviour change, cooking sessions, and nutrition education.



Fruit & Veg Prescription



Best Start Family Hubs

Best Start Family Hubs

Best Start Family Hubs are part of Best Start in Life, a UK government backed approach supporting children from conception through early childhood. The programme is funded until 2029 and focuses on helping children to be healthy, supported and ready for school, with a target nationally to increase the number of 5-year-olds achieving a 'good level of development' (GLD) by 2028.

In Newham, four Family Hubs operate from Shipman Youth Zone, East Ham Library, Manor Park Children's Centre, and United West Family Hub (working across Rebecca Cheetham and Kay Rowe Children's Centres).

Alongside ten additional community access points, they form a borough-wide Family Hub Network delivering services in-person and online.

Expanding since 2023, Newham's Family Hubs provide universal, early support for families with children up to age 18 (25 for those with additional needs). Support is delivered through strong partnerships with children's services, health, and the voluntary and faith sectors, offering joined up early intervention and improved access to community services.

Mayor and Councillors

Mayor of Newham



**Mayor
Forhad
Hussain**
Labour Group

Plaistow North



**Councillor
Nizam Ali**
Newham
Independents
Group



**Councillor
Zulfqar Ali**
Labour Group
Cabinet Member for
Finance



**Councillor
Sophia Naqvi**
Newham
Independents Group
Independents
Chair of Overview
and Scrutiny
Committee

Plaistow South



**Councillor
MD Nazrul
Islam**
Newham
Independents Group



**Councillor
Obaid Khan**
Newham
Independents Group
Chair of Crime
Environment and
Transport Scrutiny
Committee



**Councillor
Tamzied Khan**
Newham
Independents Group

Plaistow West and Canning Town East



**Councillor
Shantu
Ferdous**
Labour Group
Deputy Cabinet
Member for
Children, Education
and Communities



**Councillor
Robert
Gordon**
Labour Group



**Councillor
Madeleine
Sarley Pontin**
Labour Group

For more information, click [here](#).

Contact us

Syed Haque

Community Neighbourhood Area Manager

Andrew De Heer

Community Neighbourhood Area Coordinator

☎ 020 373 0859

✉ CN.Plaistow@newham.gov.uk