



11

Going with a bang



13

We will remember them



15

Citizens write for you

the newham mag

issue 414 // 11 Oct – 14 Nov 2019 // Monthly



NEWHAM CLIMATE NOW



Tackling climate emergency together



Look out for the next issue from **15 November 2019.**

Contents.



On the cover

- 11 CELEBRATE MOON LAUNCH**
– fireworks will light up Royal Docks
- 13 HONOURING ARMED FORCES**
– Remembrance services across the borough
- 15 MEET THE CITIZEN JOURNALISTS**
– panel holds first meeting



In this issue

- 08 BLACK HISTORY MONTH**
– a guide to activities, events across Newham
- 16 YOUNG PEOPLE'S ASSEMBLY**
– they share ideas on climate emergency
- 17 CLIMATE NOW! FORUM**
– residents discuss how to make a difference
- 18 STREETS OF FUN**
– residents reclaim their roads on car-free day
- 20 BREXIT UPDATE**
– the latest developments on leaving the European Union

Regulars

- 03 NEWS** - three pages of news from across the borough
- 06 MAYOR ROKHSANA FIAZ** - Mayor speaks to residents
- 22 OUR NEWHAM** - community news
- 24 KIDS' CORNER** - poems, pictures and puzzles for our younger readers
- 26 WHAT'S ON** - five pages of activities and events for you to try



PUBLICATIONS OFFICER: Kay Atwal
STAFF PHOTOGRAPHER: Andrew Baker
Call the Mag team on **020 3373 1517** or
email newham.mag@newham.gov.uk
To advertise in the Mag call
Julie Madell on **07890 529 090**

Find us online at www.newham.gov.uk/mag
For information on all Newham Council services
visit www.newham.gov.uk
[@NewhamLondon](https://twitter.com/NewhamLondon) www.facebook.com/newhamcouncil

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered. The *Newham Mag* is printed on 100% recycled paper by GD Media Ltd and distributed by Letterbox Distribution.

News

Grants cheer is so sweet

Deputy Mayor Councillor Charlene McLean helped launch a new round of grants funding that will support groups working to make Newham a safer, healthier and prosperous place.

The Lyle's Local Fund is now in its third year and is provided by Silvertown-based sugar firm Tate & Lyle with support from Newham Council. Councillor McLean visited the firm's Thames Refinery to meet 18 recipients who received grants in 2018, including Street Doctors, a project that is teaching young people how to deliver life-saving first aid.

The £25,000 fund is open for applications from charities, community groups and non-profit organisations. Councillor McLean said: "It was an honour to meet the people who are using the grants awarded to them last year to improve people's lives."

Grants of up to £2,500 are available. The deadline for applications is 5pm on Friday 18 October. To apply, visit www.newham.gov.uk/lyleslocalfund



Cllr McLean with grant recipients



The Green Flag is unfurled and Cllr Nekiwala (inset)

Green Flag boost for park

Plashet Park in East Ham has been awarded Green Flag status as part of a national scheme that recognises the country's best parks and open spaces.

The park has undergone a series of improvements including new paths, meadow areas, ornamental planting, a better play area and a new toilet block. Residents have worked with Newham Council's Manor Park community neighbourhood team to create an activity programme for the park and ensure it is well maintained. The park also boasts sports facilities including cricket, tennis and bowling, as well as a refurbished café.

Deputy Mayor Councillor Charlene McLean joined Councillors James Asser and Zuber Gulamussen and residents to unveil the Green Flag. Councillor Firoza Nekiwala attended the official presentation ceremony.

Councillor Asser, Cabinet member for environment, highways and sustainable transport, said: "This award recognises the hard work that residents and staff have put in to maintain the park to this standard."

Park is amongst the best

News

Opposition to the arms fair

Almost 100 people attended Newham Council's Alternative Peace Exhibition that was set up in opposition to the Defence and Security Equipment International (DSEI) arms fair held at ExCeL exhibition centre in Custom House.

The peace event took place in a vacant shop unit on Freemasons Road and gave visitors the opportunity to show their opposition through a range of informative talks, film screenings and poetry exploring a range of topics on conflict and peace.

Mayor Rokhsana Fiaz and councillors joined writer Maya Goodfellow, Kim Sharif from Human Rights for Yemen, Rachel Kennerley from Friends of the Earth, and environment lawyers and climate activists Farhana Yasmin and Sam Mason, to highlight reasons why the biennial defence exhibition should not be held in the borough.

The Mayor said: "It's fantastic that we were able to provide this counter event to the arms fair. It is abhorrent that it happens here and we do not want it to return."



The Mayor speaking at the event

Perfect platform for reading



Cllr McLean cut the cake

Deputy Mayor Charlene McLean joined hundreds of residents when she re-opened a refurbished Stratford Library.

The library, in The Grove, now features a state-of-the-art children's area which has a transport theme including a mock London Underground carriage and a creative space for them and their families.

The improvements also include a new dedicated teenage section and an open multi-purpose space on the ground floor for community events, activities and bringing people together for shared experiences.

The launch event included a range of fun activities, interactive workshops and a children's disco. Councillor Charlene McLean, Cabinet member for community neighbourhoods, presented certificates to Reading Hackers who helped youngsters read as part of the summer reading challenge. She also cut a London Underground themed cake.

Councillor McLean said: "We want our libraries to be fun places that feed children's imaginations and inspire them to read and learn. If they are excited about coming to a library like Stratford, that's half the battle won already."

New chapter for library

Professor to chair Democracy Commission

Newham Council has appointed a chair to a new Democracy and Civic Participation Commission, which will consider how the Council can increase residents' participation in local democracy, facilitate greater civic engagement, and become more transparent and accountable.

Mayor Rokhsana Fiaz announced to Full Council the appointment of Professor Nick Pearce as chair of the Commission, which will shortly get to work on gathering resident and expert feedback about how the Council can become a beacon of participatory local democracy.

Nick is Director of The Institute for Policy Research (IPR) and Professor of Public Policy at the University of Bath. He has previously been the director of the Institute for Public Policy Research (IPPR), Head of the No 10 Downing Street Policy Unit, and an adviser in a number of Whitehall departments.

Nick said: "In the coming months we will consult widely, gather evidence and make recommendations for the reform and renewal of the democratic life of Newham."



Prof Nick Pearce

Shape future of leisure centre

Newham Council wants residents to help decide and shape the future of Balaam Leisure Centre in Plaistow.

The centre has been closed since December 2018 following a serious water leak. Specialist testing has been carried out and the results have been used to develop a range of options for the future of the centre.

The consultation will close at midnight on Wednesday 27 November. It can be found online at www.newham.gov.uk/Balaam and paper copies are available in libraries, community centres and leisure centres.

The Council is proposing four options. When the consultation closes, responses will be analysed and will be discussed at Cabinet in February.

Preserving the past

Residents with an interest in Newham's history with spare time on their hands are being urged to volunteer with Stratford Library's archives team who are looking for help with cataloguing and archiving books, images and artefacts.

Jenni Munro-Collins, heritage local studies officer, said: "We are looking for adults aged between 18 and 75 with an interest in Newham's rich past." For more details, contact Jenni Munro-Collins at 0203 373 6881, or email archiveslocalstudies@newham.gov.uk

Article Correction

In issue 413 of the Newham Mag, Mayor Rokhsana Fiaz was asked by young people if she had an opportunity to end three things in Newham what would they be?

The answer to the question should have read: "If I had the opportunity to end three things in Newham I would end homelessness, fly-tipping, and the lack of affordable housing, and to add one more, I would really love to see the reduction and ending of violence and hate against young people." We apologise for the error in what was printed.

Protection for workers

Newham Council is to support the workers it employs and others by signing up to the Unite Construction Charter.

Mayor Rokhsana Fiaz signed the Charter at City Hall alongside the Greater London Authority's Deputy Mayor for Housing and Residential Development, James Murray, and Jerry Swain, the Unite union's National Officer.

Signing the Charter will see the Council agree to a number of actions to help improve construction standards, protect workers, and outlaw poor construction practices.

Options consultation under way



Young people discussed climate change



Launching the draft Air Quality Action Plan



At the 'topping out' ceremony in Brunel Street



At the alternative peace exhibition

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

Switch on the TV or radio, or look online or in the papers, and you will not fail to see something about the urgency of global warming. It's a no brainer that we all need to take a stand and collectively deal with the most pressing issue facing our planet and our humanity.

At the meeting of the full Council in Stratford last month, we listened to the voices of more than 100 young people about the grave threat that we face and their ideas about what we can do about it.

They took part in a Youth Assembly before the main meeting and then a group presented some of their thoughtful and insightful suggestions.

It is important that we have these conversations with our young people because they are the generation we are fighting for. Their future is one of

the reasons why we launched our comprehensive draft Air Quality Action Plan recently. You still have a few days to join the public consultation about the proposals at www.newham.gov.uk/airpollutionconsultation

This is a vitally important document because doing nothing is simply not an option, especially as Newham has the worst levels of air quality in London, and the highest rates of deaths related to toxic air – seven in every hundred. That means we simply have to rethink aspects of how we live our lives and how we travel.

I was struck by one particular statistic in the air quality plan, and that was the appallingly high level of children under 18 on asthma medication. Across the borough this amounts to 3,423 children. Health data also shows us that we are the second



With proud Buhler representatives, staff and the Queen's Award

highest borough in London for children aged under nine admitted to hospital because of extreme asthma. That is 206 children a year in hospital because they literally cannot breathe.

It's why we need to make changes personally and as a Council where we have the power to take action. Even the smallest changes can make a difference in dealing with the health crisis caused by some of our polluted and congested roads. We have to take forward any changes in partnership with you, our residents, so it's important we listen to your views because we need everyone on board.

I want to thank everyone who supported our strong and vocal stand against the DSEI 'arms fair'

in the Royal Docks last month. The Alternative Peace Exhibition we put on in Custom House attracted a number of inspirational speakers.

I was pleased that the Mayor of London also came out in opposition to the fair. In line with a motion that we agreed at Council in June, we will continue to work with others to ensure that this event never comes to our borough again.

All regeneration work within the borough must have benefits for local residents. Canning Town is an important regeneration area for Newham and a crucial part of the ambitious housing targets set by this administration.

I was delighted therefore to be able to carry out the 'topping out' ceremony at the Brunel Street

Works development, which is turning a former disused site into a development that will benefit residents by bringing jobs, community space, and affordable housing.

I must congratulate global technology company Buhler, based in Beckton, who have received a Queen's Award for the camera technology they have developed for use in food sorting machines.

The Queen's Award is presented to the most important innovation in the UK each year, and this latest award is their seventh. It was hugely impressive to see how their work is improving food safety standards across the world. We should be proud to have them in Newham.

BLACK HISTORY NEWHAM.

Black History Month is an annual event that commemorates the history and achievements of members of the black community.

Black history is to be celebrated

Newham Council is proud of the borough's diversity and has organised a programme of events to celebrate the cultural contributions of many of its communities as part of Black History Month. The programme, taking place across the borough throughout October and early November, is based on the theme of recognising the past, shaping the future. It will include poetry, film screenings, theatre and music performances, workshops and author events.

The programme has been shaped by the feedback received from those who attended last year's Black History Month celebrations. It has been co-created in collaboration with a host of voluntary and community organisations.

Councillor Charlene McLean, Deputy Mayor and lead member for Community Neighbourhoods, said: "I am delighted Newham is once again seizing the opportunity to acknowledge the cultural contributions of its many communities by celebrating Black History Month.

"The events and performances are an excellent way to bring communities together and strengthen the social fabric of our amazing, diverse and vibrant borough. There is plenty for residents to get involved in, from discussions on music, literature, and heritage, to poetry, theatre, opera and film screenings."

Some events have already taken place including poetry at Stratford Library with Newham Poetry Group and

cooking sessions with the Food Academy at Newham Leisure Centre in East Ham showcasing ingredients of African diaspora cuisine.

Future highlights include drawing, colouring and drumming with the Iroko Theatre Company at Manor Park Library on 21 October at 2pm, Custom House Library on 24 October at 4.30pm, and at Canning Town Library on 25 October at 3pm.

There is an opportunity to see Europe's first majority BME orchestra, the Chineke! Chamber Ensemble with Theatre Royal Stratford East, on 21 October from 5.30pm to 6.45pm at the Roundabout in Theatre Square, Stratford.

Children's author Mylo Freeman will read from her Princess Arabella storybooks on 22 October from 10am at Beckton Globe Library.

On 1 November, *The Powder Monkey: The Opera*, will take place at Newham Town Hall, East Ham. It is a powerful, visually stunning 60-minute opera set on a slave ship in 1788 created by Brolly Productions with acclaimed composer Errollyn Wallen MBE.

An exhibition at Forest Gate Library until 31 October called *Locs*, by Sly Shillingford, examines the personal history of dreadlocks.

The majority of the events are free, though booking may be required at some of them. For further information visit www.newhamblackhistory.org



Residents and staff enjoyed cooking lessons at the Food Academy

Gilbert Clarke, 93, from Plaistow, was born in Jamaica. He came to the United Kingdom in 1944 after volunteering to serve in the armed forces. He trained as a radar mechanic and was in the Royal Air Force until 1948.

He has lived in Newham for 40 years where he has indulged in his passion for music, playing keyboards with a variety of groups in pubs across the borough.

Gilbert enjoys the activities and events organised as part of Black History Month. He said: "Last year I went to several of the activities and I think it's important to celebrate black history and culture.

"I think we should do more to encourage youngsters to look back at their history and do more for themselves rather than walking the streets."



Cllr McLean joined residents for an exhibition at Forest Gate Library



A poetry event attracted residents to Stratford Library

ROYAL & DERNGATE, NORTHAMPTON AND THEATRE ROYAL STRATFORD EAST PRESENT

**STRATFORD
EAST**

ROYAL
DERNGATE &
NORTHAMPTON

OUR LADY OF KIBEHO

—
by Katori Hall
directed by James Dacre

Inspired by extraordinary
events in 1980s Rwanda

★★★★★
“Astonishing”
THE GUARDIAN

**WED 25 SEP –
SAT 02 NOV 2019**

stratfordeast.com

VAT No. 233 3120 59 Charity No. 233801 Reg No. 556251



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Newham London



Fireworks Night

Saturday 2 November

FREE ENTRY

Silvertown Quays
(off North Woolwich Road),
Royal Docks, E16 2BU

Docks to host fireworks spectacular

The stunning and historic buildings in the Royal Docks are once again the backdrop of this year's fireworks extravaganza being organised by Newham Council, themed around the 50th anniversary of the Apollo 11 moon landing.

Taking place on Saturday 2 November, the show, organised in partnership with the Royal Docks Team, will be choreographed to a musical soundtrack especially chosen for an exhilarating journey through space.

Residents can look forward to a spectacular fireworks display at Silvertown Quays, off North Woolwich Road. In addition, the event will include children's funfair rides, a range of different food stalls, a bar, plus DJ Roberto from Heart FM to keep you dancing.

The evening will also include some electrifying performances from Lords of Lightning and their breathtaking show called Dual, as well as additional entertainment reflecting the moon landing theme. The dock buildings will be artfully lit, illuminating the spectacular post-industrial structure that is Millennium Mills.

Gates will open at 5.30pm followed by the display

at approximately 7.30pm. Make sure to arrive early to enjoy the other attractions. There will be a number of performances on site which are still to be announced.

Entrance to the event is free. Residents are advised to walk, cycle or use public transport as there is no public parking on site. There will be limited Blue Badge spaces accessed from the roundabout on Connaught Bridge.

For more details, visit www.newham.gov.uk/fireworks



Visitors and entertainers in 2018

Brought to you by Newham Council in partnership with the Royal Docks Team

Newham Pensions Board independent chair vacancy

The London Borough of Newham as the Administering Authority in its role as the Local Government Pension Scheme Manager, is committed to ensuring the effective and efficient governance and administration of the Scheme for the London Borough of Newham.

The Board itself consists of three employer member representatives, three scheme member representatives and one independent Chair of the Board, for which there is one vacancy.

Ideally the Independent Chair should offer a range of different skills and knowledge and preferably have experience of attending and chairing formal meetings. Independent Members should live, work or study in Newham.

Applications cannot be accepted from candidates if they are currently a Member, Co-opted Member, an Advisor to the Mayor of London Borough of Newham, employee or a consultant to the authority in any capacity, or have been within the last 5 years; or if they are a relative or are a close friend of such a person.

The Board is scheduled to meet three times a year. Relevant training will be provided. An allowance will be paid and travel reimbursement and reasonable expenses can be claimed. The term of office is four years.

If you are interested in having an active role in the running of Newham's pension scheme, then we would be delighted to hear from you.

To apply please send your CV and supporting statement to **Pauline.Egan@newham.gov.uk** The closing date for applications is **Sunday 3 November 2019**

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



INTENSIVE SWIMMING COURSES

for children of all levels and abilities.

IT'S NEVER TOO EARLY OR LATE, SO COME AND CHALLENGE YOURSELF AND LEARN A LIFE SKILL!

21ST - 27TH OCTOBER

SPACES FILLING FAST SO BOOK NOW ON:

0300 124 0123

Atherton Leisure Centre, 189 Romford Road, London E15 4JF
 East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
 Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

To find out more call **0300 124 0123[†]** or visit **www.activeNewham.org.uk**

[†]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.

in partnership with



Time to honour the fallen

Every year on the second Sunday of November, the nation honours those who gave their lives in the service of their country in two World Wars and conflicts since.

Remembrance Sunday services will be held across Newham on 10 November attended by Mayor Rokhsana Fiaz, Cabinet members, councillors, and Newham Council officers.

They will be joined by residents, members of the Royal British Legion, past and present members of the armed services community including West Ham-based G Company 7 Rifles, uniformed services, St John Ambulance, and young people representing various Scouting and Guiding and cadet organisations.

Mayor Rokhsana Fiaz said: "It is absolutely vital that we recognise all those men and women in our armed services, and civilians, who gave their lives to protect us. Their sacrifices inspire us all and we must never forget them."

All residents are invited to attend services on Remembrance Sunday:

Cenotaph, Central Park, High Street South, East Ham, E6

The Royal British Legion will parade at 10.30am from Newham Town Hall in Barking Road, along High Street

South to Central Park, where the ceremony is scheduled to take place at the Cenotaph at 10.55am led by Reverend Fred Ashford-Okai.

All Saints West Ham Parish Church, Church Street, West Ham, E15

The service will commence at 10.45am. Guests are asked to be seated for 10.30am.

St Luke's Memorial, Tarling Road, Canning Town, E16

The service will be led by lay reader Carole Davidson and will commence at 10.45am.

St Mark's Memorial, Factory Road, North Woolwich, E16

The service is scheduled to take place at 10.45am.

Armistice Day, Centotaph, Central Park, High Street South, East Ham, E6

Monday 11 November there will be a schools service at 10.45am. All are welcome.

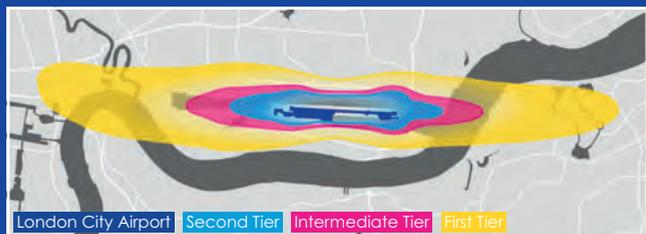
For more information visit www.newham.gov.uk/remembrance

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



Newham Community Based Domestic and Sexual Violence Support Service

Newham Council has commissioned Hestia to provide community based domestic and sexual violence services.

The support is available to anyone in the community over 16 and will include:

- emotional and practical support for people suffering domestic abuse;
- support through one-to-one sessions and group work;
- working with individuals and communities to raise awareness of the harmful impact of domestic abuse;
- supporting women and girls who have experienced or are at risk of Female Genital Mutilation;
- support for individuals to leave sex work.

24/7 Phone Number **0808 196 1482** or referralsnewhamdsv@hestia.org and infonewhamdsv@hestia.org



CALL FOR ARTISTS

Do you live or work in Newham? Are you an artist or part of an active community group? If so, Newham Council would love to hear from you. We are investing £1.5m in imaginative and original public art and public realm enhancements across **Beckton, East Ham, Forest Gate, Green Street, Little Ilford, Manor Park, Maryland** and **Plaistow**.

Deadline for submissions is 21 October 2019. Please visit www.shapenewham.co.uk for more details and how to apply.

SHAPE NEWHAM
Improving public spaces together



People at the Heart of Everything We Do

Ordinary citizens with a passion for journalism

Mayor Rokhsana Fiaz is determined to ensure open and transparent democracy in Newham. As part of a commitment to get local people involved, she has launched a panel of Citizen Journalists who will be writing articles for the Newham Mag on a variety of issues.

Mayor Fiaz said: “I want interested residents to write about what really matters to them.”

The panel met for the first time at Newham Town Hall in East Ham in September and Laura Hacksaw, one of the panel members, has written the first article based on the panel's aims for the future.

REPORT BY LAURA HACKSHAW



Since May last year Newham Mayor Rokhsana Fiaz has been delivering new schemes for us as residents which range from youth facilities, access to new jobs, all the way down to scrapping the rubbish disposal fee. Now we are seeing effective change within this publication.

Back in September, a few excited writers gathered under the shield of the Town Hall for an exciting prospect: a meeting with both the Mayor and the Newham Mag team to discuss Citizen Journalism.

Under this new enterprise, we will be bringing you a unique perspective on a wide range of issues, events and news stories taking place in your borough. Within our first meeting, several fantastic ideas were proposed and the team was budding with questions, news stories and excitement. Among us are a diverse range of writers with varying levels of experience, cultures, ages and genders.

We are ordinary people, passionate about journalism, and keen to come together to diversify the narrative of all residents in the borough. We hope to explore the lives, issues and dynamic stories that exist within our everyday lives, in a way that is fresh, honest and engaging.

Our ultimate aim is to deliver balanced journalism that addresses a multitude of issues from interesting perspectives.



The Mayor with members of the panel





Young people spoke at Full Council



Some ideas for tackling climate change

Climate change affects us all and we all have a part to play in changing the activities that are contributing to global warming if we are to protect the planet for our young people.

Newham’s youngsters are taking a stand and some of them took part in the recent Global Climate Strike that coincided with the first day of the United Nations climate summit in New York. More than 120 of them aged ten to 25 from the borough’s youth zones, schools, Children’s Rights, the Youth Justice Board, Youth Movements and Police cadets, also took part in a Newham Council Youth Assembly at the Old Town Hall in Stratford to hear ideas and solutions to help tackle the climate emergency.

They discussed their concerns about climate change and shared their ideas on steps that could be implemented to raise awareness about the issue and to reduce the impact of human activities on the planet.

A small group then presented their ideas to a meeting of the Full Council. Ideas included a ban on the use of single use plastic, a more informative school curriculum, celebrity endorsement, carbon capture storage and walking only areas.

Mayor Rokhsana Fiaz told them: “We have to listen to the voices of our young people on this vital issue. You’ve made valid points particularly relating to limiting or ending the use of single use plastics. We are reviewing how what we do as a Council may be contributing to the climate emergency that confronts us.”

The young people said they found the event useful because it allowed them to have frank discussions with their peers and raise their concerns with decision-makers. One of them, Thomas Sedgwick, said: “I gained more knowledge about climate change and what the Council, residents and I can do to help support such an important, international issue.”



Young people discussed some of their ideas

WORKING WITH YOU TO TACKLE CLIMATE EMERGENCY



Reducing greenhouse gas emissions is a key priority for Newham Council which is working with residents keen to get involved.

More than 60 people recently joined the borough's first Newham Climate Now Open Forum at the Town Hall in East Ham to look at how they can help tackle the climate emergency.

To help the borough meet a target of carbon neutrality by 2030 and net zero greenhouse gas emissions by 2050, Mayor Rokhsana Fiaz last month launched a consultation into a draft Air Quality Action Plan, which proposes actions for the Council to deliver between 2019 and 2024. The aim is to reduce pollution and improve the quality of life, health and welfare of residents as part of a commitment to a Green Deal for residents and our businesses.

At the forum, residents shared their views on the plan, took part in discussions on the climate emergency, and came up with suggestions on how they think they could help. Residents also watched a BBC video on climate change presented by Sir David Attenborough.

Councillor Zulfiqar Ali, Cabinet member for health and adult social care, and Councillor Mas Patel, Commissioner for air quality and climate emergency, spoke specifically

about the issues facing the borough and the steps which have already been taken to reduce greenhouse gases.

Councillor Patel said: "This was a superb forum with excellent speakers and some great ideas shared by residents passionate about taking urgent action to tackle the climate emergency.

"Newham Climate Now highlights how all Council services, decisions and policy-making can impact the environment, and there is so much more we all can do to tackle the problem. There is no time to delay. We all have to make changes to our life and put climate change at the top of our list of priorities. "By making better choices we can improve the quality of the air we breathe and protect younger generations from further harm."

To take part in the air quality consultation, visit www.newham.gov.uk/airpollutionconsultation by 14 October or for more information visit www.newham.gov.uk/NewhamClimateNow



Residents took part in discussions on climate change

Improving air quality, one street at a time



Tylney Road, Forest Gate



Tylney Road, Forest Gate



The Broadway, Stratford

Newham Council is determined to take a lead in tackling the climate emergency locally and has matched its words with action. Last month, as part of World Car-Free Day (22 September) the Council, working with residents, closed nine streets to traffic for several hours, allowing people of all ages to play, talk and enjoy outdoor activities.

For several hours the streets were full of traditional street games, fun activities, arts and crafts, and cycling repairs. Council staff provided information about dealing with air pollution.

World Car-Free Day is designed to encourage drivers to give up their cars for 24 hours and remind people of the joy of a traffic-free environment. It also encourages people to walk and cycle and gives communities an opportunity to come together and for children to play on their own streets in safety.

Nine Newham streets were closed to through traffic. They were:

- Lens Road and Dorset Road, Upton Park;
- Warrior Square, Manor Park;
- Hastings Road, Canning Town;
- Richford Road, Stratford;
- Broadway, Stratford;
- Kingsford Square, Beckton;
- Masterman Road, East Ham;
- Tylney Road, Forest Gate;
- Dongola Road to Khartoum Road, Plaistow.

Councillor Mas Patel, Commissioner for air quality and climate Change, and Cabinet members Julianne Marriott and Zulfiqar Ali, were among those who joined residents with activities.

Councillor Patel said: “Last year there were 96 deaths in Newham in which the poor quality of air was a contributory factor. This can’t be right. We also have the highest rates of asthma and bronchitis in London. Working with all our diverse communities we want to clean up Newham’s air and save people’s lives. This is a public health emergency, so as part of our plan of action, we want to encourage cleaner transport and more active lifestyles. Walking, cycling and using non-carbon forms of transport will help improve poor air quality.

“By restricting vehicles down our side streets, even for

one day, showed how much better things can be with children and young people enjoying fun and games in a safe environment. I’m clear that action must take place to improve the air we breathe, look after our environment and save the planet. We’ll only do that by working together.”

You don’t have to wait until the next World Car Free-Day if you want to enjoy some play activity in your street. Newham Council supports residents throughout the year to reclaim their street from traffic, by closing residential roads to through vehicles, turning them into temporary Play Streets on specific days.

Residents, parents, guardians and neighbours, can all apply to have their streets closed to traffic for up to four hours during the day. To find out more, visit communityneighbourhoods@newham.gov.uk



Masterman Road, East Ham



Be ready for **B**rexit

The United Kingdom is set to leave the European Union on **31 October** and all of us, residents and businesses included, need to be ready for the change. Newham Council wants to support you in taking any necessary steps to prepare for Brexit.

A Get Ready public information campaign has been created to encourage us to take action because there will be changes that affect us. To find out more, visit **www.gov.uk/brexit** or **www.newham.gov.uk/Brexit**

Newham has a long tradition of welcoming people from across the world. EU citizens continue to be welcomed and valued for their contribution to our community and businesses.

There are 36,540 registered electors in the borough with an EU nationality. There have been 21,890 applications from Newham residents applying for the European Settlement Scheme, the route for EU residents and their families to live and work in the UK beyond 31 December 2020. This is the second highest total in the country.

Mayor Rokhsana Fiaz said: "There remains a lot of uncertainty but be assured that Newham Council, through the Brexit Board we established earlier this year, is working hard to plan for whatever transpires.

"More than anything, I want to send a strong message again to every single EU national in Newham that regardless of what happens; Newham is your home and we will support you.

"We are working to ensure that people know their rights and how to exercise them in relation to settlement status, including where to find the information they need from trusted sources. Whatever happens in the run up to 31 October and beyond, the Council will be there for all residents."

Handy tips to help you prepare for Brexit

TRADERS	<p>If you buy or sell goods to the EU then you need to get ready for the changes. Check what you need to do for the type of goods you import or export</p>	<p>You can make it easier to import goods from the EU by registering to use transitional simplified procedures (TSP)</p> <p>Make sure the EU businesses that you are selling to has the required paperwork to receive your goods</p> <p>Keep up to date on import tariffs for Day 1 of Brexit</p> <p>Find out how to register to make a customs declaration</p> <p>Make sure your business has an Economic Operators Registration Identification (EORI) number</p>
BUSINESSES	<p>Check what's changing in your industry</p>	<p>Your contracts may need updating to continue lawfully transferring personal and customer data between the EU and the UK</p> <p>Check new guidance if you manufacture or distribute goods to the EU</p> <p>Employees servicing clients in the EU may need to have their professional qualifications accredited. Check by 31 October</p>
UK NATIONALS	<p>Check for changes before you travel</p>	<p>Check your passport is valid</p> <p>Get travel insurance which covers your healthcare</p> <p>Make sure you have the right driving documents</p> <p>Get a health certificate for your pet at least four months before you travel</p>
EU CITIZENS LIVING IN NEWHAM	<p>Apply for the EU Settlement Scheme</p>	<p>The deadlines for application are in the case of a deal: 30 June 2021; in the case of no deal: 31 December 2020</p>
HAULIERS	<p>Make sure you have the right driver and vehicle licences and permits for driving in the EU</p>	<p>Make sure you have the right documentation for the goods you are carrying across EU borders, including your Master Reference Number</p>



SWEET SUCCESS FOR YOUNG BAKERS

Pupils from two Newham schools put their baking skills to the test in a competition to create the yummiest cakes.

The children from Curwen and Kensington primary schools, both in Manor Park, took part in their first-ever Bake Off with help and support from staff and parents. Each school held a semi-final amongst children from Years 3 to 6. Finalists from the two schools then prepared dishes at Kensington School's baking room in front of a panel of judges.

Winner Haseeb Iftikhar, nine, from Kensington, received a baking experience and personalised aprons while runner-up Gabriella Langevine, ten, from Curwen, received a baking kit.

Samra Malik, food technology lead from Kensington School, said: "The competition has encouraged children and adults to spend quality time together at home researching, preparing and baking. It has also taught children important skills in the kitchen including safe use of heat sources, and measuring."

Staff and relatives helped students Haseeb and Gabriella



Airport boosts grassroots projects

Three Newham-based groups have received a share of £75,000 community grants fund launched by Silvertown's London City Airport.

The Magpie Project in Forest Gate, which supports mothers with under-fives facing a variety of challenges, Kings Cross Steelers RFC, a rugby club based in Memorial Park, West Ham, open to gay, bisexual and heterosexual players, plus mental health charity Mind in Tower Hamlets and Newham, have each been awarded up to £3,000.

Nazmin Begum, Corporate Responsibility and Community Engagement Executive at the Airport, said: "We are proud to champion the work of grassroots organisations that make a real difference to families and individuals on the airport's doorstep."

Organisations, charities and community groups can apply for funds in the second round of grants by 25 October. They are open to charities and organisations that represent inclusive and diverse communities. For more information, or to apply, visit

www.londoncityairport.com/corporate/responsible-growth/community-fund



Kings Cross Steelers RFC

Everything in the garden is rosy



Forest Gate Community Garden



The garden is run by volunteers

A community garden run by volunteers has been declared outstanding by judges who visited the green oasis in Forest Gate as part of the London in Bloom competition.

Forest Gate Community Garden in Earlam Grove was entered in the It's Your Neighbourhood category for community gardens and similar neighbourhood schemes. The garden, which was opened in June 2016, was rated outstanding by the judges who gave it the highest ranking available.

Sophie Rigg, garden co-ordinator, said: "The Community Garden is a very special place where everybody is welcome. It is the best of Forest Gate and a valuable asset to the area."

"It is a labour of love and we are delighted with this result recognising everybody's hard work and dedication. The garden has grown out of the passion and dedication of local people. It is run by volunteers who devoted more than 2,500 volunteer hours in the first year alone."



Works of art will be just fine



Work which is part of the exhibition

A group of talented artists will be holding their fourth annual Fine Art exhibition that includes more than 60 paintings at The Gate Library in Woodgrange Road, Forest Gate, between 6 and 29 November.

Fine Art Forest Gate is a diverse group of artists who are members of Newham's Fine Art class taught by professional artist and professor Jonathan Waller from Coventry University. The Fine Art class, held at Forest Gate Learning Zone, has been successfully productive for 17 years.

Jonathan said: "My aim is to draw out students' creativity, regardless of their ability when they first join up to one of the classes. It's always so rewarding when you see this happen."

The exhibition, which is free and supported by Newham Council, will feature an array of talent and creativity showcasing works that includes paintings, sketches and drawings of landscapes to portraits on a variety of themes. For information, visit www.fineartforestgate.co.uk

Tribute to community champion

Newham Council has paid tribute to Janet Williams, one of its community champions, who died recently.

Councillor Joy Laguda, Chair of the Council, offered condolences at the recent meeting of the Council at the Old Town Hall in Stratford. She said: "Janet was a hard-

working and steadfast volunteer for our community neighbourhoods' initiative. She was well known to all of us for her volunteer work and took part in many community and environmental initiatives."

Janet was also a long-serving governor at local schools and a leader at St John's Church in Stratford. During the 2012 Games she volunteered as a Games Maker.

At the Council's Connecting Faiths and Building Communities Conference in 2017 her contribution to programmes to enhance her community in Plaistow was recognised. Janet also volunteered for many initiatives including enhancing the Greenway; reporting fly tipping; helping at events; and helping to deliver the Council's Christmas hampers to elderly and vulnerable residents.



Janet Williams

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



Nadia Hannan, 5



Aiza Bint Sarid Khan, 4



Marwah Babar, 5



Aisha Tahir, 7

Colour-me-in Wordsearch

Jokes

Q. What happened when two silk worms had a race?

A. It ended in a tie.

Q. What do you call a dinosaur with an extensive vocabulary?

A. A thesaurus.

Q. How do you make gold soup?

A. Put in 14 carrots.

Q. What gives you the power to walk through a wall?

A. A door.

Q. How many tickles does it take to make an octopus laugh?

A. Ten (tickles).

Q. How do you organize a space party?

A. Planet early.

Q. How do you catch a squirrel?

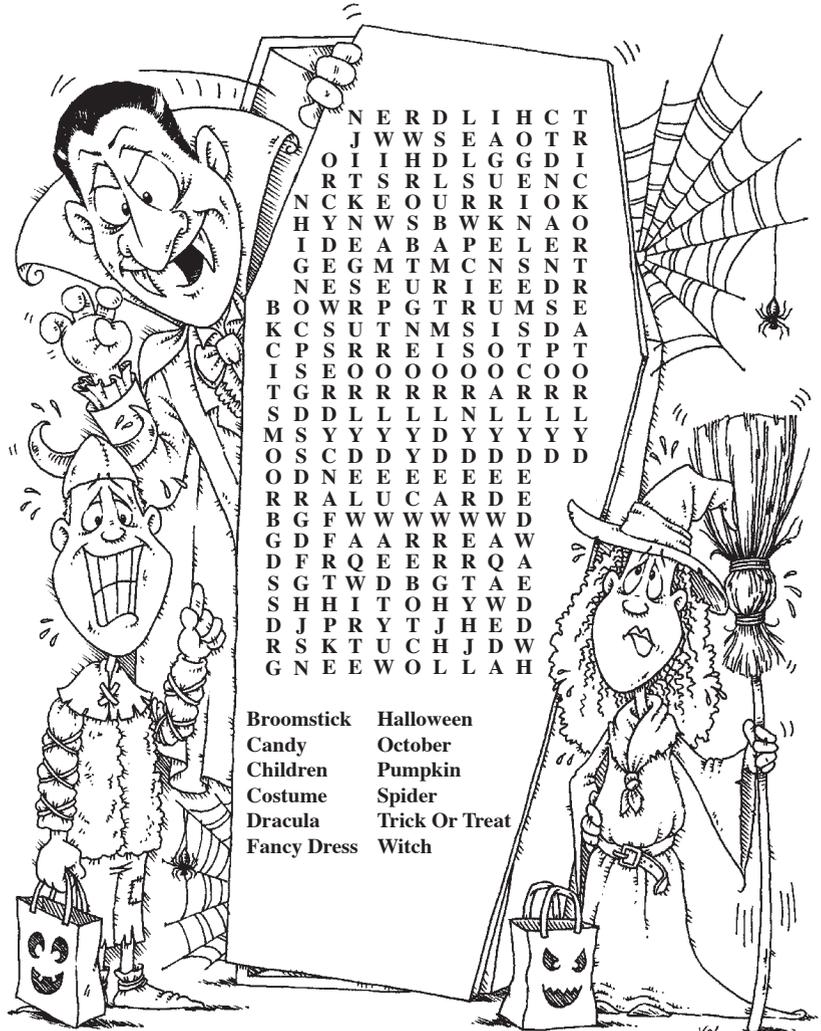
A. Climb a tree and act like a nut.

Q. Where does Tarzan buy his clothes?

A. At a jungle sale

Wordsearch

You must find the following words in the grid



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.



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, 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

Academy Achievers Parent and baby interactive music-making sessions. 19 Oct, 2 and 16 Nov, 10.30-11.15am (6-18months), 11.30am-12.15pm(18months-4yrs). Cost £8. Chobham Academy, 40 Cheering Lane, East Village, E20. Call 0788 990 7999 for details



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

Steelpan Workshop (13yrs+) 🌈 Sun, 3-4.30pm, Stratford

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

Half Term Activities at Plaistow Library Various times, enquire or join us to explore the special treats installed for you all. Mon, 21 to Sat, 26 Oct, Plaistow

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



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

Social Media in Everyday Life (18yrs)  1st Sat of month, 11am-12pm, Canning Town

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



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 Rd, E6. Weds, 10am-1pm and last Sat of month. Visit 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, E6

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

Community Gardening – Abbey Gardens  Abbey Gardens, Bakers Row, E15 (Next to Abbey Road DLR) Sat, 1-5pm



HEALTH AND
FITNESS

Yoga Build strength and tone muscles, improve 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, 6.45-7.45pm (£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 or 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

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

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



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

Golden Oldies Social Club  Come along to play bingo and have refreshments. Weds, 12-3.30pm, Community Road C.C, Stratford

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 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

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

Older People's Coffee morning Celebrate Older People's Day over a cup of tea and a scone. 10.30am-12pm, 15 Oct, Plaistow

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 07790 384413 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. Mon, 14 Oct, 7pm, Council, Old Town Hall Stratford; Tues, 15 Oct, 7pm, Strategic Development Cttee; Old Town Hall, Stratford; Mon, 28 Oct, 7pm, Local Development Cttee; Weds, 30 Oct, 6pm, Strategic Development Cttee, Old Town Hall, Stratford; Tues, 5 Nov, 6pm, Cabinet; Tues, 12 Nov, 7pm, Strategic Development Cttee, Old Town Hall, Stratford. For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 12 Oct, 10am-12pm, Canning Town Library, Barking Road, E16. Sat, 26 Oct, 10am-12pm, Stratford Library, The Grove, E15. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery 16 Oct 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
- NewVic** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16

THEATRE ROYAL STRATFORD EAST AND PAINES PLOUGH PRESENT

STRATFORD
EAST

PAINES
PLOUGH

ROUNDAABOUT FESTIVAL

THU 10 – SAT 26 OCT 2019



THEATRE COMEDY LIVE MUSIC CABARET BURLESQUE FAMILY EVENTS

stratfordeast.com

Box Office 020 8534 0310

VAT No. 233 3120 59 Charity No. 233801 Reg No. 556251



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Supported by



ASPERS CASINO
GOOD CAUSES FUND

OPEN DAY ON SAT 12 OCT

Full of fun free activities for the whole family
Check the website for the line-up



Thinking about solar panels but not sure where to start?

Register for free before **21 October**
www.solartogether.co.uk/newham



Save more as a group



Clear information



High quality installation



Extended Guarantees

**SOLAR TOGETHER
LONDON**

**NEWHAM
CLIMATE
NOW**

Newham London