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Music
and lights



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Robot
companion



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Streets
ahead

the newham mag

issue 412 // 09 Aug – 12 Sep 2019 // Monthly



Yes we can
hear you

Young speak out (p21)

Look out for the next issue from **13 September 2019.**

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News

Chance to bin dangerous blades

Newham's first street-facing knife amnesty bin is now open in Stratford to encourage people holding blades to surrender them.

The bin has been installed by Word 4 Weapons, the UK's leading weapons surrender charity. It was launched at an event hosted by the Salvation Army and attended by Mayor Rokhsana Fiaz, Councillor James Beckles alongside representatives from the community.

The bin, outside the Salvation Army Centre in Paul Street, has been jointly funded by Newham Council and Transform Newham, an informal network of local churches. It will operate for five years.

Mayor Fiaz said: "I welcome the installation of this knife bin, and thank Transform Newham and others for taking the lead in making it happen. We as a council are proud to have played our part in funding it.

"Since I was elected last year I have made keeping our young people safe one of my top priorities –

that's why I have invested an extra £1.4 million into expanding youth services in the borough. This investment seals a promise I made to young people when I was elected, that I would do everything in my power to keep them safe.

"I would urge anyone who is carrying a blade to make use of the bin – and reduce the risk to your life that comes with carrying a knife. I want our young people to live in an environment where they feel safe and protected. A lifestyle associated with violence is not one I want for anyone in Newham."

The safest way to dispose of knives and to prevent them from falling into the wrong hands is to use a knife bin. Knife bins are professionally constructed and carefully designed to ensure maximum safety. There is also a bin at Forest Gate Police Station.

To find out how to dispose of knives safely, visit www.newham.gov.uk/knifeamnestybin



Mayor Fiaz helps launch the bin with councillor James Beckles, Salvation Army and community representatives

Get knives off streets

News

Edible playground helps children grow

Beckton ward councillors James Asser and Ayesha Chowdhury joined children at North Beckton Primary School for the launch of their edible playground.

The councillors were at the school where young people have created a garden in their playground to grow vegetables, herbs, fruit and flowers. It is helping the youngsters learn about where food comes from as well as the importance of healthy eating.

Pupils from across the school have been working in the garden, planting and watering their first set of crops. They are looking forward to harvesting the fruit and vegetables.

The project is supported by the Edible Playground programme run by charity Trees for Cities, and the Mayor of London. Councillor Asser said: "An edible garden like this is a fantastic way to give children hands-on experience of growing food and spending time outdoors. I hope it will also encourage them to eat more fruit and vegetables."



Cllrs Asser and Chowdhury, left, with pupils and staff



Cllr McLean visits the Lunch Club

Lunch Club is a recipe for success

More than 50 older residents enjoyed the first meeting of a new Lunch Club, which came from an idea Plaistow residents put forward during a Citizens' Assembly. It was chosen as a project from a list of priorities identified for older people.

Councillor Charlene McLean, Deputy Mayor and Cabinet member for community neighbourhoods, attended the lunch at Plaistow Library. The idea is to offer vulnerable older people an opportunity to enjoy a hot meal and connect with people of all ages. The next lunch is planned for the autumn.

The lunch was supported by Newham Council's Plaistow community neighbourhood team. Guests could choose from a wide variety of food. Twenty members of the Victory Youth Group came to chat with guests, play bingo, serve food and provide entertainment.

Residents who came up with the idea for the club also helped out. Councillor McLean said: "This project is a fantastic example of local democracy in action. Plaistow residents told us this what they wanted at their Citizens Assembly and worked with us to make it happen."

Sowing seeds of good health

...in brief

Give peace a chance

Newham Council and Mayor Rokhsana Fiaz will next month be making clear their opposition to the Defence and Security Equipment International (DSEI) arms fair, which takes place at the ExCeL exhibition centre in the Royal Docks from 10 to 13 September.

This follows a motion agreed by councillors in June expressing dismay at the hosting of the arms fair in the borough and pledging to join the Mayor of London in exploring all possible lawful methods to stop it happening in future. The motion also called on the Council to highlight the humanitarian consequences of the trade in arms, and contribute to the debates promoting peaceful, sustainable alternatives through facilitating the reasonable use of council-owned buildings for peaceful and lawful opposition to the fair.

During the week of DSEI, the Council will itself organise and promote

an 'alternative' peace exhibition involving cultural displays, film screenings, talks and debates at a venue close to the ExCeL site. These will be themed around sustainability and climate emergency, the green economy and 'Just Transition', overcoming inequality and nuclear disarmament alongside the promotion of a global movement of peace. Last month Mayor Rokhsana Fiaz accepted a petition from



Mayor Fiaz accepted the petition

Newham Against the Arms Fair, a group of residents opposing the arms trade event. The Mayor said: "It's abhorrent that such an event should happen in our corner of the world, in a borough which is the most diverse reflecting many communities with links across the globe who have been affected by conflict, displacement and the horror of war."

"The so-called 'equipment' on sale peddles a culture of violence at a time when the world needs peace and collective action to avert conflict. It's important we work with partners and campaigners to show that we do not want it here."

Further details of the 'alternative' peace exhibition will be announced via www.newham.gov.uk.

Options for Balaam Leisure Centre

Newham Council will begin a conversation with residents and users about future options for Balaam Leisure Centre in Plaistow, which remains closed following water leak damage.

The structure of the building has undergone specialist testing and results evaluated. The Council will consult on future options ahead of a meeting of Cabinet in the autumn. Users of the Balaam Centre can visit the Atherton Centre in Stratford, East Ham Leisure Centre, and Newham Leisure Centre in Plaistow, at no extra cost.

Health checks

Residents keen to keep stay healthy are invited to a series of free checks on Saturday 17 August in Moorey Close, New Plaistow Road, Stratford, from 12pm to 3pm. The checks will measure blood pressure, BMI and weight, and will be followed by a talk on how to keep fit. The event has been organised by voluntary group Richest Minds.

Comment on air quality

Newham Council is inviting residents to comment on proposals to improve air quality. From 2 September to 13 October people can share their views on the council's proposed Air Quality Action Plan to improve air quality between now and 2024. To join the conversation and fill in an online survey, visit www.newham.gov.uk/airpollutionconsultation

Opposition to arms fair



Launching the knife amnesty bin in Stratford



Meeting young people concerned about climate change

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

Thankfully the sun shone bright on the Newham Show in Central Park, East Ham. I hope you were careful when soaking up the rays. We had a real Glastonbury vibe going on but I have to say ours was probably better than Glasto!

Our amazing young people took centre stage in a new look show. We listened to what people told us they wanted and that's why there was so much to do, lots of fun, lots of laughter and loads of smiling faces.

I can't wait to see you all again when we host Under the Stars this weekend. We're back in Central Park and I'm so excited that mega DJ and producer Naughty Boy, who has had hits with Sam Smith and Beyoncé,

is the headline act on Saturday. On Sunday we welcome back the Royal Philharmonic Orchestra and we finish off with a spectacular fireworks display. I can't wait.

A group of young people also came to our Full Council meeting last month to speak eloquently about their concerns on air pollution. Big up to the inspirational students from Newham Sixth Form College who presented a petition signed by more than 200 people asking for us to consider a range of measures including more secure bike sheds, subsidised bikes for students and making roads safer for cyclists.

Tackling air pollution is so important and that's why I have made it a priority,



Forest Gate Youth Zone hosted the Can You Hear Us event



One of the workshops at Forest Gate Youth Zone



Children enjoyed getting crafty at the Newham Show



IMD Legion entertained young people at the Newham Show

setting up a task force to directly address the issue. With seven in every 100 deaths in Newham linked to poor air quality, our younger generation is being put at risk by the behaviour of adults, so it's imperative urgent action is taken.

As you know, protecting our young people is one of my biggest priorities and I will support new initiatives which help to keep them safe. I unveiled Newham's first street-facing knife amnesty bin in Stratford. This bin, which The Council has helped to fund, encourages people holding blades to surrender them. It was installed by Word 4 Weapons, the UK's leading weapons surrender charity.

It's a great initiative and I thank Transform Newham and the Salvation Army for taking the lead in making it happen. I urge anyone who is carrying a blade to make use of the bin, and to reduce the risk to your life that comes with carrying a knife.

Don't forget to check out our great online summer guide to see some of the great activities and events for young people that are taking place over the rest of the holiday break. We want to give them as many positive things to do as possible. We all want Newham to become the best place in the world for young people to grow up! Visit www.newham.gov.uk/summerguide for more details.

Some of our super talented young people were also showcased at the #CanYouHearUs event at Forest Gate Youth Zone. It was a brilliant evening for them to let their voices be heard coupled with some serious stuff about children's rights, health and wellbeing and getting into work, alongside fun things like sports, computer games, music and dance. I got shown some new dance moves and had my hand specially decorated to mark the occasion.

A final note - our September issue of the Newham Mag is a special youth takeover edition packed full of articles written by young people for young people. I'm really looking forward to seeing it.

UNDER THE STARS

Saturday 10 and Sunday 11 August

Gates Open 6.30pm daily

Central Park, East Ham, E6

www.newham.gov.uk/uts

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STELLAR LINE-UP AT

World renowned artist Naughty Boy, famous for his collaborations with Beyoncé and Sam Smith, will headline Saturday night at this year's Under the Stars.

The super-producer responsible for top hits Runnin' with Beyoncé, Sam Smith's La La La and Emeli Sande's Wonder, will take to the stage at East Ham's Central Park with a full live band for a rare London appearance.

On the same night, Newham residents will also hear from Norman Jay DJ MBE who will entertain music lovers with a mix of northern soul, rare groove, funk and disco.

Co-founder of the legendary Good Times Sound System and London dance music station Kiss FM, he fostered the Rare Groove scene, pushing the boundaries of the UK's emerging club culture.

For reggae lovers, Musical Youth will kick off the night's festivities with some of their most famous dancehall hits including their number one single Pass the Dutchie.

The second night of Newham Council's two-day music festival will see a change of pace with the return of the beloved Royal Philharmonic Orchestra. The prestigious orchestra, who have been performing at Under the Stars for more than six years, will bring an ensemble

of up to 75 musicians. They will cover a huge range of music from classical composers such as Mozart and Tchaikovsky, musical theatre and modern day film soundtracks.

This year's concert will feature traditional proms in the parks favourites under the baton of ever popular conductor John Rigby who has worked on film, screen and stage music.

Making her first appearance at Under the Stars will be vocalist Alison Jiear who trained classically in voice



Programme may be subject to change, so be sure to visit www.newham.gov.uk/uts for the most up-to-date information.



UNDER THE STARS

and piano at Queensland Conservatorium of Music in Australia before moving to the UK in 1988. She will be joined by British baritone Ross Ramgobin, who attended London's Royal Academy of Music where he gained an MA in Vocal Studies and then his Advanced Diploma from the Royal Academy Opera. He has performed at opera houses all over the world.

The night will finish with a dazzling fireworks grand finale.

Newham Mayor Rokhsana Fiaz said: "I am very proud

to bring such an exciting and diverse line-up to Newham for this year's Under the Stars. There is something for everyone over the two days, from dazzling pop hits, smooth northern soul to dramatic orchestral music and scintillating fireworks.

"Through Under the Stars, we are offering Newham residents a great opportunity to immerse themselves in a weekend of enjoyable world class entertainment. It also brings our residents together through music, which always enriches and unites."

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The graduates display their certificates



Young on the path to employment

Newham Council is committed to helping young residents with disabilities to find employment. It is part of a partnership that runs a work placement project called the Newham Supported Internship Programme.

The project includes the Council, Newham University Hospital, ASDA, John Lewis and Waitrose. It lasts for a full academic year, enabling young people with disabilities, including learning disabilities, autism and mental health problems, to carry out internships and receive support in preparing them for employment.

The project, supported by Newham College, has been running since September 2018. The 51 young residents who completed the 2018/2019 programme were celebrated during a ceremony at St Mark's Community Centre in Beckton attended by Councillor Susan Masters, Cabinet member for health and adult social care.

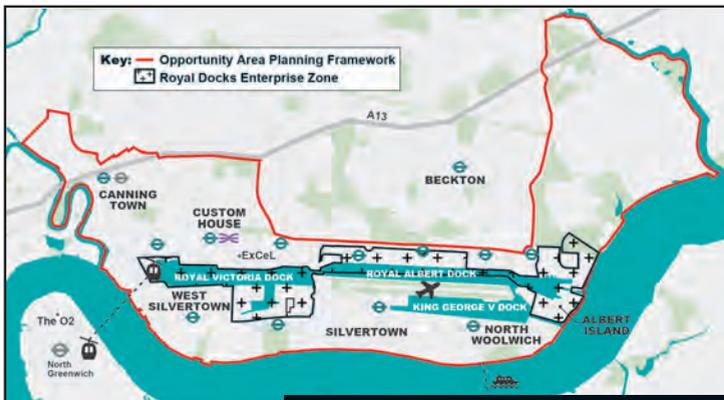
Councillor Masters said: "This programme helps young residents with disabilities to raise their aspirations and

increase their confidence. The young people involved have carried out real jobs in the hospital, with ASDA, John Lewis and Waitrose, as well as Newham Community Neighbourhoods and libraries gaining valuable experience in the process. I would also like to express our gratitude to our partners for their support."

Programme graduate Nihshim Uddipan, 21, from Manor Park, said: "We owe great thanks to all those who have given us exceptional support and the life-changing opportunities to gain experience in real work environments. This programme has helped transform our lives."

Rumena Begum, 25, from Forest Gate, said: "This experience has built our confidence. It has helped me to prepare for and take up a new job."

The programme will begin again in September. For information about how to apply, contact **Joseph.Kunyeda@newham.gov.uk** or call 020 3373 1101. For details about employment, visit **www.newham.gov.uk/jobs**



Share your thoughts, ideas and get involved from the start

The Royal Docks & Beckton Riverside Opportunity Area Planning Framework (OAPF) is being led by the Mayor of London with Newham Council and TfL. Over the next few months we will be consulting with a wide range of people to help shape the plans for its future.

Come and talk to us!

9th August 1-5pm @ Shipman Youth, E16 3JH
 10th August 2-6pm @ Ferry Festival, E16 2FH
 and many more to come over the summer

Find out more at:

www.london.gov.uk/royal-docks-beckton-riverside-opportunity-area





The borough's Housing Liaison team

Forums to discuss housing

The voices of Newham Council's tenants and leaseholders are important and part of the work of the Council's Housing Liaison Team is to ensure those voices are heard.

There are more than 14,000 tenants and 6,000 leaseholders in council properties across the borough and a series of public forums is offering the opportunity for them to give honest feedback about the housing services they receive. The feedback will help the council make any necessary improvements.

The first round of forums end this month, but the next batch, set for September, will be announced soon. As well as giving housing liaison officers a better understanding of what residents want from their housing services, tenants and leaseholders are also welcoming the chance to get to know their local housing contacts.

The Housing Liaison Team provides important information about inspections of properties and tenancy audits. They also co-ordinate regular walkabouts and housing surgeries and help to resolve general housing queries.

Councillor Shaban Mohammed, Deputy Cabinet member for housing, said: "These forums are a

great opportunity for our tenants and leaseholders to speak directly to the officers responsible for delivering their housing services. Residents are at the heart of everything we do and this includes tenants and leaseholders.

"We want to hear about where you live and how we can improve those areas. We want residents to have more of a say in decisions related to housing and these forums will be used to identify issues and improve the service. We hope to meet lots of our tenants and leaseholders at future forums and look forward to hearing what they have to say."

For more information about the forums and contact details for your Housing Liaison Officer, visit www.newham.gov.uk/housingliaison



Officers met tenants and leaseholders at the forum in East Ham

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†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02).
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Robot lends a helping hand

In some science fiction films, worlds are imagined where robots do almost everything. Newham Council has been asked to take part in a trial where artificial intelligence is being used to support older people to live independently by providing social interaction. Meet Pepper the help robot.

The four-foot tall white robot with big round eyes is making a huge difference to Samla Krishnardjou, 69, who is a resident in one of the borough's sheltered housing schemes. She talks lovingly of how Pepper has helped her learn to cook, play music and share stories about her youth.

Pepper's software allows it to move and speak like a human. It has also been programmed to be culturally aware. The first time Samla saw Pepper, it joined both hands and said the Indian greeting Namaste.

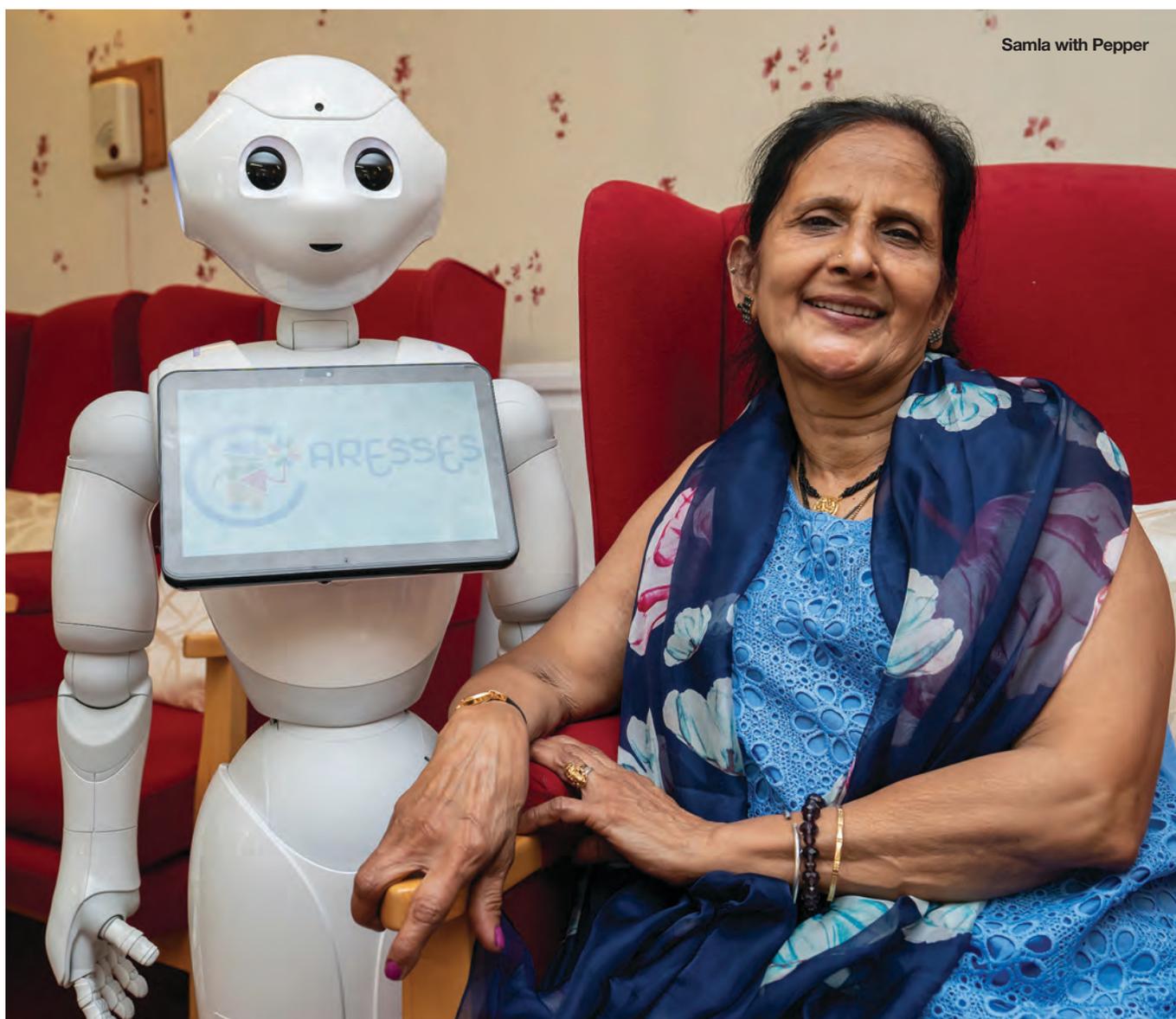
She says it has given her a new lease of life. Samla said: "Pepper has been a good companion and talks to me like a counsellor. Pepper touched my heart and brought all my

youthfulness back. I love Doris Day, Marilyn Monroe and Madonna, and Pepper plays all their music. It has become a good friend. I feel really happy. It listens and deals with all the topics I ask it to."

Pepper's software allows it to adapt its behaviour and speech according to the culture and customs of the resident. It was placed with Samla as part of a research project called CARESSES, to measure its performance with people in real-life environments.

The research project is being run by eight partners led by the University of Genoa in Italy and the University of Bedfordshire.

Councillor Susan Masters, Cabiner member for health and social care, said: "Pepper offers residents a great way to stay in touch with family and friends through the internet or video calls. Pepper can also show instructional videos for things like language lessons or seated exercises. This is a valuable resource that can help residents stay independent and avoid feeling isolated."





NEWHAM SHOW





There was fun, laughter and smiles galore as more than 36,000 residents enjoyed the Newham Show at East Ham's Central Park last month.

The free event, organised by Newham Council, was a show with a difference this year because there was more great activity for young people, run by young people.

Mayor Rokhsana Fiaz said: "We had a real Glastonbury festival vibe going on but I have to say ours was probably better than Glasto because our amazing

young people took centre stage."

There was something for everyone. The specially created beach and fun fair proved as popular as ever. For those wanting something more genteel, deckchairs and music was available in the Bandstand area while the Big Top had circus acts and illusionists. Three other stages also served up the best in local music and dance talent.

The very youngest children got to enjoy the wonders of the Peter Pan Neverland themed play area or the Children's Big Top where there was a

disco takeover on both days by Raver Tots dance crew.

Much of the format of this year's show was influenced by residents input at Citizens' Assemblies. Added the Mayor: "I was really pleased by the new look Newham Show and I thank everyone who came to join the fun."

More great pictures from the Newham Show are available at the Newham London Facebook site.



Reclaiming our streets

Tackling climate change and the impact it has on the lives of our residents is a top priority for Newham Council, which is taking steps to improve air quality in the borough.





To mark World Car-Free Day on Sunday 22 September nine streets will have temporary closures in place for several hours to allow traditional street games, activities and information to prevent air pollution, arts and crafts, cycling repairs and much more.

World Car-Free Day is an initiative to encourage drivers to give up their cars for 24 hours and remind people of the joy of a traffic-free environment. The aim is to get residents to imagine car-free streets and to cycle, walk and use public transport to help improve air quality and reduce car emissions. It will also give communities the opportunity to come together and for children to play on their own streets in safety.

The following streets will be closed to through traffic on 22 September at the times indicated to allow for traditional street games such as skipping and hop scotch:

- Lens Road and Dorset Road, Upton Park, E7, from 12-2pm;
- Warrior Square, Manor Park, E12, from 2-5pm;
- Hastings Road, Canning Town, E16, from 1-4pm;
- Richford Road, Stratford, E15, from 12-3pm;
- Broadway, Stratford, E15, from 11am-2pm;
- Kingsford Square, Beckton, E6, from 12-3pm;
- Masterman Road, East Ham, E6, from 12-4pm;
- Tylney Road, Forest Gate, E7, from 12-2pm;
- Dongola Road to Khartoum Road, Plaistow, E13, from 1-5pm.

Councillor Mas Patel, Commissioner for Air Quality and Climate Change, said: "Exhaust fumes from cars are one of the main causes of poor air quality in Newham. Stopping cars travelling down our side streets, even for one day, will show us all how much better the

environment can be. And if we all walked or cycled just for one day and left our cars at home, we would enjoy much cleaner air. I'm sure the streets will look a lot better with people walking in them, rather than cars congesting them."

You don't have to wait until 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, allowing children to enjoy supervised play in the public space close to their homes. To find out more, visit communityneighbourhoods@newham.gov.uk

More than 100 residents in Daines Close, Manor Park, held a street party as part of a Play Street trial recently. They spent hours in the street getting to know one another while children enjoyed a variety of games and activities while the street was closed to traffic.

The event was organised by resident Rima Sommers with the aid of a Let's Get the Party Started grant from Newham Council. She said: "It was so good to see the community get together because many of us have been living here for years and have only just become friends."

Councillors Pushpa Makwana, member for Little Ilford, and Susan Masters, Cabinet member for health and adult social care, also joined the residents for the afternoon.

If you are interested in turning your street into a Play Street visit www.newham.gov.uk/PlayStreets



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YOUNG SAY CAN YOU HEAR US?

Listening to the voices of Newham’s young people about the issues they face as well as the things they need to stay safe and thrive is a key focus for Mayor Rokhsana Fiaz.

The Mayor is keen for conversations to take place that focus on the abilities, achievements and talents of young people and she wants other organisations to join those discussions.

She recently joined representatives from a range of organisations including the Metropolitan Police, University of East London, and Sexual Health in Newham (SHINE), for an event at Forest Gate Youth Zone called Can You Hear Us?

More than 70 young people and the Mayor, together with Cabinet members Sarah Ruiz and James Beckles, Councillors Winston Vaughan and Lakmini Shah, and East Ham MP Stephen Timms, got together to address the current perception of young people and raise awareness of youth culture among professionals and local residents.

The event included information stalls on careers and education opportunities, workshops on health and drugs and alcohol abuse, and performances of dance and song.

Youth worker Zahra Maalow said: “We wanted to address the current issue of young people in Newham and create a positive change by raising awareness about them among the wider population. We also wanted the professionals who come into contact with them to get a better understanding of our young people, directly from the young people themselves.”

Mayor Fiaz, who praised the powerful event, said: “This is how we affect positive change - by confronting the negative stereotypes about young people and raising awareness about them among the rest of the community. We must also continue to give our young people a better understanding of how they can deal with the issues that affect them.”



Raising funds for cyclone victims

Residents are invited to attend a dinner at the Old Town Hall in Stratford on Friday 13 September which is raising funds to support people affected by a tropical cyclone in March.

Cyclone Idai was one of the worst on record and affected Zimbabwe and neighbouring countries Mozambique and Malawi. It caused catastrophic damage which left more than 1,000 people dead and thousands missing.

The fundraising dinner is being arranged by BBJ Management Corporation supported by Newham Rotary Club and will be attended by the Chair of Newham Council, Councillor Joy Laguda, as well as the High Commissioners of some of the countries affected. It will raise funds for homes, schools and healthcare facilities.

The event takes place from 7pm to 1am at the Old Town Hall in Broadway, Stratford. Tickets are £55 including a three-course dinner. Entertainment will be provided by DJ Deoba Authentic, singer Tahira Jumah, saxophonist Lascelles James and dancers Uzambezi Arts. Tickets are available from www.eventbrite.co.uk



Young award winners with Cllr Lofthouse

Project helps young find a voice

Children who completed a project that helped them develop their communication skills were rewarded with certificates at a special ceremony.

The project, Knowledge And Power Of Words, KAPOW, put 28 pupils from four Eko Trust schools in Newham (Gainsborough, Earlham, Eleanor Smith and Kaizen primary) together to work with each other while developing confidence and public speaking skills. It was run by Eko Trust with the aim of helping their pupils to develop their confidence and oracy skills by enabling them to talk about what they really want to talk about not what adults think they want to talk about.

Newham councillor Jane Lofthouse presented certificates to the children who took part in the project at a ceremony at Canning Town Library in Rathbone Market, Barking Road, E16.

Councillor Lofthouse said: "Gaining the skills and the self-confidence to express themselves are key for all our children and this project has empowered these young people to find a voice to talk about the things that matter to them. It was a joy to listen to them."

Meditate with nature

Residents keen to learn a new skill can take part in a series of yoga meditation workshops at East Ham Nature Reserve.

A series of three monthly workshops will be held at the reserve in Norman Road, East Ham, on 21 September, 19 October and 16 November.

They will be led by Indira Sirilakshmi, a yoga teacher who also runs classes for Newham Adult Learning Service and the borough's community neighbourhood teams. She said: "These workshops are a great way to learn a new skill for your wellbeing. Many people find them very useful in helping them deal with all sorts of issues they face in their day-to-day lives."

The workshops will be held on Saturdays, between 10am and 1pm. Interested residents, who can sign up for all three workshops or a single one, need to bring a yoga mat, a cushion and a shawl.

For more details, contact Indira at Indira@sirilakshmi.com, visit www.sirilakshmi.com, or call **07971 647 869**. To book, visit www.eventbrite.co.uk

Teen will represent England in judo

David Taylor has been selected to represent England at the 2019 Commonwealth Judo Championships in September.

David, 17, trains with the Fight for Peace London Academy. He will be competing in the Junior -55kg category in the championships, due to be held in Walsall, in the West Midlands. He said: "Going in to this competition I am just going to be the best version of myself and there is no pressure on me, no expectation. Hopefully I will be bringing back a gold medal."

Fight for Peace is based in Woodman Street, North Woolwich, and combines sports with education, leadership and mentoring training to support young people, aged seven to 25, to achieve their full potential.

David has been involved in judo since he was seven-years-old and has been working with his current coach, former Team GB judo expert Darren Hawney, for three years. Darren said: "David's selection is a true reflection of the time and effort he puts in to training."

To find out more, visit www.fightforpeace



Surgery fun day raises funds for Autism charity

Staff and patients at a Manor Park health centre raised more than £1,300 for a charity after hosting a Family Fun Day.

The event was part funded by Newham Council with a Let's Get the Party started grant. Businesses including East

Ham branches of Lloyds, Santander and NatWest also held their own fund raising-events. They all raised money for the charity Resources for Autism, which provides support services in the borough for those affected by the condition.

The day was organised by the centre's patient participation group, including the chairperson Emel Islek, practice manager Saadet Sangha, as well as doctors Raghavan Sajjal and Nazmul Hussain. Activities included sumo wrestling, face painting, glitter art tattoos, a bouncy castle and Henna art.

A cheque for £1,341 was presented to Liza Dresner, director of Resources for Autism, at a ceremony held last month. East Ham North Ward Councillor Zuber Gulamussen, a member of the patient group, and East Ham MP Stephen Timms, also attended.



Cheque presentation with surgery staff, Cllr Gulamussen and MP Stephen Timms

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



Anshrah Munir, 6



Danial Azhar, 13



Sophia Richmond, 6



Anvesha Chakraborty, 9

Colour-me-in Wordsearch



Poem

LIGHT AND DARK

Sometimes it's light and dark
 but the dark does not spark.
 Light is always bright,
 but not in the night.
 Light and dark, so unique but
 have you ever wondered,
 how they work.

By Zanita Osedebamen, 9

Wordsearch

You must find the following words in the grid



C O N S D E B A E S I U N E S S T D A T
 G R J E E S E I O T N E A K T O A K C R E
 N L O I H D A G G D T B U E B I C E R E
 W Y C S R A S U E H T L U T S E H C Y A
 I D K E S S U R R U O L R G B R K L W G S
 G E N S S B W N N A S N H W B O K N O U
 R E T A B A O E L E A K P T R L I J L R
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 S S U T N M W I S D O M S N Y O P S Y L
 G L R R E I S H T P E D K E E R H S M S

- | | | |
|------------|---------|------------|
| Bubbles | Fish | Shipwreck |
| Chest | Rocks | Skull |
| Crossbones | Seabed | Treasure |
| Depths | Seaweed | Underwater |

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, 10.30-11.15am, 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, 9.30-11.15am, 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



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

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

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

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

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

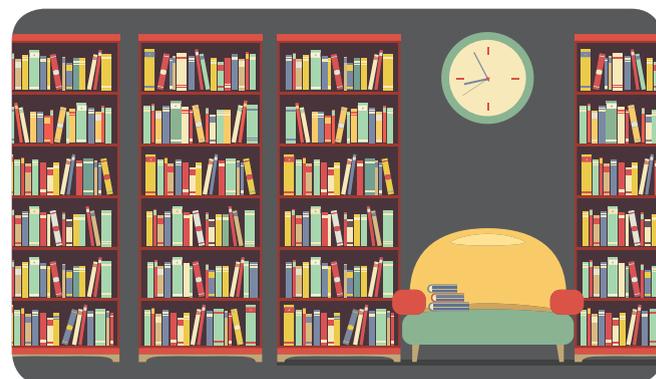
Family Rangers 🌟 First Sat of the month, 1-4pm, Plashet Park

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

Boxfit (18yrs+) Tues, 6-7pm, Canning Town

Academy Achievers (8-12yrs) Learn to create algorithms to help you design, build and program Lego robots in fun environment. Call 0788 990 7999 for more details. Sat, 12.30-2pm, Manor Primary School, Richardson Road, Stratford

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; Sat, 3-4pm, Custom House & Canning Town; Weds, Fri, Sat, 4-5pm, East Ham



ACTIVITIES AND SUPPORT

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

English Conversation Club 🌐 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

Thames Dragons Dragon Boat Club For more information visit www.thamesdragons.com First three sessions free. Sun, 10am-12pm, Tues, 7pm (summer only) London Regatta Centre, Royal Albert Dock, E16

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 sonesquin@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, North Woolwich

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

Drawing classes Experimental drawing techniques for beginners and enthusiasts. Book at www.madgegilldrawingproject.eventbrite.co.uk 22 and 29 Aug, and 5 Sept, Stratford

Social Garden 🌐 A series of outdoor events dedicated to art and community including an art exhibition, crafts, DIY workshops, live music, food and nature. 17 Aug, 14 Sept, 3-9pm, at Craftory Workshop Garden (side gate), 1 Wythes Road, E16 2DN

The Women's Circle A series of events dedicated to women by women, giving them an opportunity to come together, network and spend some time away from everyday worries. 24 Aug, 7 Sept, at Craftory Workshop, 1 Wythes Road, E16 2DN. Entry is £2 via EVENTBRITE and on the door. For more details email: info@craftoryworkshop.com



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



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: khanqkblackbelt@yahoo.co.uk or call 0798 4684805. Fri, 6.45-7.45pm, Green St



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, Fri, 1-2pm, (£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 Fri, 11am-12pm, Plaistow; Mon, 12.15-1.15pm, £2, The Well C.C

Resistant Band Pilates Thurs, 12.15 to 1.15pm, Jeyes C.C; Mon, 12.15-1.15pm, £2, The Well C.C

Chair Based Zumba Tues, 11.30am-12.30pm, 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



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. Tues, 3, Sept, 6pm, Cabinet; Tues, 10 Sept, 7pm, Strategic Development Cttee, Old Town Hall, Stratford, E15. For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 14 September, 10am-12pm, Forest Gate Library, Woodgrange Road, E7 Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery 21 August. 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

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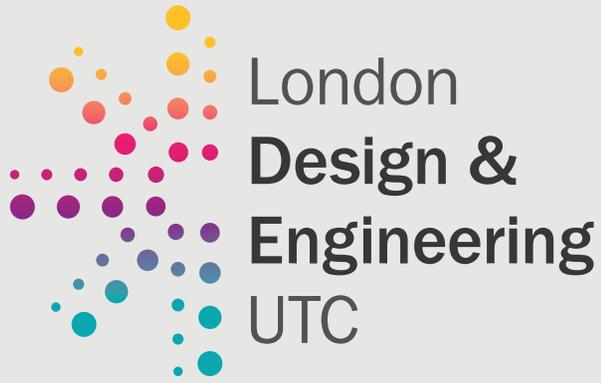
Central Park, East Ham, E6 | Gates Open 6.30pm daily

www.newham.gov.uk/uts

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