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Helping parents



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Legend of Jimi Hendrix



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Artwork by young

# the newham mag

issue 416 // 13 Dec – 16 Jan 2020 // Monthly



## Happy Christmas and New Year

From Mayor Rokhsana Fiaz and everyone at Newham Council



Look out for the next issue from **17 January 2020.**

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# News

## Tree-mendous effort to improve air quality

**NEWHAM  
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NOW**

**Hundreds of volunteers joined Mayor Rokhsana Fiaz at a major environmental event in Beckton District Park South where almost 8,000 new trees were planted.**

The event, to mark National Tree Week from 23 November to 1 December, was held by Newham Council in collaboration with the Mayor of London and the charity Trees for Cities and attracted residents, community groups and volunteers from Newham and across the capital.

Mayor Fiaz said: “One of the most effective ways to improve air quality and reduce our carbon footprint is to plant trees. A ten-year-old tree is estimated to absorb 48lbs of harmful carbon dioxide per year. At that rate, they release enough oxygen back into the atmosphere to support two human beings. So it was utterly fantastic to see hundreds of volunteers join together to plant a staggering 8,000 saplings.”

The Mayor was joined by Beckton ward councillors Ayesha Chowdhury, Tonii Wilson, and Cllr James Asser, Cabinet member for environment, highways and

sustainable transport.

Councillor Asser said: “The event was truly inspirational with people of all ages and from all our communities coming together to immerse themselves in nature and make a real difference to the future health of our borough.

“Tree-planting is a big priority for us and will play an important part in our efforts to improve the air quality and create a better environment for our borough.”

The Beckton project will contribute towards increasing London’s tree canopy by ten per cent by 2050 to help maintain London’s status as the world’s first National Park City. Trees help to tackle climate change and protect wildlife habitats by producing oxygen, absorbing carbon dioxide, creating shade and improve air quality. Newham Council’s contribution to the project was £20,000 with £40,500 coming from the Mayor of London.

This year Newham Council declared a climate emergency and launched the Newham Climate Now campaign to ensure the Council and all its services are working to create a safer, cleaner and greener environment.



Volunteers took part in the project



Children also planted trees

# 8,000 saplings are planted

# News

## Winter challenge is to read more



Cllr McLean and Cllr Jane Lofthouse with pupils

Pupils across Newham’s primary schools are being encouraged to become bookworms and join Newham Council’s Winter Mini-Reading Challenge.

The challenge runs until 17 January and to take part children are required to visit their local library and borrow and read three books. The theme is based around the Pugs of the Frozen North adventure by Philip Reeve and Sarah McIntyre.

As the winter challenge begins, New City Primary School in Plaistow received their prizes and shield for being the most successful school in the Summer Reading Challenge, which involved 13,085 Newham pupils having to read six books. New City had 400 taking part. The theme was space and science.

The challenge is run with The Reading Agency and Oxford Children’s Books. Deputy Mayor Councillor Charlene McLean said: “Our reading challenges encourage children to visit their local libraries and I’m delighted that so many children take part.” Visit [winterreadingchallenge.org.uk](http://winterreadingchallenge.org.uk) for details.

## Digging in to launch new development



The ground-breaking ceremony

Mayor Rokhsana Fiaz was guest of honour at a breaking-ground ceremony celebrating the start of work on the 26-acre former Parcelforce site off Stephenson Street in West Ham that will deliver more than 3,800 new homes.

The Berkeley Homes mixed use Twelvetrees Park development is supporting Newham Council’s vision of building genuinely affordable homes for local people. It will also have green spaces, a community centre, a retail and leisure quarter and spaces for local artists.

The scheme will also create employment opportunities including 8,000 jobs during construction and 1,000 operational jobs. It will also provide a new 1,000-pupil home for East London Science School.

The Mayor was joined by partners from Berkeley Homes, affordable housing provider Peabody, and the Greater London Authority (GLA). Mayor Fiaz said: “This development is key to the regeneration of West Ham, delivering much-needed genuinely affordable homes alongside leisure and retail spaces and green parkland, as well as creating jobs for our community.”

# 3,800 homes being built



## ...in brief

# Mayor supports small businesses

Mayor Rokhsana Fiaz showed her support for Newham's traders as part of Small Business Saturday, a national campaign that encourages consumers to support local shops.

The Mayor was accompanied by Lloyd Johnson from Newham Chamber of Commerce and visited stores in the Maryland area of Stratford including Express Dry Cleaners and tailors, Evo Hair, Tidjara butchers and the White Goose Bistro Magda Gessler café.

Mayor Fiaz, together with ward councillor Pushpa Makwana, also visited shops in the Little Ilford area of Manor Park, including Coffee & Cream bakery, family business VH Homes builders' merchants and Sureya's Hair and Beauty, who have been in the area for 30 and 20 years respectively.

The Mayor said: "It's really important that we shop in our small businesses. They all make a huge contribution to our neighbourhoods



VH Homes



Tidjara butchers

and our local economy. By shopping local we keep the money and jobs local, which are key principles of my community wealth building agenda."

# Volunteers at shelter wanted

A project offering shelter, food and companionship to the street homeless community is appealing for volunteers to help at its Christmas shelter.

Newham Council, which has just adopted a new strategy to tackle homelessness and rough sleeping, is supporting the project run by Stratford Seventh Day Adventist Church and the Dockland Settlements charity at the Carpenters and Docklands Centre in Gibbins Road, Stratford. It is open 24-hours a day until 2 January.

Organisers are looking for volunteers to help cook and prepare meals, distribute clothes and shoes, share skills as a health or social care professional, or just have a chat.

To volunteer visit <https://signup.com/go/DOKAgbm> or if you are worried about a person you see sleeping rough, contact Streetlink at [www.streetlink.org](http://www.streetlink.org) or call **0300 5000 0914**.

## Join the conversation on adult social care

Newham Council is carrying out an annual Adult Social Care Survey from January.

Customers who live in the community, care homes, or supported living will be sent questionnaires asking about their quality of life and their experience of the services they receive. Responses will be kept confidential and only combined results will be passed on to inform services.

The survey will continue to March with results being made available next Autumn. For help in completing the survey or more information call **020 3373 1520**. For other enquiries contact William Middleton on **020 3373 2531** or at [william.middleton@newham.gov.uk](mailto:william.middleton@newham.gov.uk)

## Stadium parking restrictions

Parking restrictions are in place around London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones (RPZ) are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time with priority given to residents and local businesses.

Event days are advertised at the entrance to each of the RPZs. The next event days are 28 December (Leicester City), kick-off 5.30pm; 1 January (Bournemouth), kick-off 5.30pm; and 18 January (Everton), kick-off 3pm. Matches are subject to change.



Walking to school as part of healthy streets



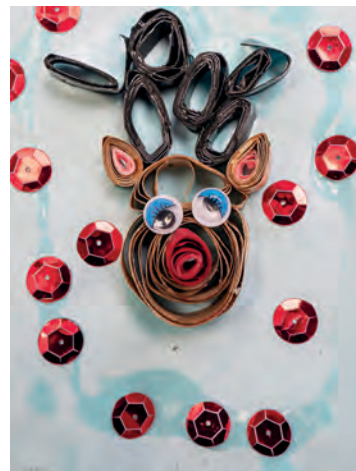
Helping to plant trees at Beckton District Park South



Getting ready to switch on lights at Forest Gate



With Aamir and the winning Christmas card design



# Mayor Rokhsana Fiaz

**Hello Everyone! I hope you're all enjoying the festivities as we countdown to Christmas. We've been busy with organising the community neighbourhood trees and lights which have all gone up and been switched on. We've also been organising all our Christmas parties which are in full swing for our senior residents as part of our campaign to address social isolation and loneliness during this festive time of year.**

I know many of you will be out shopping for Christmas presents for friends, families and loved ones, and it's really good to see our residents opting to buy from our local shops which are packed with festive goodies. Recent research shows that small traders are set for a £4.4 million Christmas bonanza as people opt to shop locally over big name retailers.

Supporting our small businesses in Newham is really important for our local economy, creating jobs and supporting our local neighbourhoods. Last Saturday I visited some of them

as part of Small Business Saturday. What great produce, gifts and wonderful Christmas paraphernalia we have on our own doorsteps. By shopping local we help to build a strong local economy and keep wealth in our own hands. This a key principle of my Community Wealth Building agenda, of which more in January.

I've been cracking on delivering the policies and pledges I promised when I was elected. The recent floods in Yorkshire and bush fires in Australia reminded me of the peril the planet is in due to climate change. Closer to home we know Newham has one of the highest rates of deaths attributable to poor air quality.

In line with my pledge to do something about that, we have designated the whole borough as an Air Quality Management Area. This means instead of just monitoring the air in known pollution hotspots, we will now monitor across the whole of Newham. This will help inform our decision-making on future measures to reduce exposure to toxic air.

**Mayor Rokhsana Fiaz OBE**  
**Mayor@newham.gov.uk**

 **@rokhsanafiaz**

 **Rokhsana\_Fiaz**

 **rokhsanafiaz**





**Supporting local businesses as part of Small Business Saturday – Express Dry Cleaners and tailors in Stratford**



**Supporting local businesses as part of Small Business Saturday – Coffee & Cream in Manor Park**

We are also piloting Healthy School Streets which restricts traffic around schools during the busy school run times. I was at Woodgrange Infants and Godwin Primary Schools in Forest Gate on the first morning the closures went in. The results were spectacular with children, parents and carers walking, cycling and scooting to school on traffic and pollution free roads.

Apart from changing our own choices about how we travel, one of the most effective ways to improve air quality, and reduce our carbon footprint, is to plant trees. So it was utterly fantastic to see hundreds of volunteers planting almost 8,000 new saplings at Beckton District Park South.

The event, which was a collaboration between Newham Council, the Mayor of London and the charity Trees for Cities was really inspirational, with people of all ages and from all our communities coming together to immerse

themselves in nature and make a real difference to the future health of this borough.

Another of my priorities is to strengthen our approach to supporting those sleeping on the streets. At Cabinet recently we agreed a dedicated Homelessness and Rough Sleeper Strategy. It's the first time in a decade that Newham has had such a strategy and has been drawn up with the support of the homeless charity Shelter.

From Christmas Eve to 2 January we are supporting a project run by Stratford Seventh Day Adventist Church and Dockland Settlements, to offer shelter, food and companionship at the Carpenters and Docklands Centre in Stratford. They are looking for volunteer helpers so if you have a few hours to spare, please do go along. And please also look out for your vulnerable and isolated neighbours over the holiday period.

Although we are in touching distance of Christmas, I and my

Cabinet colleagues have a big piece of work to deliver and that's our draft budget proposals. We've been working hard in the face of extreme austerity to make it fair and fit to deliver the promises I made to you in my election commitments. I'm really thrilled that many of you have made your thoughts known by using our innovative online budget simulator, and you can continue to do so at our Budget Forums. I hope it's given you some insight into the real dilemmas we face to make every penny count. Full Council will meet in March to discuss the proposals.

Finally, on behalf of councillors and staff of Newham Council, I wish you a very happy, safe and joyous Christmas and look forward to seeing you in 2020. And a very special thank you to Aamir Mohamed Islam, a Year 6 pupil at Grange Primary School in Plaistow, who designed my wonderful Christmas card this year - which I absolutely loved!



# Budget proposals for discussion

**Newham Council's draft budget proposals for the years 2020/21 to 2022/23 will be discussed by Mayor Rokhsana Fiaz and councillors at a Cabinet meeting on 17 December which is open to residents.**

The draft budget sets out the overall financial position and proposals which, if adopted, will meet the Mayor and Council's transformative policy priorities while achieving a balanced budget which will for the first time be set for the next three years.

At the heart of the budget proposals is the Council's new strategy for Community Wealth Building, which will sit at the heart of Council policy. Building on the principles of economic, social and environmental justice; the strategy seeks to embed long-term prosperity, wellbeing and happiness in the borough and respond to the climate emergency. It seeks to transform Newham so that it becomes a more prosperous and fairer place, where the wellbeing, financial resilience, local participation, skills and opportunities for residents reflects a more Inclusive Economy approach.

Mayor Fiaz said: "This will be a transformative budget informed by a vision to change peoples' lives for the better. It will embed our Community Wealth Building approach to ensure that our spending priorities benefit all of our residents and improve the quality of life for all.

"We face some difficult challenges, given a decade of government cuts which has severely affected local government funding. We are, however, determined to transform the borough so that our residents, businesses and communities flourish.

"There are some exciting proposals in the draft budget, including increased spending in relation to our young people to enhance their potential fully and to keep them safe, so that Newham is the best borough for a young person to grow up. We also propose directing resources to deal with the homelessness crisis and invest significantly in tackling rough sleeping. The proposed budget will also make sure our commitment to tackling the climate emergency is taken forward and that includes measures from addressing our polluted air to increasing our recycling. This draft budget is an important step in embedding Newham's place in London as an incubator of the new green economy.

"We face some difficult decisions, such as raising

Council Tax. However, if approved, Newham would remain a borough with one of the lowest Council Tax levels in London and this will help provide for our transformative vision to tackle inequality and improve lives.

"The involvement of residents in this process is of course absolutely crucial, and I hope everyone will join the conversations at our Budget Forum meetings."

## Proposed savings

Government austerity and cuts, and the necessity to assert financial control, means the Council has to save 17% of its net annual budget of £260m over the next three years – that's £45m by March 2023. This is proposed through a number of measures, and to ensure that every penny is spent in the best possible way for residents. In addition, the Community Wealth Building approach seeks to harness every means at the Council's disposal to ensure that, alongside savings, the borough can use its economic muscle to encourage inclusive growth.

Total savings of £45.8m, including a proposed increase of Council Tax by four per cent in each of the three years, have been identified. Part of the budget-setting process involves consideration of how each of the savings options will impact on residents.

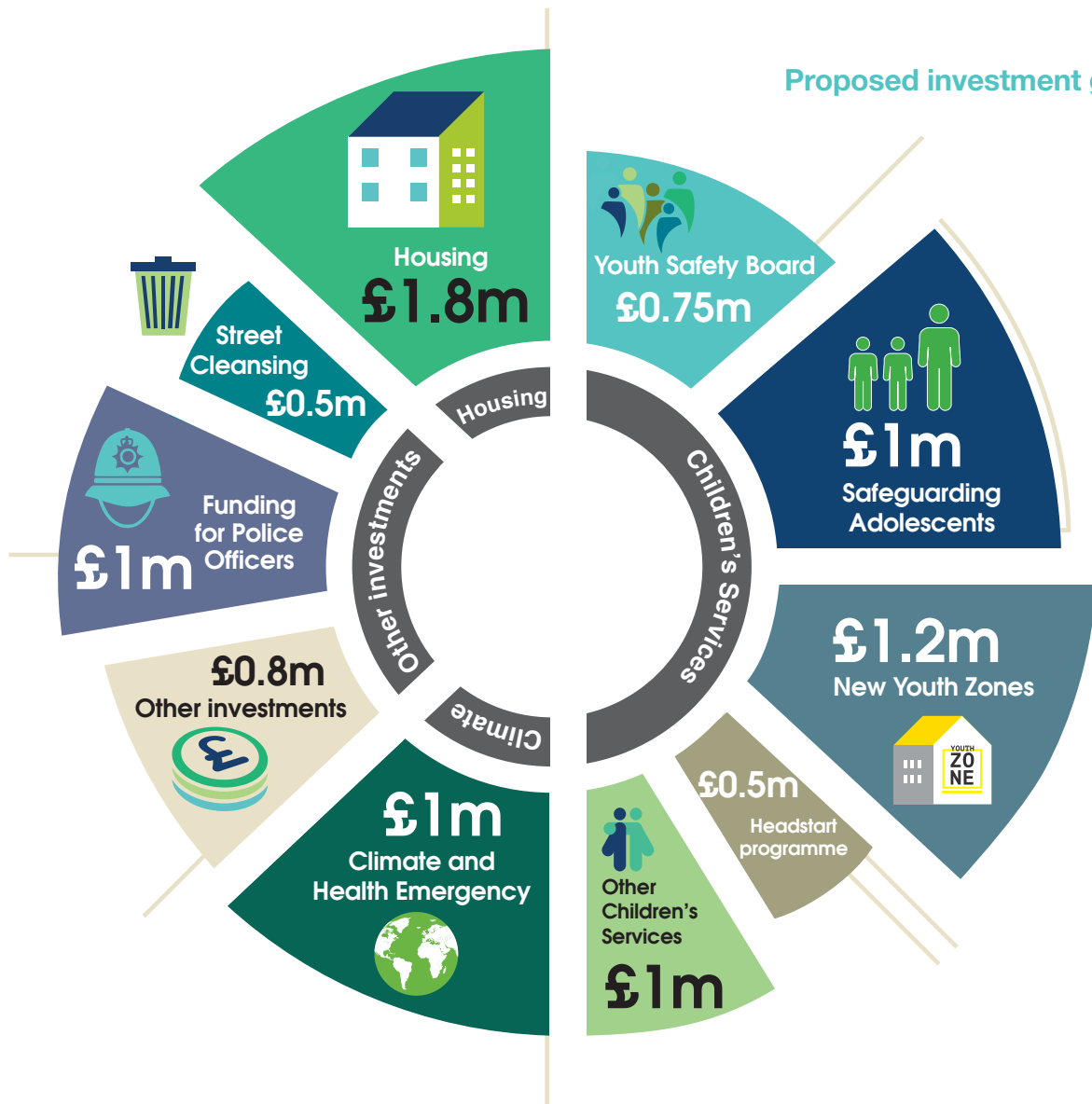
## Proposed investment and growth

In addition to the spending in priority areas, upon which the Council's draft budget is based, some additional growth spending of £10m each year has been included in the budget estimates for investment in new services or enhancing existing ones based on the administration's priorities.

**YOUNG PEOPLE:** The largest proposed new investment totals almost £4.5m each year in services directly for young people. This includes £1.2m to double the number of youth zones from four to eight; £750,000 to implement recommendations from the Council's Youth Safety Board; and £1m to fund the safeguarding adolescents' service. A final tranche of £1m per year will include support for mental health services for young people, supporting care leavers, and improving terms and conditions for foster carer.



## Proposed investment growth



**HOUSING:** £1.4m per annum is proposed to improve the services supporting rough sleepers and creating better preventative services to reduce the risk of others becoming homeless. A budget of £400,000 each year is also proposed to create a dedicated team to bring empty properties back into use to improve the range of offers for families in need.

**CLIMATE EMERGENCY:** An investment fund of £1m per year is proposed to tackle the climate and health emergency. This includes £500,000 for weekly recycling collections and enhanced recycling facilities for flats, and other measures to strengthen sustainable transport and air quality improvements, including more charging points for electric vehicles and other measures.

**OTHERS:** An allocation of £500,000 each year is proposed to enhance street cleaning services, to improve the look and feel of the borough and give residents a sense of pride in their neighbourhoods. A further £1m is earmarked to preserve funding that purchases the services of a number of Metropolitan Police officers to support the Council's work on dealing with anti-social behaviour and environmental crime.

The London Living Wage, a key part of the Mayor's Community Wealth Building approach, will continue to be funded with a total of £6.5m over the three years.

## Council Tax

The budget proposes an increase in the Newham element of Council Tax of four per cent in each of the next three financial years. In 2020/21 this would mean a weekly increase of 78p per week for properties in the average Band D bracket. This does not include the element set by the Greater London Authority and half of the proposed increase will be ring-fenced to spend on adult social care. There are no changes planned to the Council Tax support scheme, which means those defined as financially vulnerable would continue to receive a rebate of up to 90%.

## Join the budget conversation

After the proposals have been discussed at Cabinet on 17 December there will be opportunities for residents to comment on them. People have already been offering their thoughts via an online budget simulator and survey.

Residents are invited to attend Budget Forums on 22 January at the Old Town Hall in Stratford, on 29 January at Canning Town Library, and on 30 January at East Ham Town Hall, all between 6.30pm and 9pm.

The Cabinet meeting on 17 December takes place at the Old Town Hall in Stratford at 5pm. Final decisions on the draft budget proposals will be made at a meeting of the Council on 2 March. You can view the proposals online at [www.newham.gov.uk/budget](http://www.newham.gov.uk/budget)

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East Ham Leisure Centre,  
384 Barking Rd, East Ham, E6 2RT

Manor Park Fitness Centre,  
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Newham Leisure Centre,  
281 Prince Regent Lane, Plaistow, E13 8SD

To find out more call **0300 124 0123<sup>†</sup>**

or visit **[www.activeNewham.org.uk](http://www.activeNewham.org.uk)**

in partnership with



†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.  
\*swim not available at Manor Park.



## NEWHAM PEOPLE'S BUDGET FORUM



Join us at one of our Newham People's Budget Forums to find out how the council is funded, the 2020/21 to 2022/23 budget proposals, and how you would like to be involved in future budget decisions.

DATE	TIME	VENUE
Wednesday 22 January	6.30pm – 9pm	Old Town Hall Stratford, 29 Broadway, Stratford E15 4BQ
Wednesday 29 January	6.30pm – 9pm	Canning Town Library, 18 Rathbone Market, Barking Road, Canning Town E16 1EH
Thursday 30 January	6.30pm – 9pm	East Ham Town Hall, 328 Barking Road, East Ham E6 2RP

You can register at **[www.newham.gov.uk/PeoplesBudgetForum](http://www.newham.gov.uk/PeoplesBudgetForum)** and you can also register for special requirements to enable you to attend.

Alternatively, email your comments to **[Peoples.Budget@newham.gov.uk](mailto:Peoples.Budget@newham.gov.uk)**





Residents shared stories with children

# Christmas cheer helps tackle loneliness



Councillor McLean joined residents for festive fun



Manor Park residents got into the festive spirit

**For some people, including the elderly, Christmas can be a lonely time. For the second year running, some of Newham’s older and vulnerable residents are sitting down to enjoy a traditional meal organised by Newham Council to help overcome loneliness and isolation.**

Eight Christmas lunches are happening across the borough for residents aged 78 or over, living alone and on a low income. The aim is to bring them together so they can enjoy the company of others in a lively environment while enjoying a hot meal.

Deputy Mayor Councillor Charlene McLean, Cabinet member for community neighbourhoods, said: “We know that loneliness and isolation have a tangible effect on the health of some of our most vulnerable residents, especially at this time of the year. That’s why these lunches are so important; they give our residents an opportunity to

dress up, enjoy the festive spirit, meet other people, and have a memorable afternoon.”

On 4 December, 50 residents in the Green Street community neighbourhood area spent an afternoon at Elmhurst Primary School where they enjoyed lunch served by some of the school’s pupils. They also went home with goodie bags containing festive treats.

Residents from Manor Park tucked into a Christmas lunch at Jack Cornwell Community Centre on 5 December. They too were given goodie bags full of seasonal treats.

Prudence Heldt, 80, said: “Christmas is about spending time with family and friends but sometimes that isn’t possible. Companionship during the festive season is a lifeline for the elderly and makes the experience magical.”

This year’s lunches have again been organised by the Council with sponsorship from Aspers Casino and Tate & Lyle Sugars.

Age  
2

Newham London

# 15 hours

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Newham London

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Newham London

## Council Tenant and Leaseholder Surgeries

Our council tenant and leaseholder surgeries take place on a monthly basis and provide an opportunity for residents to talk to their Housing Liaison Officer face-to-face.

No booking necessary but please note that there are a limited number of slots at each surgery.

For dates, times and venues, please visit [www.newham.gov.uk/housingliaison](http://www.newham.gov.uk/housingliaison)

Newham London

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  - a value of six weeks rent, or
  - one month's rent in advance, or
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[www.newham.gov.uk/privatelandlords](http://www.newham.gov.uk/privatelandlords)







Vivek Nandha, centre, with his award and Councillors Steve Brayshaw and Firoza Nekiwala

# Young entrepreneur doing good business

Newham Council is committed to building a strong economy that supports local businesses, nurtures young talent, and offers opportunities for all. The Council's Community Wealth Building agenda wants all local people to enjoy the benefits of economic growth, but specifically help young people to get access to the very best opportunities.



The Mayor with Frank Bruno

The Council is proud to sponsor the Young Entrepreneur category at the Newham Business Awards organised by the Newham Chamber of Commerce to highlight the wealth of business talent and entrepreneurship that exists in the borough.

This year's awards ceremony took place at the Old Town Hall in Stratford. Mayor Rokhsana Fiaz joined award-winners and guests. Amongst them was former boxer Frank Bruno who took part in a question and answer session about his career and mental health issues.

The Young Entrepreneur award recognises a young business owner or employee aged under 30 who has demonstrated vision and creativity. The winner was Newham resident Vivek Nandha of VNY Security Ltd in Plaistow, who also won in 2017. His business offers high quality security services to corporate buildings in London.

Since first winning in 2017, Vivek has developed his business further by providing security training and consultancy services. He started VNY

Security after working in the security sector during the 2012 Games. Vivek also received valuable support and advice from Newham Workplace, the Council's employment service, on starting and operating a business.

He said: "To be recognised by the Newham Chamber of Commerce, which has an extremely strong presence and foundation in Newham's business community, is a great achievement."

Councillor Steve Brayshaw, Newham's Commissioner for Skills, presented the award with Councillor Firoza Nekiwala. Councillor Brayshaw said: "Vivek illustrates the kind of young entrepreneurial spirit that these awards are designed to celebrate. It takes a great deal of hard work to get a new business off the ground so congratulations to him and the other winners."

Lloyd Johnson, chairman of the Newham Chamber of Commerce, said: "Vivek showed clear strategy and growth within his business. He was a worthy winner."





# Democracy Commission is under way

The Mayor and Professor Pearce, second left, with members of the Commission

**Mayor Rokhsana Fiaz wants residents to feel part of where they live, be able to participate more extensively in local democracy, have their voices heard in decision-making to help shape the borough's future including the way it is governed, and be able to hold their elected representatives to account.**

That is why the independent Democracy and Civic Participation Commission was established and it has begun its work to consider how the Council can become a beacon of participatory democracy and ensure all voices can be part of the conversation, including young people.

The Commission will be looking at methods of participatory democracy, such as the role of Citizen's Assemblies and the use of digital democratic platforms, and will also examine the Council's current system of governance, including the directly elected Mayor system and other types that exist in English local government.

Professor Nick Pearce, Director of The Institute for Policy Research (IPR) and Professor of Public Policy at the University of Bath, chairs the Commission. Other members are:

- Fahmida Rahman – a Newham resident, Policy Analyst at the Resolution Foundation, and member of the WebRoots Democracy think-tank;
- Kush Kanodia – Paralympian, co-founder of the Stratford-based global diversity and equality non-governmental organisation Choice International;
- Dr Elke Loeffler – senior lecturer at Strathclyde University in Glasgow, Director of Governance International, and provider of executive training on local governance and co-production in more than 30 countries;
- Carl Miller – Research Director of the Centre for the

Analysis of Social Media at Demos;

- Kenny Imafidon – co-founder and Managing Director of ClearView Research, and previous Director of the Bite the Ballot charity that empowers young people to register-to-vote.

Professor Pearce said: "Cities around the world are doing imaginative and creative things to involve their residents much more in policy-making and public services. I hope we can offer some fresh thinking for Newham to do the same."

### Open evidence sessions and public events:

The first public evidence-gathering session took place in November, which heard from a number of experts in the subject areas. This was also live streamed. Two further evidence sessions are planned in January, also fully open to the public, and residents are encouraged to attend, or can watch online:

- **Friday 10 January:** 10.45am to 5pm, Canning Town Library. Focus on co-production and inequality in political participation
- **Wednesday 29 January:** 10.45am to 5pm, Stratford Library. Focus on governance models and the role of councillors in strengthening local democracy.

There will also be two weeks of public meetings and events. Sixteen overall will take place across the borough from Monday 13 January until Friday 24 January. These include breakfast meetings and coffee mornings, young people's workshops and two larger evening meetings. The Commission will bring forward a final report and recommendations to the Council in March.

.....  
 • To learn more about the Commission, future events, and how you can have your say about local democracy, visit [www.newhamdemocracycommission.org](http://www.newhamdemocracycommission.org)  
 .....





Forest Gate



East Ham



Stratford

# CHRISTMAS LIGHTS herald season of cheer

Residents got into the spirit of Christmas as festive lights were switched on all over Newham.

More than 400 people gathered at East Ham Library where children from St Michael's Catholic Primary School sang carols. Deputy Mayor Councillor Charlene McLean turned on the lights for the tree.

Councillor McLean also joined residents at the Winter Wonderland attraction in Theatre Square, Stratford, organised by Stratford Original. Children from Ranelagh and Manor primary schools performed. The Deputy Mayor said: "Our Christmas lights help spread the magic of this wonderful season. They really do transform our borough."

In Forest Gate Mayor Rokhsana Fiaz switched on the lights. St Saviour's and St Mark's churches provided a choir while Woodgrange Market Traders hosted a Christmas market. Residents Clare Shaw and Louise Glazebrook delivered a gingerbread decorating workshop.

There were also switch-ons and activities at Beckton Globe Library, Canning Town Library, Stratford Library, North Woolwich Library, Custom House Library and Plaistow Library.

There will be fun activities at Queens Market in Green Street, Upton Park, on Saturday 21 December from 12pm to 4pm.



Beckton



Forest Gate



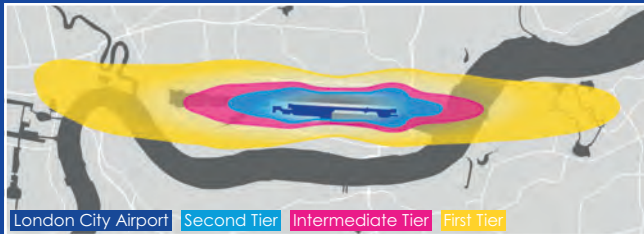
Plaistow

# Sound Insulation Scheme



The airport offers eligible properties located within its noise contours the opportunity to have works undertaken as part of its Sound Insulation Scheme. To be eligible, properties need to be in the contour and meet criteria relating to the date planning permission was granted for the construction of your property.

Our noise contours are re-assessed annually and newly eligible properties falling within the First, Second or Intermediate Tier are automatically contacted by the Airport. No application to the Scheme is necessary.



For those already treated under the Sound Insulation Scheme 10-year check-ups are available for properties which have had either secondary glazing and/or mechanical acoustic ventilators installed.

For further information, or to view the latest noise contours, please visit the London City Airport website at <https://www.londoncityairport.com/corporate/Environment/Sound-Insulation>.

Alternatively, you can contact the Sound Insulation Administrator on [sound.insulation@londoncityairport.com](mailto:sound.insulation@londoncityairport.com)



**North Woolwich library will close on 12 December 2019 for refurbishment.**

A temporary library will operate from **6 January 2020 at:**

**North Woolwich Learning Zone.  
78 Albert Rd, North Woolwich, E16 2DY**

**Mondays 9.30am – 5.30pm  
Tuesdays 9.30am – 5.30pm  
Thursdays 1pm – 8pm (5pm during school holidays)**

You can contact us at:  
**CN.BecktonRoyalDocks@newham.gov.uk**

To access your account, the library catalogue and online library services including eBooks and eMagazines

- Visit [bit.ly/NewhamLibraries](http://bit.ly/NewhamLibraries)
- Download My Library App
- Call 033 3370 4700

You can use your library card at any Newham Library or in any borough that is a member of the London Libraries Consortium.

**We look forward to welcoming you to the newly refurbished North Woolwich Library in Autumn 2020.**



# Christmas and New Year revised refuse and recycling collection times



## Normal collection day

Wednesday 25 December 2019 (Christmas Day)  
Thursday 26 December 2019 (Boxing Day)  
Friday 27 December 2019  
Monday 30 December 2019  
Tuesday 31 December 2019  
Wednesday 1 January 2020  
Thursday 2 January 2020  
Friday 3 January 2020  
Monday 6 January 2020  
Tuesday 7 January 2020  
Wednesday 8 January 2020  
Thursday 9 January 2020  
Friday 10 January 2020

## Revised collection day


Friday 27 December 2019  
Saturday 28 December 2019  
Monday 30 December 2019  
Tuesday 31 December 2019  
Thursday 2 January 2020  
Friday 3 January 2020  
Saturday 4 January 2020  
Monday 6 January 2020  
Tuesday 7 January 2020  
Wednesday 8 January 2020  
Thursday 9 January 2020  
Friday 10 January 2020  
Saturday 11 January 2020

To check recycling collection dates for your area please visit [www.newham.gov.uk/myneighbourhood](http://www.newham.gov.uk/myneighbourhood) and enter your postcode. For opening times of Jenkins Lane Reuse and Recycling Centre visit <https://eastlondonwaste.gov.uk/>





Festive  
spending tips



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**020 8430 2041**

**[www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)**

Get everything you need for Christmas in one place.

# Shop at Newham's Markets this Christmas.

Normal Market Times are 9am-6pm

	Stratford Indoor	Queens Market	Stratford Outdoor (The Broadway & Grove) Pilgrims Way, Kelland Rd
<b>December</b>			
Thursday 12	9am - 6pm	9am - 6pm	9am - 6pm
Friday 13	9am - 6pm	9am - 6pm	9am - 6pm
Saturday 14	9am - 6pm	9am - 6pm	9am - 6pm
Sunday 15	10am - 4pm	10am - 4pm	10am - 4pm
Monday 16	9am - 6pm	Closed	9am - 6pm
Tuesday 17	9am - 6pm	9am - 6pm	9am - 6pm
Wednesday 18	9am - 6pm	Closed	9am - 6pm
Thursday 19	9am - 6pm	9am - 6pm	9am - 6pm
Friday 20	9am - 6pm	9am - 6pm	9am - 6pm
Saturday 21	9am - 6pm	9am - 6pm	9am - 6pm
Sunday 22	10am - 4pm	9am - 4pm	10am - 4pm
Monday 23	9am - 6pm	9am - 6pm	9am - 6pm
Tuesday 24	9am - 6pm	10am - 4pm	9am - 6pm
Wednesday 25	Closed	Closed	Closed
Thursday 26	Closed	Closed	Closed
Friday 27	9am - 6pm	9am - 6pm	9am - 6pm
Saturday 28	10am - 4pm	9am - 6pm	9am - 6pm
Sunday 29	10am - 4pm	10am - 4pm	10am - 4pm
Monday 30	9am - 6pm	Closed	Closed
Tuesday 31	9am - 6pm	9am - 6pm	9am - 6pm
<b>January</b>			
Wednesday 1	Closed	Closed	Closed
Thursday 2	9am - 6pm	9am - 6pm	9am - 6pm
Friday 3	9am - 6pm	9am - 6pm	9am - 6pm
Saturday 4	9am - 6pm	9am - 6pm	9am - 6pm
Sunday 5	10am - 4pm	10am - 4pm	10am - 4pm

## Newham's SEND Local Offer

Find out about local services, support, and activities for children and young people who have special educational needs and disabilities (SEND) including:

- Early help and family support
- Education and SEND
- Specialist health services
- Independent advice and guidance
- Preparing for adulthood
- Travel assistance







# Parents are the CHAMPIONS

**Many parents rely on advice, tips and the experiences of other mums, dads and carers to help them find local support and access to services for children. Newham Council supports a voluntary outreach project that puts them in touch with parent champions to raise awareness of free childcare offers and services available in the borough.**

Recruited from representative community groups, the parent champions are familiar with local communities and can overcome language, cultural and other barriers, to chat informally and share their personal experiences.

The project was launched in April 2018 as a pilot in East Ham, Stratford and Plaistow. Staff working in children's centres recruited parents willing to volunteer for a couple of hours a week to engage with other parents. The project now operates across the borough.

A lunch held at St Stephen's School and Children's Centre in Upton Park celebrated the work of the parent champions, some of whom were applauded for their outstanding contribution to the successful programme.

Volunteer Kazi Sadia Sultana said she was proud to have taken part in the project, which had boosted her confidence. She also said she enjoyed working with other parents.

Project co-ordinator Sarah Oparaku said: "When you are a new parent or you have older children, it makes a huge difference to know what kind of services are available to help you as you care for your baby or toddler.

"Parents who have already used local services and in particular, children's services, will be speaking from experience when they advise fellow mums, dads or carers who need either practical support or advice."

The project, which has ten volunteers, is keen to attract more.

To find out more, or to volunteer, call 020 3373 0980 or email [sarah.oparaku@newham.gov.uk](mailto:sarah.oparaku@newham.gov.uk)



Illustration by Kunal Budhbhatti





# Mental health receives cash boost



**In the first of two articles, Citizen Journalist Catarina Joele writes about mental health, an issue that is affecting increasing numbers of people.**



Mental health needs in Newham are increasing in line with population growth, but help is on the way thanks to a £70 million National Health Service grant.

The East London Foundation Trust (ELFT) will spend part of this in partnership with others on transforming mental health care

across Newham, the City of London, Hackney and Tower Hamlets.

The aim is to deliver the right care at the right time, closer to home in a more integrated way with others in the community. Bailey Mitchell, a programme director at the Trust behind the transformation, believes this investment can make a tangible difference.

He says the main change will involve removing barriers between GPs, mental health staff, voluntary

organisations and social care. Voluntary organisations will play an important role in this, especially through using workers who may themselves have struggled with mental health difficulties.

Mr Mitchell says the recent demographic changes have “put pressure on minority groups and those at the low-end of the socio-economic scale.” This along with population growth and movement has contributed to a rise in mental health problems in Newham and services have done their best to respond.

The transformation programme will create partnerships with groups who represent minority communities. It will also target its offer to those aged 18 to 25, 25 to 65, and those over 65 as their needs may be different. The link between mental health and physical health care must also be addressed. “It is imperative to break down the barriers between physical and mental health,” says Mr Mitchell.



Mental health professionals, peer support workers, and new roles called Community Connectors will be embedded with GPs to improve speed and quality of care. "One of the key strategies for making mental health services more accessible is to partner with community connectors," says Mr Mitchell. These local experts will serve as a link between services.

Mr Mitchell added: "This transformation programme is just the start. If it works well, it will grow."

In Newham, approximately 40 new roles will be created, employed predominantly through the voluntary sector. There is even funding to commission a café, where anyone needing mental health crisis support can come for a cup of coffee and read a book or do something more specific with professionals and those with experience of mental health.

## Talking therapies

The NHS currently provides talking therapies but often the waiting list is too long. Dr Rosaline Samuel, a GP at Vicarage Lane Health Centre, in Stratford, is trained to provide such psychiatric therapy, but under existing rules there isn't enough time to deliver it. The consultations last about ten minutes.

Not all GPs have this training and Dr Samuel considers it crucial to have a mental health specialist nearby. The main priority, for her, is to speed up access to current

mental health services. "Patients come back to us saying they are still waiting for their consultations," she says.

Dr Samuel says a major concern is the recent increase in the number of young people suffering from stress and anxiety, and struggling to cope with their university studies, part-time jobs and personal lives.

If you need any of the services discussed, contact your GP. For information about mental health, community health services in Newham, visit [www.elft.nhs.uk](http://www.elft.nhs.uk)

If you or someone you know experiences a mental health crisis, call ELFT's 24-hour crisis line on 0207 771 5888.

For a help with psychological or emotional issues such as anxiety, depression, anger, relationship issues, contact Newham Talking Therapies at [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk) or call 020 8475 8080.



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.

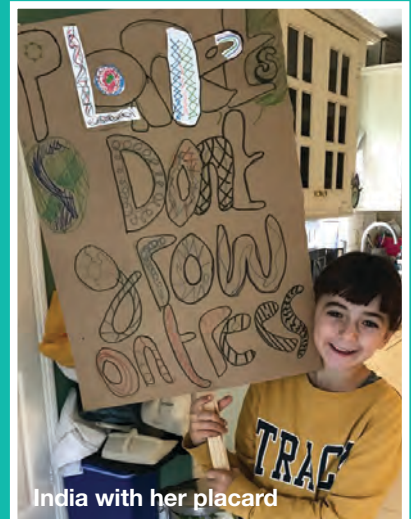


# Airport expansion plans face resistance

Report by Anne Cross



Kelly with her children Zavi and India



India with her placard



Protestors opposed to the airport expansion

In April Newham Council declared a climate emergency. Mayor Rokhsana Fiaz said at the time: **“Public Health England confirm that Newham has the largest number of deaths attributable to air quality - seven out of every 100 deaths are as a result of poor air quality. Under this administration this is going to change.”**

Over the summer, London City Airport in Silvertown has sought consultation on plans to expand the airport. In line with her previous commitment Mayor Fiaz has written to Robert Sinclair, Chief Executive of London City Airport, urging it to halt plans to expand until technical details are supplied to Newham’s planning department. She describes the draft master plan as ambiguous and contradictory.

London City Airport say in their consultation documents that they will be carbon neutral by 2020 and will achieve zero emissions by 2050. Rokeya Lita, a fellow Citizen Journalist, lives on the top floor of a block of flats close to the airport. She said reaching carbon zero by 2050 would not help her family who can’t open their windows even in the hottest summer due to the fumes from aircraft flying

overhead.

A spokesperson for the airport said: “We take our climate change and air quality responsibilities seriously. We are determined to ensure that all future growth is responsible and sustainable, working with industry partners to deliver cleaner operations, while continuing to create thousands of jobs in Newham and pathways to employment for its young people.”

In October some Newham residents supported a protest against the expansion held at the airport. The action was part of a London-wide protest by climate change activist organisation Extinction Rebellion.

Kelly Drake went with two of her children, India, nine, and Zavi, four. She said: “Being part of this makes me feel like I am doing something. This is about the future of my children.”

India carried a placard that she made at a Newham Woodcraft Folk workshop. She said she was nervous about going but loved being part of the protest because it’s so important for her future. As her placard says: ‘Planets don’t grow on trees’.

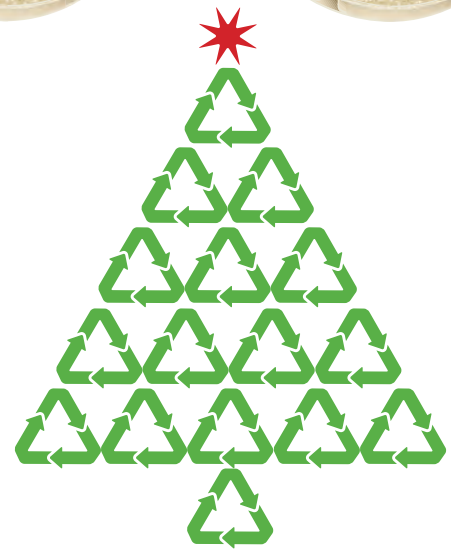
Newham’s Citizen Journalist panel was formed as part of a commitment by Mayor Rokhsana Fiaz to ensure open and transparent democracy in Newham. Panel members write articles on subjects that matter to them and offer a different perspective about what’s happening in the borough.







# GIVE A GIFT TO THE PLANET BY RECYCLING



**Along with the fun and festivities at Christmas comes an increase in household waste. You can still enjoy this special time, and do something for the good of the planet, by recycling or avoiding waste altogether.**

As part of our Newham Climate Now initiative we are committed to reducing the impact Newham's waste has on the planet.

Here are some of the ways you can recycle more:

## Choose wrapping paper that can be recycled

In Newham we collect paper, cardboard, metal tins and cans, and plastic bottles for recycling, but not all wrapping paper is recyclable. Avoid buying shiny wrapping paper as it often contains non-paper additives like plastic that can't be recycled. You can test if it is recyclable by scrunching it - if it bounces back it can't be recycled and should go in general rubbish. Choose wrapping paper without glitter as it is hard to separate from the wrapping paper when it comes to recycling it.

## Reduce food waste

To avoid excess food waste make a shopping list before you hit the supermarket to make sure you don't spend your money on food you won't eat, and will end up in the bin. You can also visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) for recipe tips to turn leftovers into wonderful meals.

## Batteries can be recycled too

With Christmas often come new toys for young and old and an increase in the number of batteries being used. Collect used batteries up and deposit them at collection points – many shops will have a battery recycling collection point.

## Book free garden waste collection for Christmas tree

Once you have taken the decorations off your real Christmas tree, book a free garden waste collection so that it can be picked up and recycled. You can also take it to Jenkins Lane Reuse and Recycling Centre in Beckton. Visit [www.newham.gov.uk/jenkinslane](http://www.newham.gov.uk/jenkinslane) for more details.

## Squeeze more into your recycling bin

Remember to fold or flatten cardboard boxes and squeeze cans and bottles to make extra space in your recycling bin. For extra recycling, you can pick up free recycling sacks from your local library.

To see what else can be recycled, visit [www.newham.gov.uk/whatcanirecycle](http://www.newham.gov.uk/whatcanirecycle)

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NOW**

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Tel: 0208 075 4299  
Email: [admissions@kidsuni.co.uk](mailto:admissions@kidsuni.co.uk)



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or visit [uel.ac.uk/newyou](http://uel.ac.uk/newyou)



# HAVE YOUR SAY ON THE MSG SPHERE

New information has been submitted in response to a request by the local planning authority. The information is available to view now on the LLDC website and we are hosting two events where you can learn about what has been submitted and get an update on the planning process.

The events will take place on:  
**Monday 16 December 2019**  
(5.30 - 8.00pm)  
at: **St John's Church, Broadway, E15 1NG**

**Thursday 9 January 2020**  
(5.30 - 8.00pm)  
at: **Chandos Community Centre, Colegrave Road, Stratford, London, E15 1DZ**

The deadline for comments is 31 January 2020.




These images have been provided by the applicant as part of the planning application. LLDC has not been involved in the creation or is responsible for the content therein.



**LONDON LEGACY DEVELOPMENT CORPORATION**





# ENJOY CHRISTMAS WITHOUT MONEY WORRIES

**Christmas is a time associated with family, friends, gift giving and good food but for some it can be financially difficult. Overspending at Christmas can put a dampener on your festive season but by preparing for Christmas the MoneyWorks way, it is possible to spend smartly and save money.**

MoneyWorks is an advice service exclusively for Newham residents and provides smart spending tips, affordable loans and help with regular savings. MoneyWorks, which is funded by Newham Council, can help with everything from budgeting for the big day as well as spending tips for presents and your Christmas

food shop.

It's also worth remembering that although it might be the festive season, you still need to pay your regular bills such as rent and Council Tax.

If you think you may need to borrow money over the festive season, avoid high cost payday lenders and visit MoneyWorks instead. For the festive season, a new short-term loan called the MoneyWorks Helper, is available to help you with your finances. It means you can borrow up to £300 and pay it back over six months.

The table shows an example of the amount you will pay back with the MoneyWorks Helper compared to typical high interest lenders.

£300 Loan *Based on repayments over 6 months	MoneyWorks Helper Loan 26.8% APR Monthly repayment	MoneyWorks Helper Loan 26.8% APR Weekly repayments	High cost lender 1500% APR Monthly repayments
Repayments	£53.98	£12.36	£377.91
Total interest	£23.88	£12.36	£1,967.48
Total repayments and interest	£323.88	£321.36	£2,267.48

Don't let Christmas put pressure on your bank balance. Contact MoneyWorks to see if you are eligible for the new loan.

For more tips on spending wisely, visit MoneyWorks at 112-118 The Grove, Stratford.  
You can also visit [www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk) or call **020 8430 2041**.

26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.



# Community café is a real gem

**Citizen Journalist Michala Dobiasova writes about Gems Delights – a community café that provides people with more than just great food.**

If you're looking for a revived community café with excellent Afro-Caribbean food you should visit The Well Centre on Vicarage Lane in East Ham.

Gems Delights won a tender process in January to take over the café. Since then Gemmia Lebaga, the owner and social entrepreneur behind the company, has partnered closely with Bonny Downs Community Association, the charity which manages the centre.

Gemmia serves delicious meals that are inspired by her roots in Sierra Leone and Cameroon and by her mother who taught her about African cooking. But there is more to the café than delicious cooking because Gemmia organises activities that give residents the opportunity to socialise and make new friends.

In the summer she ran holiday cooking sessions for children where they learned not only how to put together a

meal but were also able to take home a meal package at the end of each day.

In the borough where we experience 'holiday hunger' among children this is a beacon of light. Gemmia has also secured funding to give out 500 free takeaway meals for vulnerable elderly customers who would struggle to cook for themselves while her café is closed over Christmas.

Gemmia said: "I'm passionate about making a difference and doing a meaningful job. I want to empower other people, especially young women and families through cooking. Before I came to catering I studied criminal justice and volunteered with youth offenders and cooked as a hobby and for charity. Now at Gems Delights, I can see what a positive difference it makes to people.

"I also want to package, market and promote my hot pepper and jollof sauces for retail and work with other entrepreneurs and start-ups on the project."

The café in The Well Centre is open on weekdays from 10am to 4pm, with breakfast for the elderly on Fridays.

**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.**





Plaque photo credit:  
Paul Romane



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.

# Jimi Hendrix

## and the Purple Haze in Forest Gate

**Jimi Hendrix was one of the music world's legendary guitar players. Part of his legend is that he played in Forest Gate.**



Illustration by Kunal Budhbhatti

### **Citizen Journalist Neandra Etienne, (above) writes:**

Jimi was an iconic musician who played left handed, just like Paul McCartney of The Beatles. Although he passed away in London in 1970, his music is still popular and his influence can be found everywhere. It made me smile, for example, to see two Hendrix posters in a 1991 episode of TV's EastEnders.

His link with Forest Gate provides the fascinating background to the creation of Purple Haze, one of his most famous songs.

Over Christmas in 1966, Jimi performed at the Upper Cut Club in Woodgrange Road. Previously a skating rink, rock band The Who performed at the club's grand opening night. Other performers who played at the club during the period included the Small Faces, David Essex, Otis Redding and Nina Simone.

On the afternoon of Monday 26 December 1966, Jimi

wrote the lyrics to Purple Haze in his dressing room while waiting to perform in the club. The song went on to become a huge hit and reached number three in the UK charts. It was also inducted into the Grammy Hall of Fame.

To commemorate this historical musical moment, in 2013 Newham Council put up a plaque on a set of gates in front of land that used to house the club. The club and plaque were later taken down during refurbishment and the location is now a ventilation shaft for a train line which runs underneath Stratford and Forest Gate. But that's not the end of the story.

As a passionate fan of Hendrix, I am working on a project to pay tribute to the history of Purple Haze and Jimi's relationship with Forest Gate by getting the plaque reinstated, as well as an art mural on a wall close to where the club used to be. Look out for more information about the project in future editions of the Newham Mag.





# YOUNG SAY IT LIKE IT IS through art



**Young people in Newham are making their voices heard. They have freedom of self-expression and the latest way they have done this is through a creative exhibition of art and words called Our Newham.**

Talented young people from Forest Gate Youth Zone, the Shipman Centre Youth Zone in Custom House, and Little Ilford Youth Zone in Manor Park, joined with the Roma Support Group to take part in workshops for the project.

The aim of their exhibition was to kick-start a conversation about how we can all work together, whatever our age, background, profession or belief, to develop community approaches to tackle issues.

They spent six months working with artists, exploring issues around prejudice, community and identity, hate crime and mental health, using photography, poetry, painting and sculpture.

Their work has been exhibited at the Old Town Hall in Stratford and at the Newham Dockside offices of Newham Council in the Royal Docks. Further publicly accessible locations are being considered.

The project involved 30 young people aged 13 to 20 who produced 50 pieces of work for the exhibition. They include a painting of poet Benjamin Zephaniah, a poem on mental health and a multi-coloured painting of the rapper Dave accompanied by the words to his song Black.

Thomas Sedgwick, one of the young people who took part, said: "People were interested to see what inspired us as young people with special educational needs and disability to paint what we did."

The project has been co-ordinated by the charity Protection Approaches and funded by the Mayor of London's Young Londoners fund.

Councillor Sarah Ruiz, Cabinet member for children's social care, said: "The exhibition was originally going to be staged for a day in Stratford but it is so powerful that it should be seen by a wider audience. We are bringing young people's experiences into the heart of Newham Council. It has been a useful experience to gather an insight into their thoughts, lives and reflections and what it's like for them to grow up in Newham."

## Photographer captures life in India



The Golden Temple in Amritsar features in Willy's photos



A photographer captivated by the people of India will be exhibiting some of his work in Forest Gate.

Willy Williams, from Stratford, has been a regular visitor to India for many years. He was so captivated by the country when he visited in 2007 that he decided he would like to explore the less well-known parts. He spent the next seven

years travelling the country by train, photographing the people and their contrasting lifestyles.

Some of his work will be in an exhibition called Being There - Photographs of India. It can be seen at The Gate Library from 3 to 30 January.

Willy said: "Getting around India by train is an eclectic experience which I have aimed to translate into my work. I found a great sense of love on these trains with people happily sharing their food and imparting advice. I hope my images leave people with the feeling that they have been there."

## Young achievers are recognised

Some of Newham's youngest stars were honoured at an awards ceremony which recognised their talents and achievements.

The TruLittle Hero Awards are held every year to celebrate the achievements of young residents aged 11 to 18. They took place at the Discovery Centre in Jenkins Lane, Beckton, and more than 100 medals and 19 trophies were awarded. The trophies recognised outstanding performance in categories such as academic, scribe, music, sports, creative, artistic, entrepreneur, Good Samaritan, inspirational and leadership.

More than 300 people attended the awards which are run by Cause 4 Children Limited, a not-for-profit organisation, to celebrate young achievers. Awards founder Titi Omole said: "It is fulfilling to see young people



Some of the young award winners

being recognised for their positive contributions and achievements.

"Our vision is a world where young people have high aspirations, confidence and easy access to various opportunities to fulfil or maximise their potential." For more details, visit [www.trulittlehero.com](http://www.trulittlehero.com)





## COFFEE MORNING RAISES FUNDS



Surgery staff organised fundraiser

Staff at a medical practice have raised more than £1,400 for Macmillan Cancer Research at their first coffee morning.

The staff based at the Shrewsbury Road Surgery in Forest Gate worked with their Patient Participation Group (PPG) to organise the event. The fund-raiser, which attracted 500 people, included cakes baked by patients and staff members, and Asian sweets and raffles. Children also enjoyed Dunk the Biscuit and Medical Pictionary games on the day.

Shivani Rambaran, PPG champion at the surgery, said: "The coffee morning was an amazing success. It just goes to show how a bit of positive thinking and teamwork can lead to fantastic results.

"Our aim as a practice was to fundraise as much as possible for Macmillan Cancer Research and to encourage community involvement. We're so pleased that hundreds of patients, family, friends and members of the community came out to support a wonderful cause."

## Dock the Halls with free fun



Residents can get into the Christmas spirit at a free winter film festival that promises music and a series of workshops with a festive theme.

The Royal Docks Team, a joint initiative from the Mayor of Newham and the Mayor of London, is hosting Dock the Halls, a festival that is taking place on Fridays and Saturdays until 21 December, featuring film screenings, live music and fun workshops at seven Royal Docks venues.

Among them will be film *The Santa Clause* which will be showing at 3pm on 20 December at The Silver Building, Dock Road, E16. It will be preceded by Christmas decoration making from 1.30pm to 2.30pm. You can paint your own Christmas character or bauble and enjoy hot chocolate, gingerbread, and mulled wine during the film.

All films and activities are free but you must register via the Royal Docks website. For full information on screenings and activities visit <https://www.royaldocks.london/whats-on/dock-the-halls>

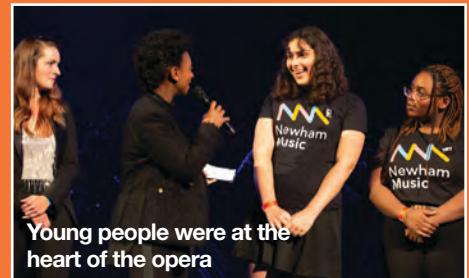
## YOUNG ARE STARS OF THE OPERA

A group of 700 young actors, musicians and singers from 15 Newham schools performed an opera at the Royal Albert Hall in Kensington inspired by one of the borough's residents.

They performed *Full Circle*, a community opera inspired by the life and experiences of Jonathan Lofulo, a former child refugee who transformed his life after earning a degree at the University of East London. The opera addresses issues around racism, gang culture and the difficulties of finding your way in the world.

The opera is a collaboration between Jonathan Lofulo; Newham Music which offers music education to the borough's young people; and students from schools including Britannia Village Primary, Lister Community School, Gallions Primary, Rokeby, Portway Primary School, Selwyn Primary and Plashet.

John Bergin, chief executive of Newham Music said: "We are overjoyed to have been able to bring this opportunity to so many young people, shining a light on the talent and potential of Newham's youth."



Young people were at the heart of the opera



Borough's young musicians



# GALLERY

This edition of the Newham Mag features a selection of festive cards drawn by children across Newham as part of the Mayor's Christmas card competition.

## Kids' Corner at Christmas



Poppy,  
Bobby Moore  
Academy



Nusaiba,  
Portway  
Primary School



Thomas,  
Bobby Moore  
Academy



Amelia,  
Bobby Moore  
Academy



Wafa,  
Portway  
Primary School



Teddy,  
Granse  
Primary School



# Colour-me-in Word-Fit



## Word-Fit

You must fit all the words into the grid

### 3 letters

ASH  
ASS  
EEL  
ELK  
EVE  
HAW  
NEE  
OAK  
OAR  
RED  
YES

### 4 letters

ANTE  
ASKS  
BROW  
KEEL  
LACE  
OMIT  
SACK  
SAKE  
SNOW  
SOWN  
YULE



Teodora,  
Bobby Moore  
Academy





# 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, 10-11am, 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, 10.30-11.30am, 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. Mon, 10-11.30am, Stratford

**Saturday Family Fun** 🌈 Sat, 10.30am-11.30pm, Beckton

**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.

## 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

**New Men's Choir (10-18yrs)** 🌈 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. Weds, 3.30-5.30pm, Beckton

**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, North Woolwich; Mon, 3.30-4.30pm, Manor Park; Weds, Fri, Sat, 4-5pm, 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 at Plaistow Library** Join our fun, interactive science club conduct experiments, watch demonstrations and record the results. Tues, 4.30 -5.30pm, Plaistow

**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

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



**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** ★ Mon, 6-7.30pm, Manor Park; 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 Thurs of the month, 6.30-7.30pm, East Ham; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate; 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. Last 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; Tues, 11.30am-1.30pm, The Well C.C

**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

**Art Class** ★ No booking needed. Adults only. Weds, 6-7.30pm, Beckton

**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

**Criss-Cross Pottery Club** £8 per hour. Call Chris Wong on 0750 6913032 to book a place. Mon, Tues, 10.30am-3pm, Beckton C.C

**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

**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; Mon, 11am-12.30pm, Beckton; Mon, 1.30-3.30pm, Tues, Thurs, 10.30am-12.30pm, North Woolwich

**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.

**Newham History Society** A chance to hear about the borough's rich history from a variety of speakers. Borough Police stations by David Swinden, 14 Jan 2020, 7.30pm; Lewis Angell, his life and work by John Plant, 11 Feb, 7.30pm, East Ham Old Conservative Club, Vicarage Lane, East Ham, E6.





COMMUNITY ACTIVITIES

**Newham Super Choir** 🌈 Tues, 10.30am-12pm, Beckton C.C

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

**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](http://www.meetup.com/stratfordbookclub) for more information. Last Mon of each month, 7.30-9.30pm



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](http://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: [khanquklblackbelt@yahoo.co.uk](mailto:khanquklblackbelt@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 Rd, E6. Weds, 10am-1pm and last Sat of month. Visit [www.newhamgreengym.org](http://www.newhamgreengym.org) for more details

**Community Gardening** 🌈 Tues 10.30am-12.30pm, Beckton C.C; Thurs, 4.30-6pm, St John's Green, Albert Road, North Woolwich; Fri; 10am-1pm. Grow Together, Be Together Community Garden, Wellington Rd, E

**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

**Gardening Club** 🌈 Thurs, 10am-12pm, Plashet Park

**Little Grubs Family Growing and Nature Club** 🌈 Tues, 10am-12pm, Plashet Park



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, (£3.50 per session) Katherine Road C.C

**Breathe Easy Group (18yrs)** 🌈 For people with lung conditions and their carers. First Thurs of the month, 12.30-2.30pm, Beckton C.C

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

**Argentine Tango (18yrs)** £5 per session. Mon, 6.30-7.30pm, Stratford

**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](mailto:mick1f@talktalk.net) or [paulwillis83@live.co.uk](mailto:paulwillis83@live.co.uk) for more details

**Tai Chi in the Park (18yrs)** 🌈 Meet at corner of Forest Lane & Magpie Close. Tues, 10-11am, Forest Lane Park, E7

**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



## HEALTH AND FITNESS

**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](http://www.newhamdogcommunity.co.uk)

**Hatha Yoga** £5 first class, email [yogabreathandbody@gmail.com](mailto: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



## 50+

## ACTIVITIES

**Bingo** Mon, 1.30-2.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C

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

**Fitness** 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

**Fit Club** 50+ group social club with dance and chair based exercise for free. Weds, 1-3pm, Beckton C.C

**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](http://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](mailto:alison.skeat@chctcrp.org.uk) Fri, 10.30am-4.30pm, St Luke's C.C, Tarling Road, E16

**Tai Chi** Mon, 12.15-1.15pm, £2, The Well C.C

**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](mailto: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

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

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, NewVlc, 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](http://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. Mon, 16 Dec, 7pm, Local Development Cttee; Tues, 17 Dec, Cabinet, Council Chamber, Old Town Hall, Stratford; Tues, 17 Dec, 7pm, Overview and Scrutiny Cttee; Tues, 14 Jan 2020, 4.30pm, Cabinet For the full list of meetings visit [www.newham.gov.uk/councilmeetings](http://www.newham.gov.uk/councilmeetings)

CONTACT THE MAYOR

**Mayor's Surgery** By appointment only. Sat, 14 Dec, 10am-12pm, Canning Town Library, Rathbone Market, Barking Road, E16. Call 020 8430 2000 to book or email [Mayor@newham.gov.uk](mailto:Mayor@newham.gov.uk)

**Telephone surgery** Weds, 18 Dec 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
- North Woolwich** 020 3373 0843
- Plaistow** 020 3373 0859
- Stratford** 020 3373 0826
- Archives and Local Studies** 020 3373 6881

COMMUNITY CENTRES (C.C)

- Beckton C.C.** 020 7511 1214
- 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
- NewVlc** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16



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# The Winter Mini Reading Challenge

Monday 2 December -  
Friday 17 January

All Newham Libraries

Come and join the race to the Frozen North in your local library this winter by joining the Winter Mini Reading Challenge. All you need to do is visit any Newham library from 2 December, borrow and read three books of your choice.

Happy Winter Reading!

Ask a member of staff for details.



Artwork © Sarah McIntyre



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[winterreadingchallenge.org.uk](http://winterreadingchallenge.org.uk)

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