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Summer fun returns

the newham mag

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MAYOR
ROKHSANA
FIAZ

YEAR IN

#DeliveringForNewham

People at the Heart of Everything We Do



Delivering new homes

Work on more than 200 properties under way (p16)

Look out for the next issue from **14 June 2019**.

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News

Newham stands united after terror attacks

Mayor Rokhsana Fiaz, and Newham councillors joined residents in a vigil that remembered those who lost their lives in the Sri Lanka terror attacks in April.

The solidarity event at the Town Hall in East Ham included a two-minute silence, prayers and the lighting of candles.

After a silent march to nearby St Michael's Church, speakers representing faith groups, the police, and the Sri Lankan community of Newham, sent messages of solidarity and support to those affected by the attacks. School children from St Antony's Primary School in Forest Gate provided music.

Mayor Fiaz said: "The reason for this vigil is because our hopes, freedoms, and even the pain we suffer individually and collectively, is inter-connected. What affects one part of the Newham family, affects each and every one of us.

"Together, we have an unbreakable bond; a bond that is tied together by a humanity, love, compassion and a resolve. It is that resolve and humanity that the terrible people responsible for the attacks want to break. They did not succeed in Sri Lanka and they certainly will not succeed in Newham.

"I am incredibly proud of the clear message of solidarity that we are sending out together – not just to the Newham family, but to our Sri Lankan family 8,000 miles away. We stood together after 7/7, we did so again after the attacks in Christchurch, New Zealand, and we are again united after what happened in Sri Lanka."

Former Newham councillor Paul Sathianesan, who helped organise the event, said: "People came to the vigil and took part in an interfaith service that reflects and celebrates the diversity, the unity and the peace we enjoy in this borough."



People united in remembrance outside East Ham Town Hall

Vigil for Sri Lankan Community

News

Planting for a brighter future

More than 100 residents and volunteers came together to plant a community orchard made up of a total of 20 fruit, and nut, trees in New Beckton Park.

The orchard is a partnership between Newham Council, charity Trees for Cities, and Secret Cinema. Volunteers from Trees for Cities supported the planting of apple, pear, plum, mulberry, hazel and damson trees. Pupils from North Beckton Primary School, Winsor Primary School and Alphabet Nursery, took part in the planting.

Councillor James Asser, Assistant Cabinet member for environment, said: “It was a pleasure for everyone to come and get stuck in and help plant this wonderful community orchard. I’m sure it will be well enjoyed by residents now and in the future.”

The orchard will be maintained for three years by Trees for Cities. Residents interested in volunteering to support the work can contact the council’s Beckton and Royal Docks community neighbourhood team by emailing CN.BecktonRoyalDocks@newham.gov.uk



Cllr Asser joins the planting



Volunteer serving at the soup kitchen

Help project is just ‘souper’

Councillors Joy Laguda, Neil Wilson, Jane Lofthouse and Deputy Mayor Charlene McLean visited a soup and food kitchen run by a group of young people as part of a social action project to help people who are homeless.

The soup kitchen at Jeyes Community Centre in Plaistow was the culmination of months of preparation and planning by 15 young people aged from 13 to 19. They worked alongside charity The Renewal Programme and Newham Council staff from Plaistow Library.

The young people researched a range of social issues and decided to focus on homelessness. They investigated the problem and presented their findings to a panel which included youth workers and staff from the Council’s Plaistow community neighbourhood team. It is hoped the soup kitchen can become a regular feature if the group can secure funding.

Councillor McLean, Cabinet member for community neighbourhoods, said: “This project highlights just what our young people are capable of if we take the time to listen to them.”

Young help the homeless

...in brief

Honouring police officer who died in the line of duty

Mayor Rokhsana Fiaz laid flowers on the tenth anniversary of the death of a police constable who died arresting suspects.

A service was held in Ashlin Road, Stratford, to honour Pc Gary Toms, a firearms officer who died from head injuries he sustained following a car chase of four people involved in a robbery. Pc Toms was injured on 11 April 2009 and died six days later in hospital.

Newham police officers and members of Pc Toms' family also laid flowers at the memorial close to where he was fatally injured.

Mayor Fiaz said: "The death of Pc Toms ten years ago reminds us of the risks that police officers take every day so it is right that we take time to honour his sacrifice. My thoughts are with his family and friends."



The Mayor laid a wreath

New deal will save council £143million

Newham Council has struck a deal with NatWest bank over its Lender Option Borrower Option (LOBO) loans that will save it up to £143million, allowing more money to be spent on services for residents.

The agreement will allow Newham to pay off the LOBO loans at a considerably lower rate of interest, saving the equivalent of £3.5million per year over 41 years, which was the length of time the loans still had to run.

Newham will now enter into agreement with the Public Works Loan Board (PWLB) to pay off the loans at much lower rates of interest. The PWLB is the Government body that lends money to councils.

For more details of the agreement see pages 6 and 7.

Market games fun at cricket launch

Newham Council's community neighbourhoods will be launching a Cricket World Cup at Queen's Market in Upton Park, on 29 May, between 12 and 3pm. There will be a range of fun activities including boxing, fencing, walking cricket as well as the chance to have a go on the Bat Fast Cricket Simulator.

The afternoon will also include performances from local groups and a display of flags. For more details contact Green Street Library on 020 3373 0857 or email CN.Greenstreet@newham.gov.uk

New look Stratford launch event

Newham Council has completed works to change the road layout in Stratford, making the town centre safer and more attractive for everyone to use.

A day of fun and free activities has been organised at the Broadway, Theatre Square and The Grove to celebrate the changes on Tuesday 28 May from 10am until 4pm. For more information on activities and timings, visit www.newham.gov.uk/Stratford

Celebrate Ramadan

Residents celebrating Ramadan, 5 May to 4 June, are reminded to take extra care of their health and stay hydrated as temperatures are expected to rise. Children, the elderly, pregnant women or those who are ill, are exempt from fasting during daylight hours for the holy month of Ramadan. If you are unsure if you are fit to fast or need advice on medication, visit your local GP.

For more details, visit <https://www.nutrition.org.uk/healthyiving/seasons/ramadan.html>

Tributes paid to fallen Pc



Work has already started on the first 227 homes



The community came together to stand as one, after the terror attack in Sri Lanka

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

On May 8 it was a year since you put your trust and faith in me to become Mayor of Newham. I thank you for giving me and my administration the opportunity to put you at the heart of everything we do as a Council.

It's certainly been a momentous first year, with some real highlights – getting my administration's first People's Budget agreed, along with a new corporate plan (the first in several years) and structure for the Council that will support the delivery of the promises I made to you when I was elected last May.

I've driven forward an agenda of improving transparency and accountability, alongside involving residents in decision-making through the amazing 30 Citizens' Assemblies that we've held across borough involving more than 3,000 people.

I have introduced robust plans to deal with the housing crisis we face in Newham and in my first year alone

we have started on 227 new council properties, not only fulfilling but doubling the number I promised in my first year in office.

I've laid down a huge marker about how we intend to deal with the climate emergency, and I've made a commitment to become a living wage council. We are addressing poverty, tackling inequality and sharing economic prosperity through our Community Wealth Building agenda, which means that investment coming into Newham, and already in the borough, benefits everyone.

I've also announced great news relating to my promise that I would clean up the Council's budget. A key element of that was to address the scourge of risky LOBO loans taken out before I stepped into office. Two weeks ago we finalised negotiations with NatWest Bank and I was thrilled to announce that we've terminated the RBS LOBO loans taken out under the previous administration,



Residents took part in a Citizens' Assembly in Beckton



A conversation about Community Wealth Building, which will encourage investment in the borough

saving us £143 million that can be spent on Newham residents. Over the past ten years that the RBS loans have been in place, it's cost us an extra £31 million in interest payments, so by terminating these LOBO loans, more money can be spent on services for Newham residents.

I'm also immensely proud that my Cabinet and I have put our collective weight behind the children and young people of this borough – we will make sure they are safe and supported, coupled with laying down the building blocks for generations to come so that their talent and potential is realised. There is no reason why Newham cannot be the best child-friendly place around.

It's also been a year peppered with challenges, which is why I will continue to drive change at the Council so that we improve the way we serve you. There's also been some low points

which is why I was humbled by the unity and resolve of our community following the horrendous attacks in Christchurch and Sri Lanka.

We're strengthened by coming together and I'm proud that Newham is a place where people embrace our diversity so positively. That's why we held our first ever Newham's People Supper after the Annual Council Meeting on Thursday – an idea that's inspired a movement in America dedicated to building stronger communities by bringing people together to have better conversations and get to know each other over food. I started a conversation about how we will build a stronger sense of community in Newham as we step into the second year of my administration.

How we all live together, positively interact and connect with others from different backgrounds is shaped by the

level of equality between our people, the nature of our relationships and our levels of community participation.

And Thursday night's conversation reflects a new approach to social integration that we are pursuing at the Council, where the diversity our great borough is celebrated through facilitating personal connections between our people locally, so that local challenges can be tackled together and the opportunities in the borough are shared.

I know that as I press ahead into the second year, while we're already delivering for Newham residents there's a lot more to do. So I promise you this: as I progress through the second year of my administration, I'll strive to achieve and deliver the best for you, your family and our community. Because the people of Newham are at the heart of everything that I do.



Young ones are being heard

Young people at a youth assembly



If you are aged 11 to 19 (or up to 25 if you have a special educational need), come along to our youth centres and take part in a range of exciting activities. For details visit www.newham.gov.uk/youthactivities

When Mayor Rokhsana Fiaz was elected a year ago she promised that young people would be listened to and their voices would be at the heart of everything Newham Council does. During the Mayor's first 12 months in office four citizens assemblies have been dedicated solely for young people – and one of those who has benefited is 12-year-old Rahshaan Henderson.

The Mayor pledged that Newham's young people will have the best youth service in London that offers them the space to enjoy themselves, the chance to realise their full potential, to be able to make a difference in their community but above all else, to feel safe and protected.

New investment in her 2019/20 budget prioritises improvements at youth zones – and young people themselves helped to shape these improvements. Forest Gate Youth Zone has, for example, seen additional fun workshops and activities during school holidays. There have also been improvements to make people who attend feel safe.

Rahshaan joined the centre 18 months ago and has taken part in what's been going on at the centre. He has also been chosen as a Young Community Builder and received an award at an event that

recognised the achievements of young people.

He has discovered his creative talents in music and art and is using them to build his self-esteem and confidence. Rahshaan has also benefited from one-to-one mentoring from youth workers to the point where he wants to get the best out of his education and do well in his exams.

He said: "I'm interested in languages and I want to travel. Being at the youth centre has given me a chance to better myself.

"At one of the youth assemblies we shared our concerns and needs with the Mayor. She listened and now we have trips in the summer and lots of activities to do. The centre is my second home and I feel safe coming here and enjoy the projects that I'm part of."



Rahshaan

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CLOSING DATE 31st MAY 2019



the newham mag

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HAVE YOUR SAY ON THE MSG SPHERE

The London Legacy Development Corporation (LLDC) wants your thoughts on the planning application that can be found online by searching: **“MSG SPHERE PLANNING APPLICATION LLDC”**

The deadline for responses is **28 June 2019.**

LLDC will be hosting a drop-in session where you can share your thoughts and understand more about the proposal and planning application process.

This event will take place on: **5 June 2019 (4 - 8.30pm)**

at: **St Paul and St James Church
65 Maryland Road, E15 1JL**

The event will be structured as follows:

- 4 - 6pm - **Drop-in session**
- 6.30 - 8.30pm - **Presentation and questions/group discussions**



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LONDON LEGACY DEVELOPMENT CORPORATION



Assemblies reveal democracy in action

Mayor Rokhsana Fiaz has made participatory democracy a cornerstone of her administration since last May and Citizens' Assemblies are at the heart of her vision for the borough.

She launched a series of Citizens' Assemblies across the borough to get residents of all ages talking about issues, projects and what they can do to help improve their communities.

There were held by every one of Newham's community neighbourhoods and have galvanised residents to share their ideas and focused minds on the changes they want to see in their environment.

Since the first round of assemblies were held in September 2018 more than 3,000 residents have taken part in the events while another 1,116 went on to a digital survey platform to take part in a consultation on transport and the use of the borough's streets.

After taking part in the assemblies, 70 residents joined Working Groups in their neighbourhoods to develop community action plans to work on projects chosen by the community. They meet with community neighbourhood teams to monitor the progress of projects which will be reviewed in October this year.

Local projects will be delivered in partnership with residents, community organisations and charities with the help of a £250,000 budget from funding set aside by the council to support local infrastructure development. The projects chosen by residents include those supporting community safety, health and wellbeing, and improving the environment.

Residents have also used the assemblies as a way of telling the council about the issues they consider to be local priorities.

Mayor Rokhsana Fiaz said: "Getting our residents involved in local decision-making is one of my key objectives in my first year as Mayor. The fact that so many local people took part in Citizens' Assemblies and are continuing to work with each other, local organisations and council neighbourhood staff shows just how important participatory democracy is. I'm convinced Newham will become a place which is seen as a beacon of best practice when it comes to community involvement and local democracy."

To find out more about Citizens' Assemblies, visit www.newham.gov.uk/citizensassemblies

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*Swim is not available at Manor Park Fitness Centre.

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TYPE 2 DIABETES – KNOW YOUR RISKS



Cllr Nekiwala, centre, with health and care professionals

Cllr Nekiwala has her height measured

More than 26,000 Newham residents have diabetes and more are at risk of developing the condition, but you can cut your chances of getting the disease by adopting a healthier lifestyle.

Diabetes is a condition where the amount of glucose in your blood is too high because the body can't produce enough insulin, or when the insulin that is produced doesn't work properly. While Type 1 diabetes cannot be prevented, Type 2 diabetes is largely preventable through lifestyle changes.

Type 2 diabetes is a leading cause of preventable sight loss in people of working age and a major contributor to kidney failure, heart attack, and stroke. The condition can be prevented with a healthy diet and exercise, particularly if it is diagnosed early.

Residents concerned that they may develop the condition can visit an online tool set up by Diabetes UK to measure their risk factors which include weight, height, family history and age. It also provides advice and tips on improving diet and adopting a more active lifestyle.

Councillor Firoza Nekiwala, assistant Cabinet member for health and adult social care, said: "With one in eight people in the borough estimated as being at high risk of developing the condition in the future, we are working

to encourage our residents to prevent the disease by maintaining a healthy weight, eating a balanced diet and being physically active."

Dr Tamara Hibbert, GP and NHS Newham Clinical Commissioning Group's clinical lead for diabetes, said: "We include everybody in our prevention work because diabetes does not discriminate; it can affect anyone, at any time, in any walk of life."

If you are worried about developing Type 2 diabetes, visit <https://riskscore.diabetes.org.uk/start>

If you think you or a family member may be at risk, ask your GP about the Diabetes Prevention Programme.

Health and care providers recently visited Queen's Market in Upton Park for an information event during Diabetes Prevention Week to help residents understand their risk of developing the condition as well as the steps they can take to prevent it through positive lifestyle choices.



Time to vote

in the European Elections



You can vote in this year's European Parliamentary elections on Thursday 23 May to decide which parties or independent candidates will represent London while the UK remains in the European Union (EU).

Eight candidates will be elected to serve in the European Parliament for the London region. There are 21 parties or independent candidates on the ballot paper. You can only vote once for your chosen party or independent candidate. For a full list of all the candidates and the parties they represent, visit www.newham.gov.uk/candidates

Who can vote in these elections?

You can vote if you are a British, Irish or qualifying Commonwealth citizen (this means a Commonwealth

citizen who has leave to remain in the UK or who does not require such leave) or a citizen of the Republic of Ireland.

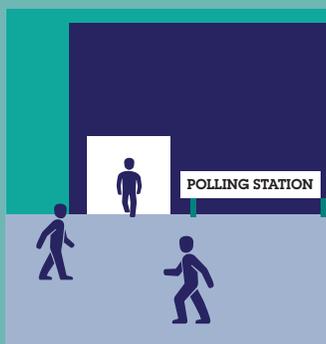
Other EU citizens

If you are a citizen of another EU member state you will only be able to vote if you had completed and returned a European Voter Registration Form by 7 May 2019. If you did not do this, you will not be able to vote even if you can vote in other elections.

Voting starts at 7am and ends at 10pm. Details of polling stations can be found on polling cards delivered to you and at www.newham.gov.uk/election

You don't need a polling card to vote but only those entitled to vote will receive one. If you vote by post, you will receive a postal voting pack to complete and return.

The results of the elections will be declared on Sunday 26 May, in line with the rest of Europe.



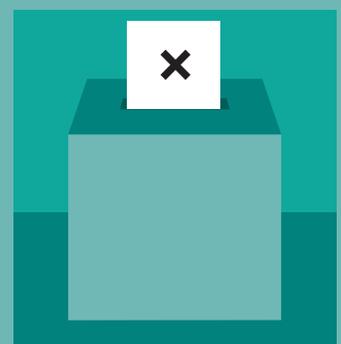
01. Your polling card will tell you where your polling station is.



02. You will be given **one** ballot paper.



03. Take your ballot paper in the booth to cast your vote **in private**.



04. Put your **ballot paper** in the box.



NEWHAM SHOW

Newham's biggest free event, the Newham Show, promises to be a festival of fun when it returns to East Ham's Central Park on 13 and 14 July. It will be an opportunity for families, friends and neighbours to come together and enjoy music, art and the seaside.

This year's show will feature lots of fun activities for everyone but with a special emphasis on the young people of the borough, as well as opportunities for community businesses to showcase their goods.

During the two-day event young music lovers can take their pick of DJ workshops, production sessions or show off their artistic talents on a graffiti wall at a Youth Zone.

Mayor Rokhsana Fiaz said: "Every year we want the Newham Show to be

better than the previous one and that's why we are doing things a little differently this year. My vision for this year's show is one that has a festival atmosphere with lots of music, vibrancy and activity that really appeals to our young people."

The Newham Show is always a great day out for the little ones and this year will be no exception. The dedicated Children's Area will have a Peter Pan theme, so children can join Peter and Wendy as we fly off to our very own Neverland.

Family favourites, like the Funfair and the ever-popular urban beach will be back so residents can have a refreshing dip in the giant paddling pool when the weather hots up.

Other attractions include the picnic area complete with a Victorian bandstand, a Bazaar where local traders

will be showcasing their products, the Food Village for tantalizing street food and homemade goods, and of course the Big Top for circus thrills and spills.

Additional acts and activities will be announced over the next few weeks so make sure you follow us on social media for the latest information.

www.newham.gov.uk/newhamshow

The Newham Show
Saturday 13 & Sunday 14 July,
12noon-6pm
Central Park, East Ham, E6

NEWHAMEVENTS
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DELIVERING A PROMISE OF NEW HOMES



Mayor Rokhsana Fiaz promised to start building 100 new council homes during her first year in office, a promise she has delivered on and exceeded.

Work on building the first 227 homes got under way at 11 sites in the past year, more than double the target Mayor Fiaz had initially set. The Mayor is also on target to exceed the 1,000 new homes promised by 2022.

James Murray, London's Deputy Mayor for housing, and residential development, congratulated Mayor Fiaz for the work on the homes during a visit to a site at Didsbury Close in East Ham where building work is

under way.

The Greater London Authority has published its annual affordable housing figures, which saw 14,544 affordable homes started across the capital last year.

Mayor Fiaz's work to build more council homes has been supported by the Mayor of London after Newham made a successful bid to the Building Council Homes for Londoners programme and was awarded £107million in

grant funding. This was the highest allocation out of all London boroughs. To help support further house building, Mayor Fiaz and her administration have allocated £515million for housing delivery.

Mayor Fiaz said: "I am delighted to announce that I have exceeded the housing delivery targets I set for my first year in office. Tackling the housing crisis has been my priority since I took office, that's why we are building new homes at rent levels residents can afford. I'm looking forward to meeting the residents on our waiting list who will move in when complete.

"Significant progress is being made in other areas of housing too. We're working with residents living on the Carpenters Estate on future plans, have promised them a ballot and are involving them every step of the way. Street homelessness has also reduced by more than 39 per cent over the past six months. We are also campaigning to help end the right to buy and doing more to help those families living in temporary accommodation.

"There's still a lot to do, but with the help of our partners and thanks to the support of the Mayor and Deputy Mayor of London for housing, James Murray, I am showing that we are already delivering for the people of our borough and on the promises I made last year."

The development at the former Brian Didsbury Centre will create 148 flats with 71 homes at social rent and will



MAYOR ROKHSANA FIAZ

YEAR IN

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People at the Heart of Everything We Do

replace a single-storey office and storage building. It will consist of one, two and three bedroom accommodation within two blocks and a communal garden. The development is being built by Red Door Ventures, the council's house building company who are constructing the majority of the new council homes.

James Murray said: "The Mayor of London is delivering record numbers of council and social rented homes to tackle the capital's housing crisis, and in Newham, Mayor Rokhsana Fiaz is leading the way with new council homes for families who have been on the waiting list for years."



Mayor Rokhsana Fiaz visiting the site with James Murray, London Deputy Mayor and colleagues from Red Door Ventures

Is it time to tidy up your garden?

We offer **FREE** green garden waste collections for Newham residents. Visit newham.gov.uk/greenwaste

We've teamed up with getcomposting.com to offer subsidised home compost bins exclusively to residents for £6. To order your compost bin visit newham.gov.uk/composting



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People at the Heart of Everything We Do

Helping you stay in your home



Becoming homeless is often the end of a downward spiral that can include health problems, job losses or relationship break-ups. Newham Council is helping residents tackle such issues before they find themselves without a home.

The council's debt advice service MoneyWorks and job brokerage scheme Workplace are working with the Homelessness Prevention and Advice Service to target and help households at risk of homelessness before they reach crisis point.

Known collectively as the Homeless Early Intervention Service, they will offer residents with a wide range of expert advice to overcome difficulties and stop them losing their homes. Newham residents can get in touch with the service if they are experiencing:

- Problems with rent or Council Tax arrears;
- Recent job loss;
- Money worries;
- Benefit issues;

- Budgeting or debt difficulties;
- Housing disrepair problems;
- Benefit caps;
- Difficulties with their landlord
- Have applied or are in receipt of discretionary housing payment.

Deputy Mayor Councillor John Gray, Cabinet member for housing services, said: "Instead of picking up the pieces when things go wrong, what we want to do is help residents tackle the problems that cause homelessness so they can stay in their homes while working through their issues.

"The Homeless Early Intervention Service will allow us to help these residents in a practical way that avoids them having to go into emergency or temporary accommodation which creates more problems than it solves and disrupts family life."

If you are a Newham resident and you think you could benefit from the service, email HEIS@newham.gov.uk

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SAVE THE DATE!



Newham Show

13 & 14
July



Under the Stars

10 & 11
August

Summer is just around the corner and that means that The Newham Show and Under the Stars are coming!

THE NEWHAM SHOW

Saturday 13 & Sunday 14 July, Central Park, East Ham, E6
newham.gov.uk/newhamshow

UNDER THE STARS

Saturday 10 & Sunday 11 August, Central Park, East Ham, E6
newham.gov.uk/uts

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Newham London

HELP US SHAPE THE FUTURE OF GREEN STREET

Newham Council wants to hear from residents and businesses of Green Street to help shape the future of the area.

Mayor Rokhsana Fiaz, alongside councillors for Boleyn, Green Street East and Green Street West wards are inviting the community to submit their ideas to improve what the high street has to offer.

The council wants to involve as many residents as possible during the process and are asking:

- What kind of place would you like Green Street to be?
- What changes would you like to see?
- What do you think would make the high street a better place?
- How could we make Queen's Market better? What would you like to see?

Over the next six weeks the Council will be engaging with the community to understand their aspirations for the high street. Residents and businesses will receive freepost postcards so they can provide their views. These can be returned through the post free of charge or placed into the drop box at Green Street Library.

Mayor Fiaz said: "I want people at the heart of everything we do and this type of conversation reflects my administration's intention and commitment to do just that.

"I want the best for the borough that I grew up in. I remember vividly coming to Queen's Market and the surrounding area to shop with my mother, and we must

hold on to that amazing heritage. I want to ensure Green Street is a thriving place to shop, live and visit for future generations to come."

A report showing the ideas collected will be presented to the Green Street community in the summer. This will include a list of possible short, medium and long-term projects with the aim of revitalising Green Street. Some of these will be Council projects, with others being led by residents and businesses. For more information, visit www.newham.gov.uk/greenstreet or email greenstreet@newham.gov.uk.



New twins and multiple births club



Parents with twins or those who have had multiple births can now attend a support group set up by local mums in East Ham.

The Twins and Multiples club meets on the second Friday of the month at the Kay Rowe Children's Centre in Forest Gate, between 1pm and 3pm, and on the last Thursday of the month at Oliver Thomas Children's Centre in East Ham, from 1pm-3pm.

Eleanor Sier is one of the founding members of the club. She said: "Our aim is to reach as many parents of twins and multiples in the borough as possible to let them know the sessions exist. Parents of twins are more likely to be isolated and suffer from post-natal depression so it's really important they know there is a space they can confidently bring their children to and get peer to peer support from people who understand the challenges of parenting multiples."

For more details, call the family outreach team at Kay Rowe Children's Centre on **020 8534 4403**.

Forest Gayte Pride call out



Forest Gayte Pride 2019 is appealing to residents, organisations and anyone with ideas to help it host a two-day celebration of LGBT culture, community, freedom and friendship next month.

This year's event will take place on 28 and 29 June and organisers are hoping to expand the annual event with help from anyone who wants to get involved and has ideas for activities or useful contacts.

Among the activities due to take place are:

FRIDAY 28 JUNE: Queer Upbeat @ The Gate, 7pm-9pm – song and spoken word on the theme of queer culture, difference and freedom

SATURDAY 29 JUNE: LGBTQI Info Stalls at Woodgrange Pride Marketplace 10am-4pm; Music Stage at Woodgrange Pride Marketplace 4pm-7pm; Pride Party Play Street at Earham Grove (between Woodgrange Road and Spowston Road) 1pm-4pm and Pride Procession from Earham Grove to Marketplace starting at 3pm.

If you can volunteer, or want to get involved in any of the activities listed, email weareforestgaytepride@gmail.com or visit www.forestgaytepride.com



INTERNATIONAL CORRESPONDENT SHARES EXPERIENCES

Students at St Angela's Ursuline school learned about the life of an

international war correspondent when Lindsey Hilsum from Channel 4 News visited them.

Lindsey has reported from many countries on the conflicts of recent years including Syria, the Ukraine and the Arab Spring. She was in Baghdad for the 2003 US invasion of Iraq, and in Belgrade for the 1999 NATO bombing.

Lindsey spoke to the Year 12 students at the Forest Gate school about her work as a journalist, the challenges, excitement and emotional toll of reporting from war zones. She also spoke about her career path into journalism and gave students advice and answered their questions about how they too could pursue a career in journalism.

Angela De Luca, assistant head teacher, said: "Lindsey's visit was so honest and motivating. It also highlighted the importance of news literacy for young people."

Charity needs partners to help expectant and new parents



Baby Buddy app

A national charity that supports families during pregnancy and in the early months of parenthood is looking for organisations willing to work with it in Newham.

Best Beginnings runs an award-winning pregnancy and parenting app, Baby Buddy, which provides personalised information for parents and their babies. It allows mums and dads to ask questions, and watch video clips of other parents sharing their stories and health professionals giving tips. It also provides information where parents can find support and activities in their area.

It is looking for partners as a way of helping pregnant women and new parents who may be struggling with emotional issues. The charity will provide free training to interested organisations that are already working with pregnant women and families.

The charity will support an organisation's volunteers and front line workers to improve their practice by using the Baby Buddy app to help address sensitive issues.

For more information, or to apply, email carly@bestbeginnings.org.uk

Art workshops will help dementia sufferers

Residents with early stage dementia or mild cognitive impairment can take part in a series of art workshops to help them live better.

Ten free Textile Design workshops will be run by the Arts 4 Dementia charity, working in conjunction with Rosetta Arts and the Newham Community Renewal programme.

The charity believes engagement with the arts helps people with dementia to live better for longer at home and the creative brain can work well, even after memory fails.

Nigel Franklin, CEO of Arts 4 Dementia, said: "We offer challenging arts programmes for people in the early stages of dementia and it focuses on what people can achieve, often very much more than they imagine."

During this course, participants will be introduced to various surface design and techniques to create beautiful pieces of fabrics and hangings.

The workshops run on Tuesdays from 1.30-3.30pm until 4 June at Rosetta Arts, 1 Hamilton Road, Stratford. No experience is necessary. To register, call Lois at 020 7239 4954 or email lois@arts4dementia.org.uk



Textile design workshop

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

Winner



Joslyn Joseph, 11



Shohina Haitboeva, 9



Alexander Tamole, 7



Anwesha Chakraborty, 8

Colour-me-in Wordsearch

Jokes

- Q** What goes up and down but never moves?
A Stairs
- Q** Where should a 500 pound alien go?
A On a diet
- Q** What did one toilet say to the other?
A You look a bit flushed.
- Q** What do you call a thieving alligator?
A Crookodile
- Q** Why did the picture go to jail?
A Because it was framed.
- Q** What did the paper say to the pencil?
A Write on!
- Q** Why do bicycles fall over?
A Because they are two-tired!
- Q** Why do dragons sleep during the day?
A So they can fight knights!
- Q** Did you hear about the two guys who stole a calendar?
A They each got six months.

Wordsearch

You must find the following words in the grid



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

Constellation
 Greek
 Horse
 Lightning

Mythology
 Olympus
 Pegasus
 Stallion

Thunder
 White
 Wings
 Wisdom

Tickets to Stratford Picturehouse

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

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



Stratford Picturehouse, Theatre Square, E15

WHAT'S ON



UNDER-FIVES

Storytelling 🌍 Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; **Mon, 10-11am, Fri 10-11am, Manor Park CNC**; Thurs, 10-11am, Forest Gate CNC; **Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow**; Mon, 10.30-11am, North Woolwich; **Tues, 10.30-11.30am, Beckton CNC**; Mon, 10.30-11.15am, Custom House; **Tues, Fri, 11am-12pm, Stratford**; Tues, 10.30-11.30am, East Ham CNC

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

Bumps and Bundles Group 🌍 Drop in session. A fun and interactive session for parents and carers of babies under 18 months. **Mon, 10-11.30am, Stratford**;

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.**

Saturday Family Fun 🌍 Fun interactive session provided by Parents to Parents. **Sat, 10.30am-12.30pm, Beckton CNC**

Healthier and Happier Babies and Toddlers 🌍 Sessions, run by a health visitor, will offer advice about looking after babies and toddlers, including breastfeeding, weaning, sleep patterns and preparing for school. First Weds of the month, **1-2.15pm, Custom House & Canning Town CNC**

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 CNC, Thurs, 10-10.45am East Ham CNC**

Jigaree 🌍 **Fri, 10-11am, Plaistow; Fri, 1.30-2.30pm, Custom House & Canning Town CNC**

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

Toddler Time 🌍 Pre-school fun activities for children under 3. Sir John Heron Primary, School Road, Manor Park. Contact Mrs F Patel on 020 8514 9860 for more information. **Weds, 9-10am, term time.**



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 CNC**

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

New Men's Choir 🌍 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. For young men, aged 11-18 years. **Weds, 3.30-5.30pm, Beckton CNC**

Homework Club 🌍 Free study support for young people at their local library. Most sessions are supported by volunteers. Age: varies from site to site. **Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow (laptop support); Fri, 4.30-6pm, Custom House & Canning Town CNC; Fri, 4.30-6pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC**



Lego Club (5-12yrs) 🌍 Lego building club for children to help them develop creativity, create Lego models based on weekly themes. **Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green Street; Sat 12-2pm, East Ham CNC; Tues, 3.30-4.30pm, Manor Park CNC; Mon, 5-6pm, Custom House & Canning Town CNC; Mon, 3.30-4.30pm, North Woolwich; Fri, 2-5pm, Beckton CNC**

Steelpan Workshop (13yrs+) 🌍 Learn to play steelpan. **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**

Craft4Me (5-12yrs) 🌍 **Sat, 2.30-4pm, Manor Park CNC; Tues, 4-5.30pm, Forest Gate CNC; Mon, 3.15-5.15pm, Beckton Globe**

AJ Football Fun and intense training sessions for children aged 4-11yrs, in partnership with Barking FC & the Wildcats. **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 (11-19) 🌍 Exciting youth initiative for 11-19-year-olds. Come and take part in a range of activities including table tennis, games, debates, creative workshops, film club and more. **Mon, Weds, 3.30-6pm, Stratford**

Chess Club 🌐 Weds, 4.45-6.15pm, Beckton CNC; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Mon, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6.30pm (children's), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Weds, 4-5pm, Thurs, 5-6pm, Plaistow; Thurs; 3-6.30pm, Sat, 11am-12.30pm, Manor Park CNC, Thurs, 5-6pm

English Conversation Club 🌐 Practise spoken English. Mon, 6-7.30pm, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St;

Adult Reading Groups 🌐 Come and talk about your favourite books and discover new writers. Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate CNC; Last Tues of the month, 3-4pm, Custom Hse & Canning Town CNC

Grants Surgery 🌐 Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's Get The Party Started or Go For It grants. Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC

ICT Drop in 🌐 Support with emails, My Newham, Parking permits. Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate CNC

Crochet 🌐 Come along to crochet and meet new people. All ages welcome. Mon, 10am-12pm, Plaistow

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

Basic Computer Skills 🌐 Browse the net and set up email. Thurs, 10am-12pm, Manor Park CNC

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

ESOL Entry 2 (16+) 🌐 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 🌐 Art for beginners and people interested in learning more. No booking needed. Adults only. Weds, 6-7.30pm, Beckton CNC

Writers Group (16+) 🌐 Thurs, 6.15-7.45pm, Custom House & Canning Town CNC; Last Thurs of month, 5.30-7.30pm, Forest Gate CNC

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 CNC; Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham CNC TT; Tues, 12.30-2.30pm, Stratford; Tues, 10am-12pm, Beckton CNC TT

Criss-Cross Pottery Club 🌐 Join the Criss-Cross potters for arts and crafts, £8 per hour. Call Chris Wong on 0750 6913032 to book a place. Mon, Tues, 10.30am-3pm, Beckton C.C

Time for Technology 🌐 Drop-in support session to get you online, complete online applications and understand gadgets. Fri, 2-3.30pm, Forest Gate CNC (term-time)

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

Talking Point English classes (pre-intermediate, 18+) for adult learners seeking to improve their conversation skills. Call Chris on 07722 521032 for more details. Sun, 3.30-5pm, £2 per class. USS, 1 Salway place, Stratford, E15

E20 Board Games 🌐 For people who enjoy board games or anyone who wants to try something new. Whether you know games really well or are a total newbie everyone is welcome to join in. Thurs, 8pm, The Hall, 2 Victory Parade, E20 www.facebook.com/groups/E20BG

HOLA East! 🌐 For Spanish speakers or those who want to improve their skills in the language and learn about the Latin American culture. Everyone welcome. Thurs, 6.30-7.45pm, Stratford

Poetry Group 🌐 Share your poem and get your creative juices flowing at this free community poetry group. For more details, email sonesquin@hotmail.com Mon, 6-7.30pm, Stratford

Creative Writing 🌐 Explore different means of self-expression using various styles of writing. Learn new skills and make new friends at Stratford's creative writing group. Sat, 11am-1pm, Stratford

Drawing classes 🌐 Sessions funded by a Go For It community grant and taught by professional artists and inspired by Madge Gill, artist from Plaistow. To book visit Eventbrite Weds, 6-8pm, 22 and 29 May, 5 Jun, or Thurs, 11am-1pm, 22 and 29 Aug, Stratford





COMMUNITY ACTIVITIES

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

Asta Singers Community singing group. No experience required. Contact 020 7476 5023. Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16

Social Media in Everyday Life (18+) 🌐 1st Sat of month, 11am-12pm, Custom House & Canning Town CNC

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, £3 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 CNC

A1 Judo Club Judo Tots (3-4 yrs): Weds, 5-5.45pm; Under 8s Judo (5-7 yrs): Weds, 5.45-6.45pm; Sat, 2.30-3.30pm; Over 8s judo: Weds, 6.45-8pm, Sat, 3.30-4.30pm,

East Ham Leisure Centre, £6. First session free. 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: khanquklblackbelt@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

Community Gardening Course - Cody Dock 🌐 Sessions for the over 55s. Weds, 1-2pm, Cody Dock, 11c South Crescent, Canning Town. Call 020 7473 0429 or 0754 3810969 for details.

Community Garden - Forest Gate Thurs, 2-5pm; Fri,

1-5pm; Sat, 10am-4pm. 136 Earlham Grove, E7 9AS

Gardening Club 🌐 Community Gardening sessions for all ages, developing the new community growing space. Thurs, 10am-12pm, Plashet Park

Little Grubs Family Growing and Nature Club 🌐 Activities for young children and families around the outdoor learning zone, herb garden including a range of nature and crafts workshops as well as storytelling sessions. Tues, 10am-12pm, Plashet Park

Community Gardening - Abbey Gardens 🌐 Community gardening sessions at 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 CNC (open to all); Weds, 6-7.30pm, East Ham Town Hall (£2 per person); Thurs, 8.10-9am, East Ham CNC; Thurs, 8.15-9.15am (over 55s), Forest Gate CNC; 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 (18+) 🌐 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 (18+) £5 per session. Mon, 6.30-7.30pm, Stratford

Stratford Judokwai Mixed classes for men and women, for recreational and competition judo. 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 (18+) 🌐 Meet at corner of Forest Lane and Magpie Close. Tues, 10-11am, Forest Lane Park, E7

Salsa Your chance to immerse yourself in the rhythms of Latin America and master essential Salsa steps in a fun, friendly and energetic environment. Fri, 6.15-7.15pm, East Ham CNC; Sat, 2.30-4.30pm, Forest Gate CNC

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 \(free\)](#) Custom House & Canning Town CNC; [Weds, 6.30-7.30pm \(free\)](#) Manor Park CNC; [Tues 5.30-6.30pm \(free\)](#) Stratford; [Tues, 1-1.45pm £1 for under 55s](#), Katherine Rd C.C.

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 Join the support group to manage pain, learn the importance of exercise, relaxation, diet and self-care. [Second Fri of the month, 5.30-7pm](#), Manor Park CNC

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 CNC

Newham Dog Community Monthly dog walks and various group events and activities to get involved with. Open to all, with or without a pooch. [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 CNC

Hatha Yoga £5 first class, email yogabreathandbody@gmail.com for details. Beginner/Level 1 hatha yoga: [Mon, 7.15-8.45pm](#), Maryland Studioz, [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.

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

Chair Based Yoga For those looking for a fun way to exercise. [Tues, 11.30am-12.30pm](#), Plaistow

Tea Dance [Call 0793 035 2453](#) for details. [Weds, 2.30-4pm](#), Custom House & Canning Town CNC

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.

Age Well Singers Join in to sing film, show and popular songs. All welcome. No audition. Professional singing tutor and professional accompanist. £2 per session. [Thurs, 11.45am-1.15pm, term-time](#), Stratford Circus. Call 020 8514 2042 for more details.

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 CNC; [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 CNC

Tone-Tastic Low impact aerobic class with resistance bands. [Mon, 3.30-4.30pm](#), Forest Gate CNC

Healthy Hearts Program Tips on healthy eating to keep your heart healthy. [Weds, 3.30-4.30pm](#), Plaistow

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](#).

Drop-in Embroidery Class (50+) Join our friendly embroidery group. No previous experience necessary, materials supplied. [Mon, 11am-1pm](#), East Ham CNC

Over 60s Social Club Social club with dominoes, board and card games. [Fri, 12.45-2pm](#), Canning Town CNC

Games and Friendship Club Chat and make friends over some games and a cuppa. [Thurs, 11am-1pm](#), East Ham CNC

Holiday Spanish Club (50+) Come along to our session if you're planning a trip to Spain or always wanted to learn a second language. [Weds, 12.30-1.30pm](#), Manor Park CNC

Forever Young (50+) Come along to enjoy community activities and make new friends. [Weds, 11am-1pm](#), Beckton CNC; [Weds, 10.30am-12.30pm](#), Forest Gate CNC

FEMALE SPORTS

Modern Arnis Martial Arts (16+)

Tues, 3-6pm. Call 07473 030 250, Jack Cornwell C.C.

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

Get expert advice from a female coach. £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 Self-Defence Class

No experience needed. **Mon, 10.30am-12.30pm, Katherine Road C.C**

Zanga Zanga Fitness (16+) Dance workout Inspired by Arabic and African dances. £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 (16+) 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 (18+)  Mon, 10-11am (except Bank Holidays), Call 07790 384413 for more details, Memorial Park AstroTurf, E15 3BP



FOOTBALL

AIR Football (16+) 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 (14-25) Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13. Contact Paul495@btinternet.com or call 07811 671 082

Wheelchair Cricket (12+) Thurs, 6-7pm, Newham Leisure Centre.

Contact Bradley.Donovan@essexcricket.org.uk

RUNNING AND ATHLETICS

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

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

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Weds, 29 May, 7pm, Health and Adult Social Care Scrutiny Commission**. For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. **Wed, 29 May, 7pm, Stratford Library, The Grove, Stratford, E15**. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery **Weds, 19 June**. Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query.



CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

- Beckton Globe** 020 3373 0853
- Custom House & Canning Town CNC** 020 3373 0854
- Custom House Library** 020 3373 0855
- East Ham CNC** 020 3373 0827
- Green Street** 020 3373 0857
- Forest Gate CNC** 020 3373 0856
- Manor Park CNC** 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

LEISURE & SPORTS VENUES

- Atherton Leisure Centre** 189 Romford Rd, E15
- Balaam Leisure Centre** 14 Balaam St, E13
- 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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