



08

Candles to remember



22

Happy to be here



29

Apprentices - you're hired

the newham mag

issue 418 // 14 Feb – 13 Mar 2020 // Monthly



Helping young to reach potential

Expansion of youth workers (p3)

Look out for the next issue from **13 March 2020**.

Contents.



On the cover

03 BRIGHT FUTURE FOR YOUNG

– expansion of youth workers

08 CANDLES TO REMEMBER

– Holocaust Memorial Day

22 HAPPY TO BE HERE

– wealth in our community

29 APPRENTICESHIPS BOOST

– pathway to jobs and training



In this issue

10 BUDGET PROPOSALS

– decisions over spending and saving

13 PART OF THE FAMILY

– EU citizens are welcome here

14 STATE OF THE BOROUGH

– challenges and opportunities ahead

16 SUPPORTING THE VULNERABLE

– where to go for help and advice

18 YOUTH SAFETY BOARD

– helping young reach their potential

28 RACE TOWARDS CLEAN AIR

– dealing with pollution

Regulars

03 NEWS - three pages of news from across the borough

06 MAYOR ROKHSANA FIAZ - Mayor speaks to residents

30 OUR NEWHAM - community news

32 KIDS' CORNER - poems, pictures and puzzles for our younger readers

34 WHAT'S ON - five pages of activities and events for you to try



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News

New youth workers are bucking the trend

Newham Council is bucking the national trend by employing 40 new youth workers as part of a significant investment into youth services.

The team, including several detached youth workers who undertake the Council's outreach work, represent the largest expansion of youth workers anywhere in the country and are part of the commitment by Mayor Rokhsana Fiaz to keep young people of the borough safe and leading fulfilling lives.

Nationally the YMCA estimates youth services have been cut by 69 per cent in a decade and are set to reach the lowest point in a generation this year. Campaigners say the average spend on youth services per local authority plummeted from £7.79m in 2010 to a planned expenditure of just £2.45m next year.

The new service will be headed by Geeta Subramaniam-Mooney, the first local authority Commissioner for Children and Young People, in the country. She will lead the new Brighter Futures directorate which will drive the Council's approach to youth safety, quality youth provision and early years health through a range of innovations which mark a massive step-change for youngsters in this borough.

Mayor Rokhsana Fiaz said: "We have backed our words and commitments with money. I am proud to introduce the 40 new youth workers who have already been recruited following an interview process where young people themselves were given a say in hiring staff.

"In addition our Budget proposal to spend £4.5m a year to support children and young people in Newham up until 2023 will, if approved, mean we can deliver on my pledge

to double the number of Youth Zones in the borough from four to eight, and provide extra support for young people's health and mental well-being, and programmes to keep our teenagers safe.

"With this new service, working alongside our Youth Safety Board, we will implement our ambitious and positive agenda for young people in Newham and provide extra support for their health and mental well-being, and produce programmes to keep our teenagers safe."



The Mayor and some of the new youth workers

Pledge to keep young safe

News

Keeping the wealth in Newham

Mayor Rokhsana Fiaz has launched a bold and pioneering strategy designed to drive the inclusive growth in Newham that will address the stark features of poverty and inequality that persists in the borough and is holding people back.

Newham Council's Community Wealth Building agenda is a commitment to dealing with economic, social and environmental justice so that long-term prosperity, wellbeing and fairness for all residents and businesses is achieved. It will ensure a greater share of the money made here stays in the local economy. It also supports the Council's commitment to dealing with the climate and health emergency.

The launch was held at The Crystal in the Royal Docks where Mayor Fiaz was joined by Shadow Chancellor of the Exchequer John McDonnell MP, who launched the Community Wealth Building Unit in 2018 to encourage take-up nationwide.

Other speakers on the day were Happy Coman, a resident who has benefited from the progressive practices already in place in Newham; Sam Gurney from the Trades Union Congress; and Frances Jones from the Centre for Local Economic Strategies (CLES). CLES has worked with the Council to help Newham take its place at the forefront

of community wealth building in the UK.

Mayor Fiaz said: "Community Wealth Building underpins the Council's Inclusive Economy Strategy which sets out what actions we'll be taking to ensure long-term prosperity, fairness and wellbeing.

"At a time when poverty and inequality has become even more pronounced and when the response to the climate emergency is urgent, Community Wealth Building recognises, builds and harnesses wealth at a local level for the benefit of all residents and communities. It's about placing greater value on equality, sustainability and the environment."

The Council will use its purchasing power and influence to keep wealth in Newham through progressive procurement, becoming a living wage employer and promoting workers' rights. It will encourage anchor partners locally to do the same and support businesses to increase the number of higher skilled, higher paid and better quality jobs. Young people will also be supported to have access to the very best opportunities.

"All these efforts will allow Newham's economic potential to be unleashed," said the Mayor. To read more about the strategy visit www.newham.gov.uk/communitywealthbuilding



The Mayor, councillors, Mr McDonnell, Happy Coman, Sam Gurney and Frances Jones



The launch event

Launch of the new strategy

...in brief

Clinic helps tackle domestic violence

Mayor Rokhsana Fiaz attended the launch of a law clinic that aims to help women affected by domestic violence.

More than 80 women, including Newham councillor Lakmini Shah, attended the event at Newham Town Hall in East Ham. The law clinic is part of the Newham Council's Conversation Cafes programme, which aims to engage with and empower women who are affected by domestic violence but are struggling to access legal advice. It is a joint venture between the University of East London and Duncan Lewis Solicitors.

Mayor Fiaz said: "Domestic violence has no place in our society. Women and children who are victims need support to help them rebuild their lives. Many cannot access legal funds because of their immigration status so projects like this are a vital lifeline."

Councillor Shah said: "The law clinic is a great success. Many third sector organisations are keen to work with us to support vulnerable women in the community."



The Mayor and Cllr Shah at the launch

Leisure centre decision delayed

A decision on the future of Balaam Leisure Centre in Plaistow has been delayed to allow Newham Council more time to work through the options available following a series of meetings with residents and a public consultation.

Councillors were due to consider options at a Cabinet meeting on 18 February further investigation is now being conducted. The centre has been closed since December 2018 following the discovery of a water leak.

Councillor James Asser, Cabinet member for environment, said: "We had a good response to the consultation. To do justice to that level of engagement, we want to take more time to review options based on feedback and wider strategic leisure needs."

Flying flag for progress

Newham councillors joined residents at Newham Town Hall in East Ham to cut a celebration cake and raise the Progress Rainbow Flag at the start of LGBT History Month during February.



The Council is hosting events to celebrate the positive and valuable contribution members of the LGBT+ community make to the life of the borough. See www.newhamlgbthistory.org for details.

Deputy Mayor Councillor Charlene McLean, Cabinet member for community neighbourhoods, said: "Raising the flag is a symbolic event that says our LGBT+ community is welcome here. We are proud of our diversity and celebrate difference as a source of strength. It also sends a clear message that we do not tolerate discrimination on the grounds of race, religion or sexual orientation."

Newham's Skills Commissioner Councillor Steve Brayshaw (below left) also joined staff at the East Ham Campus of Newham College as it unveiled a rainbow-coloured version of its logo to display support for equality and diversity.





Welcoming the Youth Safety Board



With the Secretary of State, centre, at Anchor House

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

The safety of our youth has been one of my biggest priorities since I took office as Mayor in May 2018. Tackling violence and exploitation is a really serious and urgent issue and this is why I set up the Youth Safety Board to work with our partners and our young people to implement real solutions.

Following the publication of their first report, we officially launched the Board last month and I'm looking forward to continuing to work with all partners to make sure their recommendations are fully implemented.

At the launch I introduced our new 40-strong team of dedicated youth workers who are now fully in place to deliver on the promise I made to the young people of Newham that we'll be investing in them so they can reach their potential.

The team, including several detached youth workers who undertake our outreach work, represent the largest expansion of youth workers anywhere in the country to support us as we transform the borough to become the best place for a child and young person to grow up.

We are one of the youngest boroughs in the country but we had been letting our young people down. We have stopped the rot and are moving forward, taking our young people with us, towards a safer and brighter future where they can fulfil their potential to the maximum.

At a time when austerity is facing many local authorities to cut youth funding, Newham is bucking the trend. The money is not easily come by but we have no choice. Young people are our future and must be our priority. Violence can be prevented and it needn't be part of anyone's childhood.



At the Community Wealth Building Launch



With John McDonnell, second right, at the event

Newham is an amazing community and if we work together, I know we can achieve so much.

.....

Tackling homelessness is another priority for me so I was pleased to hear we had been successful in our bid for further funding from the Government's Rough Sleeping Initiative receiving £1.2million, one of the highest allocations in the country.

I met with Secretary of State for Housing, Communities and Local Government Robert Jenrick MP on the day the funding was announced on a visit to Caritas Anchor House in Canning Town. The Council commissions Anchor House to deliver the Rough Sleeper Assessment Hub. Hearing the stories of some of the rough sleepers helped by the service, it is clear how important this work is and thanks to the funding, we'll be able to increase our outreach team and

provide much needed housing units and support for those rough sleepers with high complex needs.

.....

I was proud to launch our Community Wealth Building Strategy alongside Shadow Chancellor John McDonnell MP. This strategy will address the stark features of poverty and inequality that persists in our borough and is holding our people back. I recognise the significant challenges our residents face. That is why from day one of my administration, I have been determined to pursue a better approach to inclusive economic development that benefits all. Community Wealth Building recognises, builds and harnesses wealth at a local level for the benefit of all residents and communities. Put simply, it is about ensuring a greater share of the money made

here stays in the local economy, rather than leaves. It's about putting our residents first and placing greater value on equality, sustainability and the environment.

.....

Finally, I want to reassure the many thousands of Newham residents who have travelled to this borough from European Union countries that we value your contribution to our economic and cultural life and we will fight to protect your rights. I want to state very clearly that Newham is your home. You are part of our vibrant and international Newham family, bringing a richness to our community which is the most diverse borough in the UK. As our friends, our neighbours and our colleagues, you will always be treated with respect and you will be supported in the period ahead.



HOLOCAUST MEMORIAL DAY



Tyrone Musngi lights a candle, watched by Arnesa Buljusic-Kustura, Cllr Joshua Garfield and Mayor Rokhsana Fiaz

Stand Together



Star Primary School pupils performed at the event

Two survivors of genocide gave moving testimonies at Newham Council's annual Holocaust Memorial Day event as they spoke of the need to stand together against hate and persecution.

Holocaust survivor John Hajdu MBE and Bosnian genocide survivor Arnesa Buljusic-Kustura addressed more than 400 people at the Old Town Hall in Stratford, including Mayor Rokhsana Fiaz; Deputy Lieutenant John Barber, The Queen's representative in Newham; councillors; schoolchildren; and residents.

The theme of Holocaust Memorial Day 2020 was Stand Together. This year marked the 75th anniversary of the liberation of the Auschwitz-Birkenau concentration camp in Poland where indescribable atrocities were committed. Mayor Fiaz said: "We must never forget those who lost their

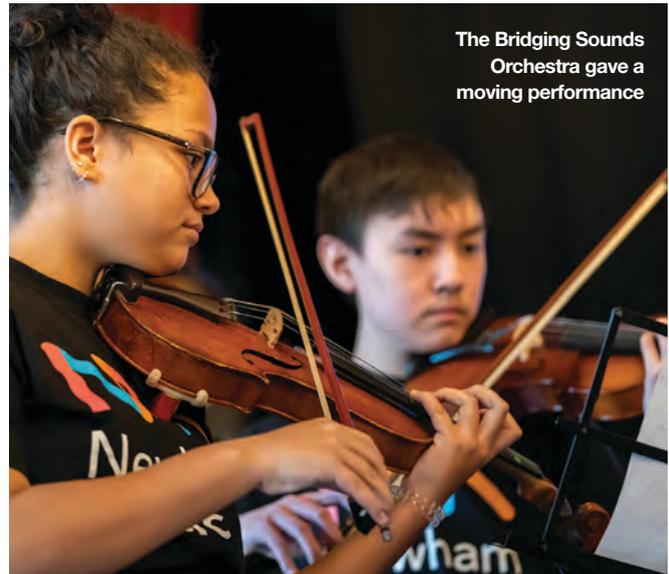
lives in the Holocaust which was driven by hatred and Nazi persecution, and also in the genocides since in Cambodia, Rwanda, Bosnia, Darfur and others.

"We still bear witness to atrocities occurring across the world. We still see the rise of anti-Semitism and we still see hate in new forms impacting more and more lives in different ways. That's why we must stand together and take action to stop the spread of hatred in our communities and draw on the lessons we learn from history and today."

Children from Britannia Village School opened the event with a performance of No Wars will Stop Us Singing. Cello player Tyrone Musngi, 13, from Newham Music Hub, performed Gabriel Faure's Elegie and Newham Music's Bridging Sounds Orchestra played the theme from movie Schindler's List.



Lord Parry Mitchell, Mayor Rokhsana Fiaz, John Hadju MBE, Arnesa Buljusic-Kustura, Cllr Joshua Garfield and Lady Hannah Lowy Mitchell



The Bridging Sounds Orchestra gave a moving performance

and say 'never again'

There were readings from pupils at St Joachim's, Earlam, Essex and St Helen's primary schools and Royal Docks Academy, as well as a performance of the Bill Withers' song Lean on Me, by the choir from Star Primary School.

John Hajdu, 82, described how he escaped certain death in Hungary as the Nazis began rounding up Jews in 1944 in Budapest. His aunt grabbed him and they hid in a neighbour's cupboard.

Although his parents survived, John's mother never recovered from her treatment at a concentration camp. John and his mother finally fled Hungary in 1956 to escape life under Russian occupation. He said: "It is very important that present and future generations remember those dark days and shout 'never again.' It is important that people learn through the power of words what I and thousands of others went through."

This year is the 25th anniversary of the genocide in Bosnia. Arnesa Buljusic-Kustura was five when Serbian forces occupied Sarajevo. She was shot by a sniper while out trying to get water and lost many members of her family between 1992 and 1996.

She said: "I have experienced first-hand the terror of fascism and the loss of many people I loved, both family and friends. But they didn't kill all of us which is why I am able to stand here today and tell you my story so that 'never again' can truly become 'never again'. In talking about these tragedies, testifying to their truth, we not only honour all those that lost their lives to fascism and hatred, but pave the way to stop genocides occurring again."

Other speakers included Lady Hannah Lowy Mitchell, a documentary maker and emeritus trustee for Women for Women International and chair of the Lowy Mitchell Foundation, and Lord Parry Mitchell, who chaired the



John Hadju MBE, Lord Parry Mitchell, Lady Hannah Lowy Mitchell, Arnesa Buljusic-Kustura, Tyrone Musngi and Cllr Joshua Garfield

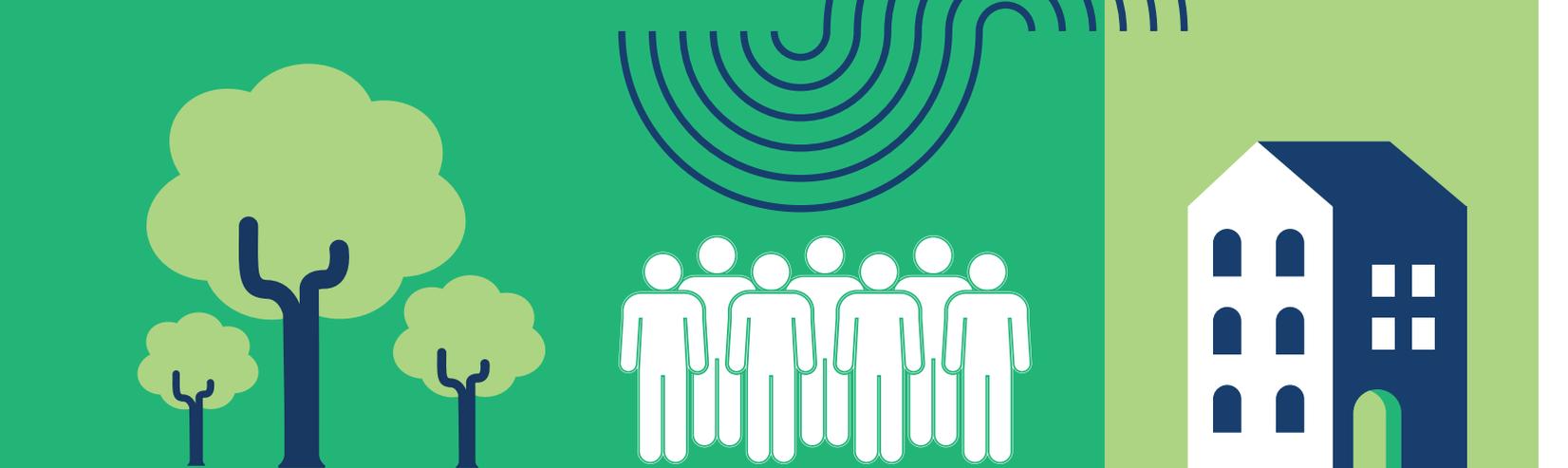
Coexistence Trust, which encouraged dialogue between Jewish and Muslim students at UK university campuses.

John Hajdu and Arnesa Buljusic-Kustura, joined Tyrone Musngi, Lord Mitchell and Lady Lowy Mitchell, and Newham councillor Josh Garfield in a ceremony to light six candles in memory of the six million Jews who died in the Holocaust.

After the event Mayor Fiaz took part in an inter-faith commemoration at St John's Church in Broadway, Stratford, with faith leaders and residents.

More than 70 people also joined the Mayor for a free screening of The Book Thief, a World War Two drama, at Stratford Picturehouse.





Budget proposals to be discussed



Proposals for a transformative three-year Budget designed to make people's lives better will be considered by Mayor Rokhsana Fiaz and Newham Council's Cabinet next week (Tuesday 18 February, Newham Town Hall, East Ham, 6pm).

At the heart of the spending proposals is a bold Community Wealth Building vision that addresses economic and social inequality, raises living standards, invests in young people, supports an ambitious housing delivery programme and responds to the climate and health emergency.

It is a proposed Budget that allocates resources fairly and efficiently, sets down building blocks for a strategic inclusive economic strategy, embeds a new Green economic approach for the future, and responds to the impact of ten years of Government austerity.

Mayor Rokhsana Fiaz said: "This proposed Budget builds upon our overall investment and priorities and the good things that are already being done. It puts dealing with poverty, inequality, and climate change, at the heart of what we do as a Council. This is community wealth building in action. And, if approved, the Budget will support our ambitions to make Newham the best possible place for our young people to grow up and offer all our residents the chance to meet their potential."

As part of the Council's agenda of good governance and transparency, residents have joined the conversation about the proposed spending priorities and savings challenges through either Budget Forums or an interactive online simulator.

Overall the proposed Budget seeks to address a £45m funding gap over the next three years. Savings of £36.2m have been identified which, when taken with additional

income of £9.6m from a proposed increase in Council Tax over each of the three years, would deliver this.

The proposed Budget also allows for growth spending of £10m each year above what is spent already, for new services or enhancing existing ones in line with the Mayor and administration's priorities.

Councillor Terence Paul, Cabinet member for finance, said: "Our proposals will, if adopted, lead to a balanced budget being set for each of the three years. We will continue to act in the best interests of our residents."

With growth and investment also comes difficult decisions about where to save money and a proposed increase in Council Tax.

A ten-year freeze in Council Tax prior to last year's budget has meant that the Council has £19m less each year to spend over the next three years. An increase in the Newham element of Council Tax of 3.99 per cent in each of the three year financial years is proposed, of which half will be ring-fenced for adult social care.

In 2020/21 this would mean a weekly increase of 77p for properties in Band D. Despite this Newham's level is still expected to be the lowest in outer London. The Council has pledged to continue to protect those residents on the lowest incomes who will not be required to pay the full amount of Council Tax.

The Budget proposals will be voted upon at a meeting of the full Council on 2 March.



A brighter future for young people

The Budget proposes £4.5m investment each year in services directly for young people. This includes:

- £750,000 to implement Youth Safety Board recommendations
- £1m for safeguarding adolescents
- £1.2million to double the number of youth hubs to eight
- £500,000 for to enhance Headstart mental health initiatives
- £1m to support care leavers, foster carers, and other mental health services



Housing

The Budget proposes:

- investing in affordable, secure, decent housing for all
- money to address the crisis in temporary accommodation
- £1.4m per year to address the scourge of rough sleeping
- £400,000 to create a team to repurpose unused properties

Schools

The Budget proposes:

- support for schools to provide the best possible educational opportunities through the Dedicated Schools Grant of £433m
- money to ensure personalised Education and Health Plans for all SEND children
- to continue to fund the 'Eat for Free' programme of free school meals for all children to address the inequality of hunger and food poverty



Cleaner Newham

The Budget proposes:

- £500,000 to move to weekly recycling
- £500,000 to enhance street cleaning services



Climate and Health Emergency

The Budget proposes:

- £1m per year in services to tackle the climate and health emergency
- moving to a fairer emissions-based system of car parking charges whereby the least polluting cars would pay less
- funding to encourage walking, cycling and use of public transport
- funding to make Council homes more energy efficient



Safe and liveable streets

The Budget proposes:

- £1m to preserve funding for Metropolitan Police officers to focus on environment crime and anti-social behaviour



Landlords

Do you want immediate tenants for your property?
YES

Would you like someone to help you find tenants at no cost to you? **YES**

Then let Newham Council find you a tenant for free with no hidden fees or commission.

What we offer:

- > Up to £3,000 cash towards your rent
- > Deposit bond –
 - a value of six weeks rent, or
 - one month's rent in advance, or
 - one month's cash deposit.

We also pay you £200 to reserve your property.

If you have properties to let, or would like to find out more about our Private Rented scheme, contact the Housing Supply Team direct on: **020 3373 1149** or email us at PRSupply@newham.gov.uk (100 per cent response rate)

www.newham.gov.uk/privatelandlords



SHAPE NEWHAM DESIGN EXHIBITION

Newham Council is investing in 18 creative public spaces improvements across eight of its town centres. Newham's artists, residents and businesses have been informing the designs of these projects. Come along to our Design Exhibition to see the designs.

Don't miss the Mayor at 6pm for a special launch of the next phase of Shape Newham.

Thursday 2 April 2020
East Ham Library, E6 2RT

11am to 8pm:
Open for independent viewing

4pm to 8pm:
Meet the artists and designers

6pm:
Celebratory launch with
Mayor Rokhsana Fiaz OBE

Everyone is welcome –
no booking required!

To find out more visit:
www.shapenewham.co.uk

European citizens are all part of the family



The United Kingdom may have now left the European Union (EU) but Mayor Rokhsana Fiaz has reassured all European citizens who live and work in Newham that they are welcome here and their presence is valued.

The Mayor said in a public open letter: “I want to reassure the many thousands of Newham residents who have travelled to this borough from EU countries that we value your contribution to our economic and cultural life and we will fight to protect your rights.

“Newham is your home. You are part of our vibrant and international Newham family, bringing a richness to our community which is the most diverse borough in the UK. As our friends, our neighbours and our colleagues, you will always be treated with respect and you will be supported in the period ahead. You are essential to the strength of our community and our local economy and that’s why I want you to stay and continue to benefit from the equality, inclusion and fairness that makes our borough so special.”

In the 2016 membership referendum, Newham voted by 53 per cent to stay in the EU. Now the exit has happened, the country enters into a period of transition during which

the exact terms of the departure are worked out. EU citizens need to apply for settlement status to continue to live and work here. As of December, there have been 68,510 applications from residents in Newham – more than in any local authority area in the country.

Mayor Fiaz added: “Newham has a long tradition of welcoming people from across the world. I urge our EU residents to apply for settled status if you haven’t already done so and use the support on offer to do so. You are welcome, you are valued and we want you to stay with us and be part of our community to unleash the potential of this borough and cultivate an inclusive economy that benefits all.”

Residents who require digital support in applying for EU settlement status can make an appointment to do so in East Ham, Canning Town and Stratford libraries by calling 0333 344 5675. Watch www.newham.gov.uk/Brexit and the next Newham Mag for details of a future event to support people with settled status applications and celebrate the contribution EU citizens make to Newham.

State of the Borough Profile



Mayor Rokhsana Fiaz has delivered a State of the Borough address that offered residents an opportunity to understand more about the quality of life in Newham and how the Council is working to deal with challenges and seize opportunities.

The Mayor's speech and a profile report presented to a meeting of full Council was a snapshot of where the borough is at the start of a new year. Her speech reflected on the evidence that underpins the necessity to tackle poverty and inequality.

The Mayor said: "In the past 20 months there has been important progress made to deliver the commitments we made to residents, but there is more to do and we intend to accelerate our plans over the coming months. The

State of the Borough report gives us clear evidence of why this is so urgently needed.

"To truly tackle poverty and inequality we need inclusive economic growth which benefits everyone in our community through a policy approach that permeates through every area of our work. This is what we mean by Community Wealth Building."

The Mayor launched the Community Wealth Building Strategy on 16 January with Shadow Chancellor John McDonnell. The strategy is about ensuring a greater share of the money made in Newham stays in the local economy, rather than leaves it. It's about putting residents first and placing greater value on equality, sustainability and the environment.

The Mayor said: "Too many local people experience lower wages than the London average and we have families living in outright poverty. A third of jobs in Newham pay below the London Living Wage. We will continue to work with employers and trade unions to raise wages and improve workers' rights."





Mayor Fiaz also told councillors that the State of the Borough report illustrates why her administration needs to continue to put an emphasis on lifting up Newham’s young people. Government inspectors last year highlighted historic under-investment by the Council in children’s social care services.

She said: “We are proud to be the first council in the country to appoint a Children’s and Young People’s Commissioner to drive forward better futures. Our Budget proposals for the next three years reflects the largest ever investment in our children and young people, including an additional £4.5m per year over what we spend already. Together with strengthening our approach to community safety, this is our commitment to ensuring Newham’s children grow up happy, confident and safe.”

Housing also remains a challenge. More than 5,000 families are in temporary accommodation and the number continues to rise. Residents are more likely to rent from a private landlord than the Council. Rough sleeping is also an issue, particularly in Stratford.

Said the Mayor: “We have prioritised our drive towards

social rent house building with 1,000 homes begun in this term. And we are addressing the rough sleeping crisis with compassion and care.”

The report showed that residents continue to be exposed to the highest rate of air pollution in London, with consequent health impacts including the highest rate of asthma-related hospital admissions and the highest rate of air-pollution related deaths.

The Mayor said: “Addressing the climate and health emergency is crucial for our immediate and longer term health and wellbeing. Our five-year Air Quality Action Plan is the means to act on this.”

Mayor Fiaz concluded: “We are growing and we have one of the youngest and most diverse populations of anywhere in the country. This positive potential is something we must harness in years to come. However, there are still many instances where we fall short so clearly there is still much to be done.”

To see the State of the Borough report visit:
<https://mgov.newham.gov.uk/ieListDocuments.aspx?CId=295&MId=12631&Ver=4>



COMMUNITY ACTION SUPPORTS THE MOST VULNERABLE



Citizen Journalists Catarina Joele (right) and Laura Hackshaw (left) write about some of the support that is available to those affected by the challenges of homelessness and mental health.



In Newham community action plays an increasing role in providing much-needed support for people most in need. The Independent Newham Users' Forum (INUF) is an independent, user-led mental health charity whose goal is to improve people's lives by enhancing their skills and helping to boost their confidence.

The Forum supports residents of all ages from its base at Ithaca House in Romford Road, Stratford, and runs activities such as football and art workshops from Monday to Thursday to work on users' self-improvement. There is also a drop-in session where people can get to know each other.

Humaira Hussain, INUF project and marketing co-ordinator, said: "The most important thing is for people to leave the house. Sometimes drop-in sessions are about offering them a coffee or tea and encouraging them to join their favourite activities."

The charity, which is self-funded, has 12 part-time staff working at Ithaca House with most of the activities and services run by 20 volunteers and former service users. Among the team offering vital support is Debbie Wiseman and Rakesh Rishi.

Since 2008 INUF has supported 1,200 people. Every Monday and Tuesday there are advocacy services to offer guidance with issues like housing. Due to their mental health issues, some users can lose their homes. "I have seen some of our users begging in the streets, which is quite sad because the only way for us to help them is if they come to us," said Humaira.

Homeless charity Shelter estimated that in late 2018 there were more than 14,000 people in Newham without

a home (whether in temporary accommodation, sofa-surfing or rough sleeping). Although Newham Council provides targeted support, volunteers also play a key role. Monica Vassall runs a homeless shelter with friends and volunteers at the Carpenters and Dockland Centre in Gibbins Road, Stratford, during Christmas.

Monica said: "People are working but they can't afford rent and jobs are temporary. Some are Eastern European temporary construction workers, others are women in violent relationships and some are people who get sick and can't work."

The focus of the shelter's work has been on creating a 'one-stop shop' where they can come in and see a variety of different people. In December doctors, physiotherapists, mental health assessors as well as Newham Council's rough sleeping outreach team were all available to provide support for anyone who needed it.

Some people were found temporary accommodation while others are on the road to finding a permanent home or opportunities to learn new skills.

Monica recalled one man who struggles with substance abuse. He told her: "I've done some bad things – I just want my life back." Monica said: "Anyone can be in that situation."

Her team continue to look at holistic approaches to homelessness and she praises Mayor Rokhsana Fiaz as a "practical and sensible woman who is not afraid to get something done". But, in the short-term at least, community action driven by volunteers remains a crucial part of easing the crisis.

left to right are Rakesh Rishi, Humaira Hussain and Debbie Williams



If you need to contact INUF, visit admin@inuf.org or call **020 8534 2488**.
If you are concerned about someone who is rough sleeping and medical attention is not immediately required, you can make a referral to StreetLink through their website or call **0300 500 0914** which is charged at normal call rate.

Newham's Citizen Journalist panel was formed as part of a commitment by Mayor Rokhsana Fiaz to ensure open and transparent democracy in Newham. Panel members write articles on subjects that matter to them and offer a different perspective about what's happening in the borough.





THE BEST PLACE TO BE A YOUNG PERSON

Mayor Rokhsana Fiaz has committed to making Newham the best place to be a young person. She has called on everyone to work with her and the Youth Safety Board she created to achieve this ambition and end violence against young people.

The Board was created in March 2019. It is a partnership between young people, families who have experienced the effects of crime and violence, Newham Council, police, and health and education services. It is led by the Mayor and Duncan Bew, a surgeon, anti-knife campaigner and leading expert in violence reduction. An event at the Old Town Hall in Stratford brought together key people who can help turn the Board's first report into action.

Mayor Fiaz said: "Tackling violence and exploitation is a serious and urgent issue and a personal priority for me. The Board has done a lot of listening and learning and we have got some really challenging issues that we must deal with together, including looking for ways to prevent violence."

The Board's report is based on five principles. They are:

- putting young people at the heart of decisions – young people have been involved in the process
- making sure every young person has a trusted, safe adult in their life – this could be a youth worker, teacher, or foster carer
- think whole family – families are often the first to notice something isn't right
- always look for positive opportunities – working with education and business providers to offer young people access to something they love doing
- joined-up support – everyone working together to make a change.

The Mayor added: "Young people know what's going on – that's why we need them to be part of the solutions. We also need to make sure every young person has someone who is there for them and wants the best for them.

"We can and we will do better. Violence can be prevented and it needn't be part of anyone's childhood. Newham is an amazing community and if we work together we can achieve so much. We must never forget that the most amazing thing about this borough is our young people and their creativity and their potential."

The Mayor paid tribute to all the organisations that have

been taking action.

She also dedicated the Board's first report to young people who have lost their lives to violence and the families who are suffering the pain of loss. The Mayor told them: "We need you to know we will strive together to make sure other families and young people do not go through what you had to face. And we will listen to you and learn from your experience."

The Mayor also used the event to formally welcome a new team of 40 youth workers who are part of proposals for a massive expansion of young people's access to youth services, including a plan to increase the number of youth zones from four to eight so that every young person will have great opportunities on their doorstep. Young people themselves were given a say in the hiring of the youth workers.

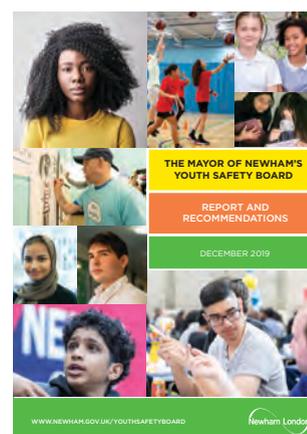
At the centre of the report launch event were young people taking part in 'talkaoke' discussions about youth empowerment with The People Speak team. This involved conversations around an illuminated table with participants speaking when they wanted to.

There was also an Unlecture process with the whole audience taking part in open round table discussions and debates in a game-show type atmosphere to encourage creative and diverse opinions and perspectives. A flash mob performance from youth dance troupe IMD Legion was the inspirational hit of the evening.

Ashantay Miller, who attends Shipman Youth Centre in Custom House, was at the launch.

She said: "It was good for our voices to be heard. It was also good for us to understand and be part of the process." To see the report visit

www.newham.gov.uk/youthsafetyboard



Newham Council is reviewing its respite offer for Adult Carers.



We are interested in our Adult Carers' experiences and views of the respite that is currently provided. We are keen to develop a wide range of flexible and innovative services that provide respite to our Adult Carers with enjoyable, life enhancing activities and experiences.

We have created an online questionnaire via <https://www.surveymonkey.co.uk/r/CarersRespite>, which we encourage all Adult Carers to complete.

If you receive a Carers Break Allocation from the Council, you will receive a letter in the post with a copy of the questionnaire.

If you have any questions about this review or would like support completing the questionnaire please contact commissioning.assistant@newham.gov.uk and a member of staff will get back you. The deadline for completing the questionnaire is **Monday 9th March 2020**.

People at the Heart of Everything We Do

A FRANTIC ASSEMBLY AND THEATRE ROYAL PLYMOUTH PRODUCTION,
CO-PRODUCED WITH CURVE, LEICESTER



FRANTIC ASSEMBLY'S 25TH ANNIVERSARY

I THINK WE ARE ALONE

by Sally Abbott
co-directed by Kathy Burke and Scott Graham

TUE 25 FEB – SAT 21 MAR 2020
stratfordeast.com 020 8534 0310

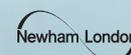
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CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours. To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at gov.uk/coronavirus



CATCH IT.



BIN IT.



KILL IT.

Are you interested in the provision of education and keen to support your local community?



Admission Appeals

Parents/guardians have the right to appeal against the decision of the Admission Authority when their child is not allocated a place at their preferred school. These appeals are heard by an Independent Panel consisting of lay persons and school governors.

Exclusion Review Panels

Parents/guardians have the right to ask for a review of a Governing Body's decision to permanently exclude their child. These reviews are heard by an Independent Review Panel consisting of a lay person (Chair), a school governor and a head teacher.

Voluntary members are currently being recruited to sit on these hearing panels.

We are looking for people from a range of backgrounds. You do not need any particular qualifications or be

involved in the education sector, but you will need to be:

- Articulate
- Non judgemental
- Able to make rational and reasonable decisions
- Community focussed and keen to participate in a voluntary non-paid role (A fixed rate is paid to cover expenses)
- Able to attend full day training sessions (Exclusion Training is scheduled for Thursday 12th March and Admission Training is scheduled for Monday 23rd March – both at Newham Dockside. You must attend the training day relevant to the Panel(s) you applied for)

All panel members are required to undertake a DBS check and may be required to attend a short informal interview. For more information and how to apply visit www.newham.gov.uk/Pages/ServiceChild/Volunteering-opportunities.aspx

HAPPY BUILDING A FINE CAREER

Saran 'Happy' Coman



In May last year Saran 'Happy' Coman, a single mother from Plaistow, embarked on a career in the construction industry after receiving help and support from Workplace, Newham Council's jobs brokerage service. Last month Happy was one of the inspirational speakers at the launch of the Council's Community Wealth Building strategy.

Happy was advised by Workplace to attend a Women in Construction event where she was inspired to think of career in a sector she'd never previously considered.

Happy said: "I was looking for a job where I could use my physical strength and mental ability and construction felt perfect. Construction is not just a job, it's a way of life. In the morning, the ground is flat and by the end of the day, it has a different structure because I've helped to create it. Other women can be where I am today, you just have to follow your passion and respect and believe in yourself."

After six weeks training and a month's work paid placement at Morrisroe construction, Happy became the first female site operative, which means she was active physically on the site, and is thrilled to be working equally alongside men as an equal. She is currently working on the University College London project, building its new campus in Stratford.

Happy said: "I was looking for a job where I could use my physical strength and mental ability and construction felt perfect. It is very strategic; everything has to be accurate; angles cut in timber have to be precise and detail is everything. I have also gained other skills such as carpentry, plumbing, painting and health and safety.

"I love this job because we are small human beings helping to create infrastructure, making new high buildings that people can stay in. People say construction is a dirty job but you are not dirty, your clothes are dirty but you are

not. Women should not be afraid of joining the construction industry; it's not a tough job and it is definitely becoming more open to women."

Martin Brille, Happy's manager at Morrisroe, said; "Happy has great potential; she quickly picks up everything and is always keen to learn more."

Happy joined Mayor Rokhsana Fiaz and Shadow Chancellor John McDonnell MP for the launch of the Council's Community Wealth Building strategy in the Royal Docks.

Other speakers on the day were Sam Gurney from the Trades Union Congress and Frances Jones from the Centre for Local Economic Strategies (CLES). CLES has worked closely with the Council to help Newham take its place at the forefront of the community wealth building movement in the UK.

The strategy highlights the council's commitment to pursuing economic, social and environmental justice so that long-term prosperity, wellbeing and fairness is achieved for all the borough's residents. It also compliments the Mayor's goal of putting people at the heart of everything the Council does, as residents, small businesses and the voluntary sector will be involved in shaping Newham's local economy.

Mayor Fiaz said: "At a time when poverty and inequality in the borough have become even more pronounced and when the response to the climate emergency is urgent, we want to make sure that growth and investment in the borough benefits all our residents.

"Happy has worked hard to forge a career in the construction industry. It's so that there can be more people like Happy that we are pursuing our pioneering Community Wealth Building approach."

To read the full strategy, visit www.newham.gov.uk/communitywealthbuilding



The Mayor and Happy at the Community Wealth Building launch with Mr McDonnell, Frances Jones and Sam Gurney

Join us for this special event and

Let's talk about...money

Tuesday 25 February 2020

11am - 3pm

Beckton Globe Library

1 Kingsford Way, E6 5JQ

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advice and support on:

- benefit entitlements
- affordable loans
- debt advice
- energy bill savings
- financial health check
- money saving tips

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For full details visit
newhammoneyworks.co.uk

Ken's Story...

Ken is our Operational Supervisor at Manor Park Fitness Centre. After moving to the UK in 2000, he joined the British Army as an Infantry Soldier, serving on the front line. After suffering some life changing injuries, he became his own hero; recovering and getting back on his feet!



What injuries did you sustain during your time in the Army?

There's quite a few! Including: my hearing has gone in one ear, I'm blind in one eye and partially sighted in the other. I also broke my arm, I have a finger missing, suffered laceration to my lungs and liver, fractured my pelvis and lost muscle in both thighs due to an IED explosion. I also suffered with depression at the beginning of my recovery.

What was your first thought when you began recovery?

It was mixed - I was hopeful but I also struggled to get my confidence back due to the 4 years I spent in recovery rehabilitating. I had to take my time and be patient with it - it was one step at a time. My family and friends were hugely supportive but my main tool was my pure determination and will to improve.

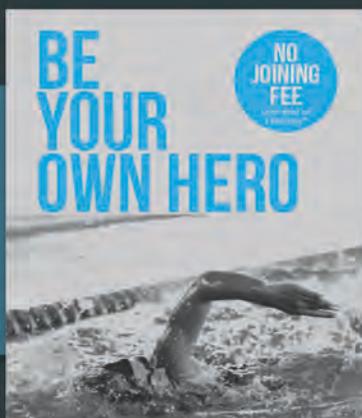
What made you decide to turn your hand to fitness after you recovered?

Fitness is a key element from my old career - being fit physically and mentally is a must. You won't be able to do certain missions if you're unfit in the battle field. But also, fitness became my own therapy when I was in a bad place and then it gave me a place and purpose to help others. It sounds very cliché but it's where I can contribute to my community.

What advice would you give someone overcoming hurdles to get back into a fitness regime?

My top piece of advice would be to think about what you can do to better the situation that you are in right now. Just dig deep in your mind. No pressure, just small steps at a time and never give up. The medicine is in your own hands - 100% commitment and effort for improvement.

You can find Ken around all our centres, so if you see him, say hello!



**BE YOUR OWN HERO!
SIGN UP TODAY AND PAY
NO JOINING FEE UNTIL THE
END OF FEBRUARY**

in partnership with



Make a difference to a child every month

We are looking for short break foster carers who can spare at least one weekend a month to care for a child with a physical or learning disability.

Just one weekend a month makes all the difference to a family.

As a Short Break Foster Carer we will support you through:

- A generous allowance
- A one-off grant of £750 to set up your home
- Bespoke training in relation to the child you are caring for
- Support from our specialist services
- Being part of a team supporting children in Newham

Interested?

If you would like to find out more about respite fostering please give us a call on **0800 0130 393**.

www.newham.gov.uk/fostering



A JOYOUS BALL OF MAGIC OR AN UNPRECEDENTEDLY MONSTROUS PROPOSAL?

Citizen Journalist Anne Cross takes a look at the proposed plans for the Madison Square Garden (MSG) Sphere – a new music and entertainment venue in Stratford.



A campaign to prevent construction of the proposed 90-metre-high sphere continues after a consultation meeting with local residents at the beginning of January.

The proposal includes a 21,500-capacity LED-covered venue to be built on land off Angel Lane which was purchased by the London Legacy Development Corporation (LLDC) in 2016.

The entertainment quarter developed in Stratford since the Olympic Games in 2012 attracts millions of visitors a year, mostly from outside Newham. Those who continue to drive to the venues of Westfield, Queen Elizabeth Olympic Park, the Copper Box Arena, and the restaurants and bars surrounding them may notice what those who arrive by public transport do not – that Stratford is a densely populated area.

Lindesay Mace, who has lived in Newham for four years, is one of the organisers of the Stop MSG Sphere London campaign. She is most worried about the negative impact on health that the development could have on local people. She said: “The impact on the health of residents with increased noise, light and air pollution, is inestimable. I’m aware that MSG are offering community grants to local schools and businesses but this will not compensate the terrible effect it might have on our lives.”

Jayne McGivern, Executive Vice President for Development and Construction at MSG, has been quoted publicly as describing the proposed new venue as a ‘joyous ball of magic’. She said: “We have been listening to, and acting upon, feedback from Newham and

the wider East London community during the planning process. When they were independently surveyed, an overwhelming 85 per cent of adults polled in Newham said they support our plans for MSG Sphere.

“Local residents are vital to the success of this project and we look forward to bringing significant investment and benefits for the local community, including thousands of jobs paying at least the London Living Wage.”

The power to grant planning permission for the development lies with the LLDC. West Ham MP Lyn Brown has previously raised concerns about the power of the LLDC. She wrote to the Mayor of London saying: “I have been told that unelected members of the LLDC Board and planning committee frequently outvote elected borough representatives and this has often resulted in development that fails to benefit local people.”

A spokesperson for the LLDC said: “Our independent planning decisions committee will determine the application in line with national, London-wide and local planning policy.”

The consultation period closed at the end of January and a planning application will be resubmitted to the LLDC. People can still have a say via a petition at: www.change.org/p/lldc-stop-the-msg-london-sphere



Newham’s Citizen Journalist panel was formed as part of a commitment by Mayor Rokhsana Fiaz to ensure open and transparent democracy in Newham. Panel members write articles on subjects that matter to them and offer a different perspective about what’s happening in the borough. Any views and opinions expressed in this article are those of the author.



Lesson in tackling poor air quality

**NEWHAM
CLIMATE
NOW**

Everyone has a part to play in supporting Newham Council's ambitions towards tackling the climate and health emergency. A school in Manor Park is setting an example for us all to follow.

Newham Mayor Rokhsana Fiaz and Mayor of London Sadiq Khan visited Salisbury Primary School to see the work being done to reduce poor air quality for pupils and staff.

The two Mayors took along with them British Formula E driver Sam Bird and his new Gen2 race car to show pupils how the sport is helping to innovate electric vehicle technology. The Formula E Championship comes to the Royal Docks in July with a race at the ExCeL London exhibition centre.

The visit was arranged because Salisbury school was identified by the Mayor of London's air quality audit programme as one of 50 schools in need of most work to reduce the impact of pollution on pupils and staff.

The school, which has 600 pupils and lies close to the congested Romford Road, was awarded £10,000 of Mayor Khan's £1 million improvement fund. With a further £110,000 from Newham Council the school was able to relocate its Day Care Centre playground away from Romford Road, reducing the children's exposure to

harmful emissions. Pollution absorbing plants have been placed around the junior playground.

Mayor Rokhsana Fiaz said: "According to Public Health England, Newham has one of the highest rates for deaths attributable to air quality with seven out of every 100 linked to dirty air – that's an estimated 96 people dying prematurely each year. We have one of the highest number of children in the country admitted to hospital due to asthma-related conditions. That is why it is absolutely critical that we tackle the pollution that threatens all our lives, particularly our children. Our Newham Climate Now project will over the coming months clean our environment and tackle climate change so that our future generations can grow up in a safer, cleaner and greener borough."

Mayor Khan said: "It's wonderful to see Salisbury Primary School leading the way and transforming their environment into a safe, clean space for everyone."

The Council has extended air quality monitoring to all its 96 primary and secondary schools as part of a long-term air quality study. The monitoring will help target clean air initiatives which include a Healthy School Streets programme and anti-idling campaign. Visit www.newham.gov.uk/newhamclimatenow for more details.



Mayors Khan and Fiaz, Formula E driver Sam Bird with his race car and children at Salisbury School



Pictured from left, are: Paul Stephen; Cllr Brayshaw; Lloyd Johnson, chairman of Newham Chamber of Commerce; Julia Bollam, Director of Apprenticeships at Newham College; Carlos Cubillo-Barsi; and front, Farhan Hussain, a sales executive level 4 apprentice with Digital Skills Solutions.

Apprentices – you're hired!

As part of Newham Council's community wealth building ambitions, a scheme is offering residents more opportunities to start an apprenticeship.

The Council has partnered with Newham College London and its subsidiary company Digital Skills Solutions whereby a percentage of the Council's unspent Apprenticeship Levy Transfer can be used by small-to-medium-size enterprises (SMEs) who wish to train apprentices via the College.

Since the introduction of the Apprenticeship Levy by the Government in April 2017, the Council has had to pay 0.5 per cent every month of its total payroll costs into a levy pot held by Her Majesty's Revenue and Customs. If after two years all the money is not used by the Council to train apprentices, it is swallowed up by the Treasury.

The new 12-month scheme will now see the Council transfer up to 25 per cent of its apprenticeship levy account to support SMEs to access apprenticeship training at no direct cost to their business and create more apprenticeship opportunities for residents.

Apprenticeships on offer include those in the fields of business and administration, catering and hospitality,

construction, digital, education and childcare, engineering and manufacturing, health and science, finance and accountancy, and sales, marketing and procurement.

Councillor Steve Brayshaw, Newham Council's Commissioner for Skills, told local businesses about the new scheme during a Newham Chamber of Commerce breakfast meeting in Stratford. He said: "This is community wealth building in action – using our own funds as both a local authority and employer for the benefit of residents, as well as our business community."

Paul Stephen, principal and chief executive of Newham College London, said: "Newham Council's innovation, creativity and partnership working means we can support even more local residents on their journey to great careers."

Carlos Cubillo-Barsi, managing director of Digital Skills Solutions, who will operate the apprenticeship brokerage service for the College, said: "We know the fantastic benefits that apprenticeships can deliver in terms of developing new talent and providing access to great careers."

Children visit site of new school

Young children donned hard hats and high visibility jackets to visit a building that will soon become their school.

Royal Wharf primary is a new community school for West Silvertown and is part of the Britannia Education Trust. It is being constructed by developers Ballymore Oxley.

The first group of 60 reception class age pupils has already been enrolled at Royal Wharf, but their new school in Crescent Wharf is not ready yet so they are having to share learning space at nearby Britannia Village Primary School.



The excited children at their new school

Linda-May Bingham, executive head teacher of both schools, said the pupils are very excited about moving into their new building. She said: "The children were made to feel like royalty as they were all warmly welcomed and photographed at the new building. They stood in the vast school hall and tried to imagine what it might look like when complete."

To find out more about the school, visit www.RoyalWharfPrimary.co.uk

Applications open for good causes fund



Last year's successful recipients of the awards with Deputy Mayor Charlene McLean

Community projects and organisations can now apply for funding from the Aspers Good Causes Fund, set up by the casino in Stratford and Newham Council to support projects that help residents build confidence and skills.

The programme began in 2013 to help and improve community life in Newham. It is open to any not-for-profit organisation working in the fields of education, art, dance, music, sport and the environment.

More than 100 projects have so far received awards totalling in excess of £800,000. The 2020 programme is now

open for applications for small grants of up to £1,000 or larger grants of up to £7,500.

Groups have until 5pm on 27 March to apply. Organisations should be based in or working in Newham. The proposed projects must benefit the borough's residents.

Visit www.newham.gov.uk/goodcausesfund to download an application form and guidance notes. Email goodcausesfund@newham.gov.uk or call **0203 373 1460** for more information.

BOXING CLUB RE-OPENS

Fairbairn Boxing Club in Manor Park has officially reopened following extensive works made possible through funding from Newham Council.

The opening was attended by Olympic Bronze medallist and British Light Heavyweight champion Joshura Buatsi, Fairbairn head coach Jumbo Basi, Powerday head of sales Anthony Davitt, East Ham MP Stephen Timms and London Boxing president Lenny Hagland.

The works were part funded by Newham Council who provided £80,000 and Sports England who provided £50,000. The club, which was founded in 1897, has been located across the borough over the years and thanks to the works now has a permanent home at Snowhill Road.

The club plans to build on increasing participation levels

through outreach work in schools and community groups.

Jumbo Basi, head coach, said: "Through these exceptional facilities we can now further enhance our voluntary inspirational provision within our own premises without the restrictions of time, access and equipment. These facilities are a legacy programme post London

2012 and is a commitment from the community and Council to empower locals to do more for young people across Newham."



Young artist is in the party mood



Nojus with the Lord Mayor of the City of London and his wife Hilary, the Mayoress

Young artist Nojus Juodelis, who came first in a competition, took his parents to the prestigious Lord Mayor's Children's Party in the City of London as part of his prize.

Children from Portway Primary School in Plaistow took part in a Place2Be project competition to come up with ideas for a theme and decorations for the party held every year in the Mansion House. Place2Be is a charity that supports children's mental health and is favoured by William Russell, the Lord Mayor of the City of London.

Nojus, ten, a member of his school's art club who regularly takes part in drawing competitions, was chosen as the winner and attended the party with his parents and celebrated with the Lord Mayor.

He said: "It was a huge surprise to find out I won. I'm very grateful to Mrs Airina Narbuntiene, my art teacher, for supporting me and allowing me to develop my skills."

Japanese educators are impressed with 'brilliant' teaching in Newham



Japanese visitors had lunch with students

Children and staff at Maryland Primary School in Stratford welcomed a group of 20 Japanese educators who were part of a project to learn about best practice in teaching in British schools.

The group, which is carrying out research on teaching, learning and leadership, was made up of university professors, officers from the Osaka board of education, primary and secondary school teachers and an interpreter.

They commented on the brilliant teaching and said they were looking forward to taking what they have learned to raise standards in their schools. The aim of the project is to develop closer links with Japanese colleagues and continues with a delegation of Newham teachers visiting Japan in the future.

Lorna Jackson, head teacher at the school in Gurney Road, said: "I am so proud of Maryland's pupils and staff. I feel privileged that our teaching and learning is supporting schools on the other side of the world."

Kids' Corner



PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

KIDS' CORNER, WEST WING, 4TH FLOOR, NEWHAM DOCKSIDE, 1000 DOCKSIDE ROAD, LONDON E16 2QU or newham.mag@newham.gov.uk

Parents, guardians are advised that by submitting an entry with the child's details you are giving permission for the Newham Mag to print their name and age to feature in the gallery. Details provided will not be used for any other purpose. Only the winner's details will be sent to Stratford Picturehouse, the prize provider.

GALLERY



Simran Kaur Parmar, 12



Khadijah Bawany, 5



Ahmad Raza, 8



Mahnoor Siddiqi, 6

Colour-me-in Crossword

Poem

It was a dark and stormy night,

Luckily, fish don't bite.

For a boy and his family,

Were in a boat and drifted out to sea.

They passed a shark and passed a whale

Fortunately, sea water doesn't become stale.

Inside another boat was a boy,

With clothes on and a toy.

He was abandoned, so sad,

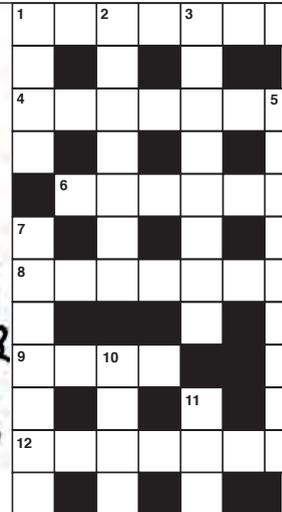
He said it himself that he had been bad.

They took him in,

At last he was no longer eating from a bin.

Ijaz Adam, 10

Crossword



Across

1. Light umbrella giving protection from the sun (7)
4. Kenya's capital city (7)
6. Sailing on a ship (6)
8. She writes the Harry Potter books (7)
9. School test (4)
12. Agile performer in a circus (7)

Down

1. Small horse (4)
2. Arch of colours in the sky (7)
3. Bratislava is the capital of this European country (8)
5. Feeling angry or annoyed (9)
7. London football team (7)
10. Unit of land (4)
11. Movement of the tide out to sea (3)

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newham.mag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

WHAT'S ON

UNDER-FIVES

Storytelling 🌈 Tues, 9.45-10.30am, 10.45-11.30am, Canning Town; Mon, 10-11am, Fri 10-11am, Manor Park; Thurs, 10.30-11.30am, Forest Gate; Tues, 10:30-11:30am, Thurs, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton; Mon, 10.30-11.15am, Custom House; Tues, Fri, 11am-12pm, Stratford; Tues, 10-11am, Thurs, 10-11, East Ham (term time only)

Sensory Storytelling 🌈 Run by St Stephen's Early Start. Fri, 1-2pm, Green St

Bumps and Bundles Group 🌈 Fun interactive session for parents and carers of babies under 18 months. Run by Rebecca Cheetham Children's Centre. Mon, 10-11.30am, Stratford

Healthier and Happier Babies and Toddlers 🌈 First Weds of the month, 1-2.15pm, Canning Town

Baby and Toddler Group 🌈 Play sessions run by Plaistow Children's Centre. Mon, 10am -11am, Tues, 9.30-11am, Jeyes C.C

Baby Rhyme 🌈 Weds, 12.30-1.30pm Manor Park,

Thurs, 10-10.45am East Ham (term time only)

Jigaree 🌈 Fri, 10-11am, Plaistow; Fri, 1.30-2.30pm, Canning Town

Baby Feeding Support For baby feeding support at other locations check the Facebook page: Newham NCT, or email: branch.newham@nct.org.uk Thurs, 9.30am-12pm, at NCT Milk Bar @ Space, Stratford Salvation Army, 1 Paul Street, E15 4QB

Songs & Smiles 🌈 Music group for 0-4-year-olds, their grown ups and care home residents. Summerdale Court, Canning Town, E16. For more information email songs@thetogetherproject.co.uk Mon, 11am-12pm

Toddler Time 🌈 Parents with children aged three or under welcome for pre-school fun and activities. Contact Mrs F Patel on 020 8514 9860 for more details. Tues, 2-3pm, term time. Sir John Heron Primary, School Road, Manor Park.

Saturday Family Fun Older siblings welcome. First Sat of the month, 10.30am-12.30pm, Beckton Globe Library.



YOUNG PEOPLE

East Ham Youth Drop in 🌈 Sony PS4, DJ Decks and other activities for 11-19 year-olds. Includes support in using IT for homework. Mon, 4.15-6.15pm; Tues, 4.15-7.15pm, East Ham; Mon, 4.30-5.30pm, Plaistow

Junior Football Sports Coaching (7-12yrs) 🌈 Coaching provided by activeNewham. Fri, 4-6pm, Jack Cornwell C.C

Homework Club 🌈 Free study support for young people at their local library. Age: varies from site to site. Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow (laptop support); Fri, 4.30-6pm, Canning Town; Fri, 4-5pm, East Ham; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate

Green Street Youth Works (11-19 yrs) Drop in for Tae Kwon-do, Sony PS4, teenage careers, chill zone, healthy living and other activities. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C

Games Club (7-16yrs) 🌈 Weds, 3.30-6.30pm, Forest Gate; Mon, 4.30-5.30pm, Plaistow; Thurs, 5-6pm, Canning Town

AJ Football (4-11yrs) Thurs, 6-7pm, Newham Leisure Centre, 281 Prince Regent Lane, E13 Cost: £5 per session, (first session is free). Contact Anna Russell

07834 386814 or Justin Gardner 07438 033195 for more information.

Chill Spot (11-19yrs) 🌈 Exciting youth initiative includes table tennis, games, debates, creative workshops, film club and more. Mon, Weds, 3.30-6pm, Stratford

Family Rangers 🌈 First Sat of the month, 1-4pm, Plashet Park

Chatter Books (7-12yrs) 🌈 Book club aimed at inspiring young children to read for pleasure. Sat, 2.30-3.20pm, Plaistow; Tues, 4-5pm, Fri, 5-7.30pm, Sat, 3.30-5.30pm, East Ham

Lego Club (5-12yrs) 🌈 Sat, 3-4pm, Forest Gate ; Sat, 2-3pm, Green Street; Sat 12-2pm, East Ham; Tues, 3.30-4.30pm, Manor Park; Mon, 5-6pm, Canning Town; Fri, 4-5pm, Beckton

Science Club Join our fun, interactive science club conduct experiments, watch demonstrations and record the results. Tues, 4.30 -5.30pm, Plaistow; Mon, 4-5pm, Manor Park

Children's martial arts For children aged 15 and under. Learn a range of martial arts including Shaolin mantis kung fu and Indian kalari payyat. Mon, 5pm; Sat, 11am, Ithica House, 27 Romford Road, Stratford, E15. First lesson free. For more details, call Paul 07702 594 398

ACTIVITIES AND SUPPORT

Chess Club ★ Weds, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Mon, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate; Thurs, 5-6.30pm (children's), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 4-5pm, Thurs, 5-6pm, Plaistow; Thurs; 4.30-6pm, Sat, 11am-12.30pm, Manor Park

English Conversation Club ★ Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; First Mon of the month, 10.30-11.30am, Green St

Adult Reading Groups ★ Third Sat of the month, 10-11am, Custom House; Third Tues of the month, 6.30-7.30pm, East Ham; First Tues of the month, 6.45-7.45pm, Plaistow; Last Tues of the month, 3-4pm, Canning Town

ICT Drop in ★ Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate

Crochet ★ Mon, 10am-12pm, Plaistow

Memory Lane Café ★ For people with dementia and carers. Fourth Thurs of month, 1-3pm, East Ham; Third Weds of month, 12-3pm, Jack Cornwell C.C; First Fri of month, 2-4pm, Canning Town

Basic Computer Skills ★ Thurs, 10am-12pm, Manor Park

Together We Can ★ For adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

ESOL Entry 2 (16yrs) ★ ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Tues, 10am-2pm, Plaistow

Writers Group (16yrs) ★ Thurs, 6.15-7.45pm, Canning Town; Last Thurs of month, 5.30-7.30pm, Forest Gate

Life in the UK Classes 12-week course to support prospective candidates who want to take the Life in the UK Test and B1. Contact Franklyn on 02085423904 for information. Mon, 10.30am-12.30pm, Manor Park; Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham TT; Tues, 12.30-2.30pm, Stratford; Tues, 10am-12pm, Beckton TT

Crafty Crafters Club ★ Mixed adults crafts. Mon, 1-3pm, Custom House

E20 Board Games ★ www.facebook.com/groups/E20BG Thurs, 8pm, The Hall, 2 Victory Parade, E20

HOLA East! ★ For Spanish speakers or those who want to improve their skills in the language. Thurs, 6.30-7.45pm, Stratford

Poetry Group ★ For more details, email sonsequin@

hotmail.com Mon, 6-7.30pm, Stratford; Thurs, 5.30-8pm, East Ham

Creative Writing ★ Learn new skills and make new friends at Stratford's creative writing group. Sat, 11am-1pm, Stratford

Knit & Natter (16yrs) ★ Fri, 10am-12pm, Canning Town; Tues, 10am-12pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10am-12pm, Fri, 10am-12pm, Plaistow; Tues, 10.30am-12.30pm, Green St, Tues, 11am-1pm; Forest Gate, Mon, 11am-12.30pm, Beckton;

Table Tennis ★ Mon, 12-3pm, Forest Gate; Tues, 5-6pm, Canning Town; Sat, 3-5pm, Plaistow

Reading for Pleasure Group Join our reading group, make new friends and explore the world of reading. Fortnightly, Thurs, 6.30-7.30pm, Stratford

Studio Sessions - Music Production Workshops ★ Fri, 5-7pm, term time, ASTA Community Centre, 14a Camel Road, Silvertown, E16; Contact Newham Music for more details on 020 3598 6260. Thurs, term time, 6.30-8.30pm, Little Ilford Learning Zone, 1a Rectory Road, Manor Park, E12

Sing East Community Choir ★ Weds, 8-9pm, term time, Chobham Academy, 40 Cheering Lane, Stratford E20. Contact Newham Music for more details 020 3598 6260

East Edge Sisters (E6) Monthly meeting of the Women's Institute branch to allow women to develop new skills, discuss important issues and build new friendships. First meeting free. For more details, email: eastedgesisters@gmail.com Second Tues, of the month, 7.15-9.15pm, St George & St Ethelbert's Church, Burford Rd, East Ham.

Talking Point English Conversation Classes (intermediate) for adult learners seeking to improve their conversation skills. Call Chris on 07722 521032 for more details. Sun, 3.30pm-5pm, £2 p/class, USS, 1 Salway place, Stratford, E15 1NF.

Long Term Health Conditions Support Group Join our User-led Support Group which aims to bring together residents with various health concerns to support each other and to share information/experiences. Third Thurs of month, 4.30-6.30pm, Canning Town



All listings may be subject to change. Please contact individual events and activities before attending.



COMMUNITY ACTIVITIES

Career Progression Club  Book in advance by calling 020 7476 1666 **Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm, RDLAC, Albert Road, North Woolwich, E16**

Stratford Book Club Sociable book club, meets at the King Edward VII in Stratford to read fiction and non-fiction titles. Visit www.meetup.com/stratfordbookclub for more information. **Last Mon of each month, 7.30-9.30pm**

Asta Singers Community singing group. Contact 020 7476 5023. **Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16**



BOXING AND SELF DEFENCE

Mixed Martial Arts Sessions for children run with professional teacher, £2 children, £5 adults. More info at <http://sifudavidsingh.wixsite.com/website> **Mon, 6.30-7.30pm, (6-13yrs); Tues, 6.45-7.45pm, (6-13yrs); Thurs, 4.45-5.45pm, (6-13yrs); Thurs, 6-7pm, (adults) Beckton**

A1 Judo Club **Weds, 5.45-6.15pm Tots (3-4 year olds); 6.15-7.15pm Under 8s, 7.15-8.15pm Over 8s; Sat, 2.15-2.45pm Tots (3-4 year olds), 2.45-3.45pm Under 8s, 3.45-4.45pm Over 8s.** East Ham Leisure Centre. Contact Tahmina on 0772 585 8796 or visit www.a1judo.com

Modern Arnis and Self-Defence **Tues, 4-5pm, (6 to 11 yrs), Sat 11am-12pm, (9-12 yrs), Jack Cornwell C.C**

Tae Kwondo (4-14yrs)  A 10-week programme. To book, email: khanqublackbelt@yahoo.co.uk or call 0798 4684805. **Fri, 6.45-7.45pm, Green St**

Silat Martial Arts Classes for boys (7-16), £5, 2-3pm; girls (7-16) £5, 3-4pm, and men (16+) £10, 5-7pm, **Sun, 266 High St North, Manor Park.** Register online at <http://tiny.cc/martialArtsAtJamia> or call 020 8472 5663



GREEN

Newham Green Gym Conservation at East Ham Nature Reserve, Norman Road, E6. **Weds and last Sat of the month, 10am to 1 pm.** Visit www.newhamgreengym.org for more details.

Community Gardening  **Thurs, 4.30-6pm, St John's Green, Albert Road, North Woolwich; Fri, 10am-1pm.** Grow Together, Be Together Community Garden, Wellington Rd, East Ham

Community Gardening Course - Cody Dock  Sessions for the over 55s. Call 020 7473 0429 or 0754 3810969 for details. **Weds, 1-2pm, Cody Dock, 11c South Crescent, Canning Town; Tues, 11.30am-1.30pm, The Well C.C**

Community Garden – Forest Gate **Thurs, 2-5pm; Fri, 1-5pm; Sat, 10am-4pm, 136 Earlham Grove, E7 9AS**

Rewild Your Child A range of exciting and fun filled nature sessions with experienced field teachers who will lead the way in exploring, creating and learning about the wilder side of East Ham. **17, 18, 19, 20 and 21 Feb; 1-3pm at East Ham Nature Reserve**

Healthy Livin' Cooking (16-21) Course for young people. **17, 18, 19, 20 and 21 Feb; 12.30pm-3pm at the Food Academy, East Ham Leisure Centre**

East Ham Sound Fest **Sat 15 Feb and 21st March; 12-4pm, East Ham High Street**



HEALTH AND FITNESS

Yoga Build strength and tone muscles, reduce body pain, stiffness and fatigue. Suitable for all levels, open to men and women. **Mon, 6-7.30pm, Beckton (open to all); Thurs, 8.15-9.15am (over 55s), Forest Gate; Sat, 10am-12pm, Thurs, 5.45-7.45pm (£1 per person) Plaistow; Thurs, 6-7.30pm, (£2 per person) Stratford; Tues, 1.30-2.30pm, (over 50s free, under 50s £2) Jack Cornwell C.C; Mon, 6-7.30pm, Tues, 6-7.30pm, (free for all ages) Green Street; Weds, 12.30-1.30pm, Katherine Road C.C; Weds, 5.30-6.30pm; (Cost: Donate what you can).**

Yoga for the whole family **Tues, 5-6pm, Green Street**

Stratford Judokwai Tiny tots (5+). **Weds, 6.30-8pm; juniors (9+), Tues, 6.30-8pm, Thurs, 6.30-8pm; youth (13+) seniors, Tues, 8-9.30pm, Thurs, 8-9.30pm, senior beginners, Weds, 8-9.30pm.** Carpenters & Docklands Centre in Gibbins Road, Stratford, E15 2HU. Contact Mick Foulger on 07985601260 or Paul Willis on

07836659605, or mick1f@talktalk.net or paulwillis83@live.co.uk for more details

Salsa **Fri, 6.15-7.15pm, East Ham; Sat, 2.30-4.30pm, Forest Gate**

Woodside Badminton Club Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. **Fri, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbins Rd, Stratford**

Zumba Registration essential. Bring water and a towel, for all ages and abilities. **Mon, 9.30-10.30am (£3), Tues, 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri, 6-7pm (free) Canning Town; Weds, 6.30-7.30pm (free) Manor Park; Tues 5.30-6.30pm (free) Stratford; Tues, 1-1.45pm £1 for under 55s, Katherine Rd C.C**

Pilates and Back Solutions **Mon, 10-11am; Tues, 8-9am; East Ham**

UNITYZUMBA Tues, 8-9pm, Thurs, 8-9pm St Mark's C.C.; Fri, 7.30 – 8.30pm, Flipout Trampoline Park, 281 Barking Road, East Ham, E6. Sessions cost £5, call 07886 884 573 for details

Pain Management  Second Fri of the month, 5.30-7pm, Manor Park

Diabetes Support Session  Information session on how to prevent and manage the condition with specialist advice. Third Fri of the month, 5.30-7pm, Manor Park

Newham Dog Community  Monthly dog walks, various group events and activities. Call 07927 176477 or join the closed group on Facebook or visit www.newhamdogcommunity.co.uk

Hatha Yoga £5 first class, email yogabreathandbody@gmail.com for details. Beginner/Level 1 hatha yoga: Mon, 7.15-8.45pm, Weds, 6.30-7.45pm, Chandos C.C

Zumba  Child-friendly sessions which will run for an initial 10 weeks and possibly long-term depending on demand. Fri, 10-11am, St Mark's C.C, Tollgate Road, E6

Zumba with Cuban David For more details call David on 07950424778 or Chris on 07956723915. Mon, 6.30-7.30pm, £5 per class. Queens Road West Community Centre, 63 Queens Road West, Plaistow, E13 0PE.

Inclusive Yoga  A slower, gentle class on the chair, mat or wheelchair. Thurs, 11.15am-12.15pm, Beckton

Get Active, Get Healthy, & Exercises for Fitness  Thurs, 11am-12pm, Jack Cornwell C.C

Fitness  Sessions free for over 55s but £1 for under 55s. Thursday fitness at 9.15-10am (55+); Thursday fitness at 10-10.45am is open to all (£1 charge for under 55's); Zumba, 1-2pm, Tues, ladies only (55+); Exercise for ladies, 9.30-10.30am, Fri (55+); Exercise for ladies, 10.30-11.30am, Fri, (£1 charge for under 55's), Katherine Road C.C

Tea Dance  Call 0793 035 2453 for details. Weds, 2.30-4pm, Canning Town

Over 50s Social Club Friendly community group offers a game of dominoes, cards, bingo, a light lunch (£2) and much more. Tel: 020 8514 0903. Weds, 11.30am-3.30pm, Manor Park C.C

Newham Parkinson's Group  Drop-in sessions for those affected by Parkinson's. 3rd Mon of the month, 11am-1pm, Stratford

Line Dancing Mon, 6.30-7.30pm (55+), Canning Town; Weds, 12.15-1.15pm (£2pp), The Well C.C; Thurs, 1-3pm (£1 per session), RDLAC, Albert Road, North Woolwich

Walking Group  Social walks in the Beckton and Royal Docks areas. Fri, 1.15pm, Beckton

Tone-Tastic Low impact aerobic class with resistance bands. Mon, 3.30-4.30pm, Forest Gate

Healthy Hearts Programme Weds, 3.30-4.30pm, Plaistow

Drop-in Embroidery Class (50yrs)  Mon, 11am-1pm, East Ham

Over 60s Social Club Fri, 12.45-2pm, Canning Town

Games and Friendship Club  Chat and make friends over some games and a cuppa. Thurs, 11am-1pm, East Ham

Art Classes for over 55s Classes run by the Renewal Programme at 395 High Street North, Manor Park, E12. For more details call 020 8471 6954 or www.renewalprogramme.org.uk Middle Eastern Art & Calligraphy, Fri, 10am-12pm; Photography for over 55s, Thurs, 10am-12pm; Textile Design for over 55s, Tues, 1.30-3.30pm

Holiday Spanish Club (50yrs)  Weds, 12.30-1.30pm, Manor Park

Forever Young (50yrs) Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Forest Gate

St Luke's Over 50s Club Activities include gentle Tai Chi, board games, gardening and sewing. Call Alison Skeat on 0207 366 6403, for details email alison.skeat@chctcrp.org.uk Fri, 10.30am-4.30pm, St Luke's C.C, Taring Road, E16

Tai Chi Mon, 12.15-1.15pm, £2, The Well C.C; Weds, 8.15-9.15am, Forest Gate

Chair Based Yoga Tues, 11.30am-12.30pm, Fri, 12-1pm, Jeyes C.C

Creative Coffee Morning (65yrs+)  For more information, call Colette on 020 8279 1002 or colette@stratford-circus.com Thurs, 10am-12pm, Stratford Circus Arts Centre, Theatre Square, Stratford, E15; Tues, 2-2.30pm, Katherine Road C.C

Over 55's fitness session  Register at Plaistow Library. Fri, 11am – 12pm, Newham Leisure Centre

Keep Fit Line Dancing for Over 55s  Weds, 2.30-4pm, Custom House & Canning Town neighbourhood centre, E16. Call 07930 352453 for more details.

Chair-based Exercise Fri, 11am-12pm, East Ham

Move Me Dance Tues, 10-11am, East Ham

FEMALE SPORTS

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. £2. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

Women's badminton academy £2.05 charge. Fri, 1-3pm, East Ham Leisure Centre, 324 Barking Road, East Ham, E6. Call 07930 162505 for info

Women's Boxing Mon, 9.15-10.15am, Katherine Road C.C

Women's Fitness  Contact courses@bonnydowns.org or call 020 8586 7070 for more details Mon, 6-7pm, The Well C.C

Zanga Zanga Fitness (16yrs) £5 per session. Thurs, 5-6pm, Froud Community Centre, 1 Toronto Avenue, Manor Park

SPORTS

Black Arrows Badminton Club Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16yrs+) Sun, 10-11.30am, 11.30am-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford Email: playtennis@activenewham.org.uk

Football and boxing  60A Albatross Cl, London E6 5NX. For more details, email: AJohny@westhamunited.co.uk. Sat, 10am-12pm



Walking Football (18yrs)  Mon, 10-11am (except Bank Holidays), Call 07306 010857 for more details, Memorial Park AstroTurf, E15 3BP

FOOTBALL

AIR Football (16yrs) Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6

WHU Kicks Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball Sessions Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Mon, 5-6pm, Newham Leisure Centre. Weds, Fri, 5-6pm, NewVic, E13 Contact Paul495@btinternet.com or call 07811 671082

Wheelchair Cricket (12yrs) Thurs, 6-7pm, Newham Leisure Centre. Contact Bradley.Donovan@essexcricket.org.uk

RUNNING AND ATHLETICS

Running and Athletics Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

East End Road Runners Coached sessions. Newham Leisure Centre, E13. Tues, Thurs, 7pm; Sun, 9am. Call 07979 261647

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. Tues, 18 Feb, 6pm, Cabinet; Mon 2 Mar, 7pm, Council, Old Town Hall, Stratford, E15; Tues, 3 Mar, 6pm, Cabinet; Tues, 10 Mar, 6.30pm, Strategic Development Cttee, Old Town Hall, Stratford, E15; Tues, 17 Mar, 6.30pm, Standards Advisory Cttee; Tues, 17 Mar, 7pm, Overview and Scrutiny Cttee. **For the full list of meetings visit www.newham.gov.uk/councilmeetings**

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 22 Feb, 10am-12pm, East Ham Library, Barking Road, E6. Sat, 7 Mar, 10am-12pm, Canning Town Library, Rathbone Market, Barking Road, E16. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery Weds, 19 Feb; Weds, 18 Mar. Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query

 **CONTACT DETAILS**

LIBRARIES

- Beckton Globe** 020 3373 0853
- Canning Town** 020 3373 0854
- Custom House Library** 020 3373 0855
- East Ham** 020 3373 0827
- Green Street** 020 3373 0857
- Forest Gate** 020 3373 0856
- Manor Park** 020 3373 0858
- Plaistow** 020 3373 0859
- Stratford** 020 3373 0826
- Archives and Local Studies** 020 3373 6881

COMMUNITY CENTRES (C.C)

- East Ham Market Hall** 020 8471 0292
- Jack Cornwell C.C.** 020 8553 3459
- Jeyes C.C.** 020 3373 2205
- Katherine Rd C.C.** 020 8548 9825
- St Mark's C.C.** 020 7474 1687
- Vicarage Ln C.C.** 020 8519 0235
- Harold Rd Centre** 020 8472 2805
- Queens Market** 020 8475 8971
- Rabbits Rd Institute** 020 3373 0858
- Royal Docks Learning Activity Centre** 020 7476 1666
- St John's Church** 020 8503 1913
- St Bartholomew's Church & Centre,** 020 8470 0011
- The Community Resource Centre,** 020 3373 2697
- St. Paul's Church Centre** 020 8552 9955
- The Well Community Centre** 020 8586 7070

LEISURE & SPORTS VENUES

- Atherton Leisure Centre** 189 Romford Rd, E15
- East Ham Leisure Centre** 324 Barking Rd, E6
- Newham Leisure Centre** 281 Prince Regent Ln, E13
- NewVic** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16

Age
3-4

Newham London

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&
30

hours

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