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the new wham mag

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News

Turning houses into homes

The Mayor of London visited Newham last month to see the kind of family homes which will be built as a result of £107 million funding boost awarded to Newham Council.

Sadiq Khan and Newham Mayor Rokhsana Fiaz visited two families living in the Florence Road development, in Upton Park, a former nursery building converted into seven three-bedroom properties.

The development, completed in 2016, features a design which has been shortlisted for a prestigious Housing Design Award.

Kerry Ann Stubbs and her three daughters greeted Mayor Khan on his arrival to the block. She moved into the property in 2016 after spending seven years on the housing waiting list. The family needed a property which was wheelchair accessible for her daughter.

Newham Council recently entered into an agreement with the Greater London Authority to unlock £107 million of funding for new genuinely affordable homes. This is

the largest sum awarded in the capital as part of the London Mayor's Building Council Homes for Londoners, a programme dedicated to council homebuilding.

The funding will help Mayor Fiaz deliver on her pledge to build 1,000 council homes over the next four years and 100 in her first year. So far, she is on track to exceed these ambitious targets as work is expected to start later this year on 227 properties.

Mayor Fiaz said: "It was great to welcome the Mayor of London to Newham and show him the human impact this funding will have on the lives of so many families here. Having access to genuinely affordable quality housing has made a huge difference to the lives of families across Newham."

Mayor Khan said: "Having grown up on a council estate, I know first-hand the vital role council housing plays in London and I want to see councils building far more homes like those on Florence Road. Rokhsana Fiaz is leading vital work to tackle the borough's housing crisis."



Mayors Fiaz, Khan and their deputies James Murray and John Gray with the Stubbs family

Work due to start on 227 properties

News

Proud to remember fight for equality

Newham councillors Charlene McLean, Joy Laguda and Neil Wilson joined in a reminiscence event at Plaistow Library as part of Newham Council's celebrations for Lesbian, Gay Bisexual and Transgender (LGBT) History Month during February.

The session was run by community group Eastside Community Heritage who helped marked the month by hosting Proud at Pride events at libraries across the borough.

The sessions gave people the opportunity to share their memories of growing up, school days, marches, campaigns, music, parties, pubs and pride.

Deputy Mayor Councillor McLean, Cabinet member for equalities, diversity and social integration, said: "The month was a reminder that we must continue to be vigilant in tackling homophobia, transphobia and all forms of hatred and bigotry. We must make sure that every person, whatever their sexual orientation, is treated equally and fairly."



The councillors join the session



The Mayor and Samin with teacher Ankita Mishra; inset one of the winning designs

Christmas greetings by design

Mayor Rokhsana Fiaz dropped into Rokeby School, in Canning Town, to present prizes to pupils who helped design Christmas cards that she sent to partner organisations across Newham.

The Mayor invited schools to create some colourful designs which could be used as illustrations for traditional type cards or as electronic messages to be emailed to recipients.

The Mayor said: "The creativity of our young people continues to astound me. There was a lot of thought put into all the designs received and any one of them would have made excellent greetings cards. I thank all the pupils who took part."

Five winning designs were selected for official greetings. Two winners, Samin Hossain and Daniel Popov, were from Rokeby School. They each receive gift vouchers worth £20 to spend at Stratford's Westfield shopping centre.

Success for artistic pupils

...in brief

Secondary school places allocated

More than 93 per cent of Newham residents who applied for a secondary school place were offered a slot for one of their preferred schools.

Data from the Pan London Admissions show that a total of 4,518 residents applied for places in the borough's schools by the closing date, 31 October 2018, to start this September.

The figures have revealed that despite a rapidly changing population and demographic profile, Newham has successfully worked with its family of schools to offer the best placements to most families.

Although there has been a slight drop in the numbers offered their first preference, Newham still remains above the London average for offering residents a place at one of the first three preferred schools.

Councillor Julianne Marriott, Cabinet member for education, said: "More children than ever have applied for a secondary school place in Newham this year. By working closely with our schools we have been able to provide an extra 200 places for our children."



Secondary school pupils in the borough

Awards for young sports stars

Deputy Mayor Charlene McLean joined councillors Joy Laguda and James Beckles at an annual awards event which recognised the achievements of a basketball charity.

The event, which was held at the Houses of Parliament, celebrated young people who are part of Newham All Star Sports Academy (NASSA), a basketball charity based in Silvertown. It gives them the opportunity to play basketball and gain sports qualifications.

During the charity's Annual Achievement Awards 2019 a group of NASSA young people told invited guests what the organisation means to them and how it has helped change their lives.

Councillor McLean said: "NASSA has worked long and hard to help many young people make the right choices in their lives so it was great to see their achievements recognised. It really is so important that we take time not just to mark their achievements but also the amazing work that NASSA continues to do."

Fostering coffee mornings

Residents interested in finding out more about fostering can attend coffee mornings to learn about the flexible opportunities available. They will be held on Thursday, 18 April, and Thursday, 16 May, from 10am to 12pm, at Stratford Library, The Grove, Stratford, E15.

For those who are interested but can't attend, they can find out more at www.newham.gov.uk/fostering or call 0800 0130 393.

Stadium parking restrictions

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

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

Event days are advertised at the entrance to each of the RPZs. The next event day is 30 March (Everton).

Attend youth assembly

Mayor Rokhsana Fiaz is inviting the borough's young people to attend the next youth assembly.

It will help her and Newham Council shape what the organisation does now and in the future.

The assembly will be held on Friday 29 March, 5.30-7.30pm, at Forest Gate Youth Zone, 1 Woodford Road, Forest Gate, E7. For more information contact Youth.Zones@newham.gov.uk

Extra 200 places in local schools



Meeting Noorjahan Bibi and Muhammed Kobir Uddin with Mayor Khan and the deputy mayors



East Ham People's Budget Forum

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

At the end of last month my administration marked a milestone by passing our first People's Budget. It delivers on the wants and needs of our residents and will steer our finances towards supporting the ambitious manifesto pledges upon which I was elected last year.

It's a different sort of budget in many ways because residents were empowered to be part of the setting process through the People's Budget Forums and through earlier Citizens' Assemblies.

It's a budget for the many, not for the few, with investment delivered where it's most needed - in housing, children's services and special educational needs.

In the past six years this council has lost almost £100m in funding. We have been cut to the bone, and for that reason for the first time in 10 years there had to be

a modest rise in the Newham element of Council Tax. But we have also managed to slice in half the amount that 19,000 lowest income households will have to pay, whilst increasing what needs to be paid if properties sit empty over long periods of time.

And on the subject of housing, I was delighted to welcome Mayor of London Sadiq Khan and his Deputy Mayor for Housing, James Murray, to Newham to discuss where the £107 million he allocated to us last year for affordable housing, is being spent.

We met with two families who had been on the housing waiting list for years, and heard about the transformation we've made to their lives. Having access to genuinely affordable quality housing has made a huge difference to them. It's not



With Mayor Khan and deputy mayors James Murray and Cllr John Gray



Beckton People's Budget Forum

just a roof over their head – it is about providing stability so that they can put down proper roots and turn bricks and mortar into homes.

Housing is a critical issue – it's a disgrace that we have 28,000 people on the housing waiting list and it's a tragedy that 7,500 children are languishing in temporary accommodation. And it's shocking that almost half of Newham residents live in poverty once housing costs are accounted for.

Building thousands of new, genuinely affordable homes is the only way to solve the crisis and is the reason why I am prioritising housing delivery.

The money Sadiq has allocated to Newham - the highest amount in London - will be spent on delivering more homes for our residents. This will help me deliver my target to build

at least 1,000 homes over the next four years. We're already on course to achieve that goal, with the first 227 units due to start very soon. Together, we are steering Newham in a radical, new direction, but one which will make us a better place to live and work and puts people at the heart of everything we do.

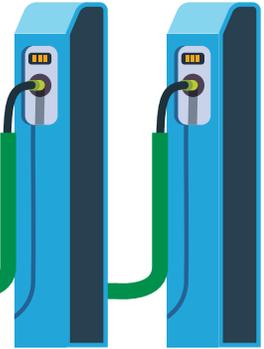
I was delighted to be able to launch the second annual Newham Word Festival, which this year kicked-off at The Good Hotel in the Royal Docks.

The festival, run with the fantastic Discover Children's Story Centre in Stratford, brought together local and international artists in a fabulous mash up of free events that showed the beauty of both the spoken and the written word.

The festival was opened with some lovely words and poetry from Neimo Askar. It was a pleasure to share a platform with him on the opening evening and I'm excited to see further performances and launches as part of the festival.

That's it for this month. February proved to be a landmark point for my administration. We delivered our first budget, showed the Mayor of London the hard work being done to deliver the best housing for our residents and continue to develop our plans for a council restructure that will allow us to continue to put Newham people at the heart of everything we do. I hope you all have a fantastic month ahead and look forward to updating you soon.

Plug into electric for a greener future



Newham Council is committed to improving the environment for our residents, and we know it's something you care passionately about because you've told us.

At our Citizens' Assemblies, and in the recent Our Streets, Transport and Parking survey, residents expressed concerns about pollution, air quality and the need for a cleaner, healthier environment, especially for our children.

As part of our commitment to building a greener and cleaner future for Newham, the council is rolling out new residential charging points for electric vehicles (EVs) across the borough. Forty double chargers will be installed this Spring, with a similar number coming later in the year.

The new electric charging bays are only for use while vehicles are charging and will be time limited to ensure other EVs can use them too. Once a vehicle is fully charged, drivers will need a resident parking zone (RPZ) permit for their area to park their car.

If you want one of the new chargers installed near you, let us know by emailing electricchargers@newham.gov.uk and we will map all the responses and install electric chargers accordingly.

Residents in the newer parking zones will already have seen some electric charging bays marked on

the road. Some may be relocated depending on demand.

Although electric vehicles are currently very expensive, new research suggests when all factors, including fuel, tax and road charges, are considered, over four years, an EV could actually save you money.

“We know that air pollution is one of the greatest threats to public health so it is absolutely vital that we move away from fossil fuels like petrol and diesel as quickly as possible.”

The cost of installing the power points is funded by Go Ultra Low Cities Scheme and Transport for London (TfL) – the scheme does not use Council Tax payer's money.

The council is also working with TfL to provide a network of rapid charging

stations across the borough, so residents and businesses can top-up their batteries quickly with a very fast charge, to allow greater journey flexibility and extended range. These will be focused on main roads and in busy areas.

By installing the chargers the council not only hopes to encourage residents to move to cleaner, more sustainable car use now, but also ensure the borough is not left behind as technologies advance and use of electric vehicles becomes more widespread.

Councillor James Asser, Assistant Cabinet member for sustainable transport and environment, said: “We know that air pollution is one of the greatest threats to public health so it is absolutely vital that we move away from fossil fuels like petrol and diesel as quickly as possible.

“Technology is moving fast, so we must act quickly to allow those that can switch to electric to do so, but also ensure, as it becomes more affordable, Newham is in the best possible place to take advantage of the massive environmental gains which switching to electric will bring.”

CAN I BORROW A CAR?

Many Newham residents do not own a car, either by choice or because the costs outweigh the benefits.

Although our brilliant transport links make the choice not to own a vehicle much easier, there are moments when you wish you had your own car. That's why the council is working with a number of car club providers to significantly increase the number of club cars available across Newham.

Residents in newer RPZs will have noticed that some car club bays have already been designated in their area. In areas with older RPZs, new car club bays will be created to accommodate new vehicles. There are already a number of car club vehicles operating in Newham, and these can be located by visiting their websites: at www.zipcar.co.uk or www.enterpriseclub.co.uk

Look out for further news about more car club vehicles appearing across Newham soon.



Charging bays similar to ones that are arriving in Newham



COME AND CELEBRATE THE LIVES OF LEGENDS



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PRESENT



AN EVENING OF ARETHA FRANKLIN

THU 28
— FRI 29
MAR 2019,
8PM

WITH SHIRMA ROUSE & LIVE BAND

AN EVENING OF MARVIN GAYE



THU 11
APR 2019,
8PM

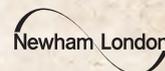
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Vital services get £22m boost

Newham residents will soon start receiving their Council Tax bills for the next financial year and for the first time in a decade they will see an increase in what they pay.

While the decision to raise Council Tax has been a difficult one for Newham Council, it will contribute to the budget for 2019/20 in which £214million will be spent on services that residents have identified as being important to them.

It also includes an investment of £22.1 million for services that are priorities of the Mayor and her administration which include housing, young people and children.

The 2019/20 budget means the Newham element of Council Tax will increase by 2.9 per cent and, in addition, there will be a two per cent increase in the Adult Social Care Precept. Together it means a household in a Band D property will pay 89 pence per week more in the Newham element of the overall charge.

The budget will also support 19,000 lowest earning residents through changes to the Council Tax Reduction Scheme (CTRS). This will reduce the amount eligible

residents pay from 20 per cent to 10 per cent of their Council Tax bill, saving Band D households up to an extra £118.62 each year.

The budget, approved at a meeting of Full Council on 18 February, also furthers the Mayor's community wealth building agenda by paying the London Living Wage to 700 care staff indirectly employed by the council.

Mayor Fiaz said: "My administration is putting people at the heart of everything we do and this has been the focus of our budget discussions. I'm very proud of my first budget as Mayor.

"It will have a positive impact for tens of thousands of residents. I also passionately believe in our young people and that's why there is significant investment in areas that support them. The £1.3 million for special education provision, £10.6 million in children and young people's services, and £1.4 million in youth services, is the biggest increased investment in our children and young people that this council has proposed for a generation."

You can save time when you pay your Council Tax by Direct Debit. To set it up, visit www.newham.gov.uk/directdebit

Fostering

Make a difference

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to care for a child?

As a Newham foster carer
you'll receive a one off grant
of £750 to set up your home,
plus a weekly allowance.

Want to find out more? Call us on

0800 0130 393

or visit www.newham.gov.uk/fostering



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East Ham Leisure Centre, 384 Barking Road, East Ham, E6 2RT
Manor Park Fitness Centre, High Street North, Manor Park, E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, E13 8SD

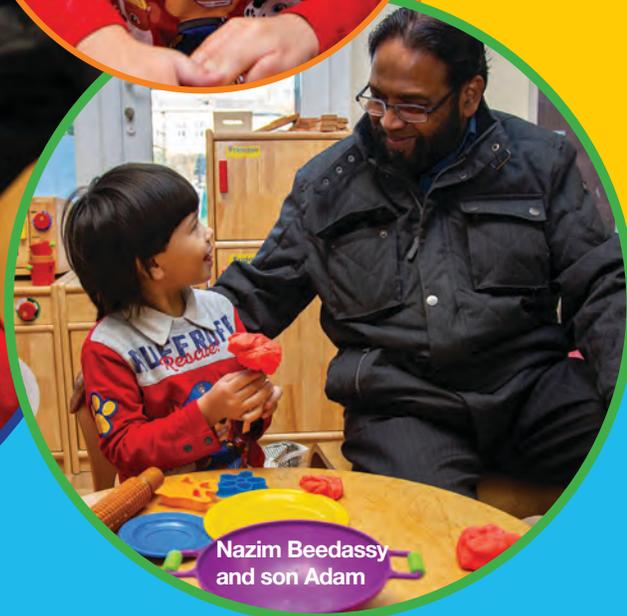
To find out more call **0300 124 0123[†]** or visit
www.activeNewham.org.uk/2019

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02).
It is included in call allowances, bundled talk time or "free" minutes
the same way as regular landline numbers.

No joining fee until end of March

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Nazim Beedassy and son Adam

Don't miss out on free childcare for two-year-olds

Children who go to nursery before starting school develop vital skills that prepare them for learning as well as getting on with youngsters their own age.

Many parents in Newham are taking up 15 to hours per week of free early education for their children. If you qualify, you could see the benefits too.

Families or children eligible for the childcare can receive up to 15 hours per week, usually provided during term time, although it can be used flexibly to suit parents.

Here's what parents are saying about the scheme:

Yanique Brown sends her daughter Temayah to the Tamba Day Nursery in Beckton. She said: "Temayah's speech is much clearer and she enjoys attending every day. She can't wait to go back after the weekend! She can communicate her feelings, she expresses her interests much more and her social skills are enhanced. She has progressed so quickly!"

Sylvianne Grinell's daughter Malayah goes to Sahan Day Nursery in Forest Gate. She said: "Malayah has improved her language skills and communication and has learned to follow instructions. She has also developed her fine motor skills. Malayah is better prepared for school and is now very confident in a learning environment."

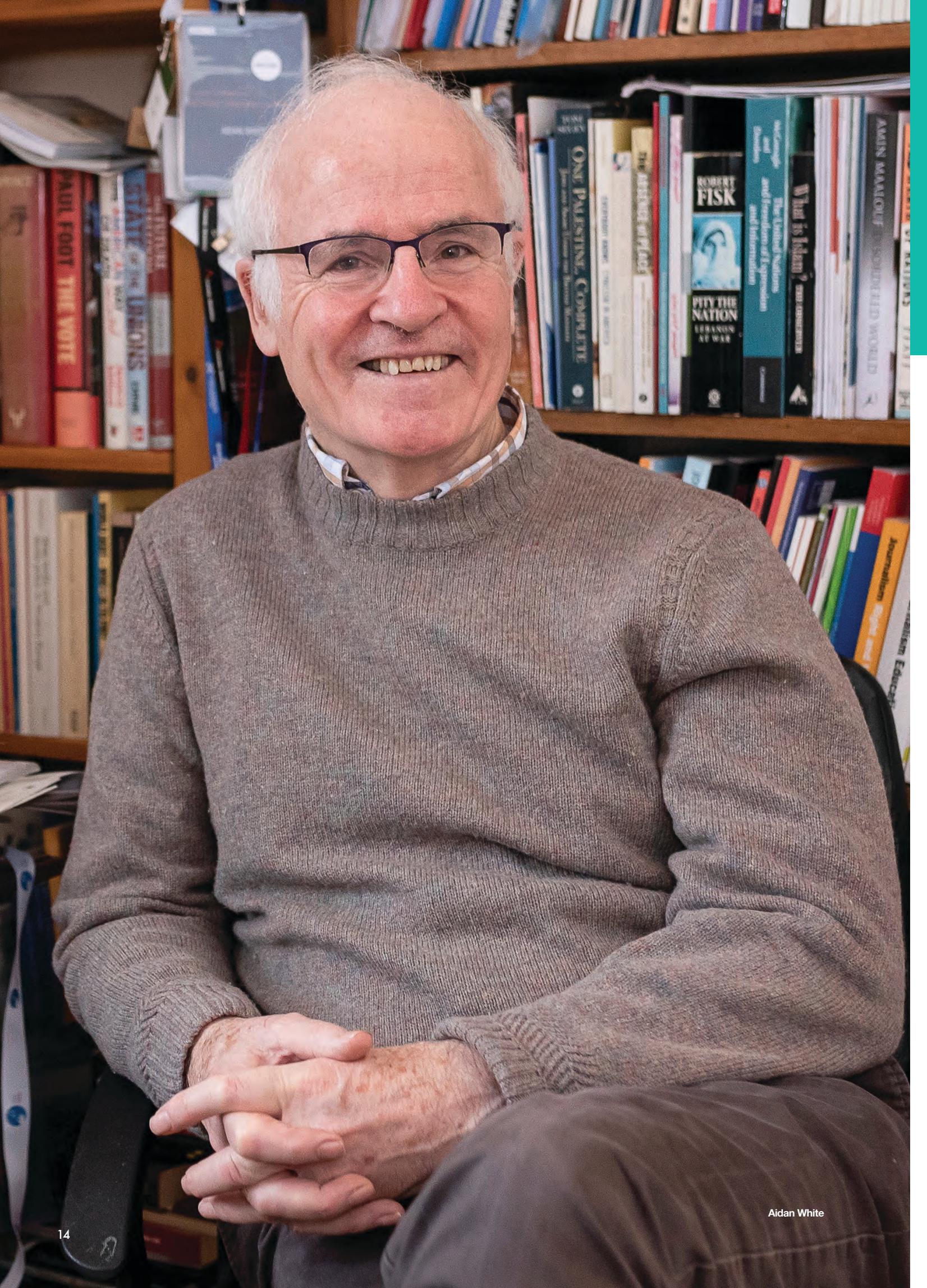
Nazim Beedassy's son Adam has benefited from going

to Chestnut Nursery School in Forest Gate. He said: "The benefits of the scheme are immense, practically indescribable! Through play children create their own world. The scheme is an exceptional opportunity to fully engage with children in their various stages of development."

"The benefits of the scheme are immense, practically indescribable! Through play children create their own world. The scheme is an exceptional opportunity to fully engage with children in their various stages of development."

Lashly Rose, who sends her son Shaye to Smarty Pants Day Nursery in Plaistow, said: "Taking the 15 hours childcare has allowed Shaye to have access to more resources which have helped with his development. It has also meant him spending more time out of the home with children of the same age."

Check if you are eligible for 15 hours free childcare at www.newham.gov.uk/twoyearold



Aidan White

Join us to become a citizen journalist

When Rokhsana Fiaz was elected Mayor last May she promised residents would be at the heart of everything the council does. That's why she introduced Citizens' Assemblies to enable residents to be involved in making decisions that will shape Newham in the years ahead. She also increased the number of council meetings and introduced public questions where residents can hold their elected members to account.

The next step in the process of making Newham Council open and transparent is citizen journalism, also known as participatory journalism, with an opportunity for you to be involved with the production of the monthly Newham Mag.

You can now have a voice in local democracy through helping to collect, report and analyse local news or information; asking questions or just suggesting topics for future articles.

The Mayor said: "As part of our agenda of transforming Newham into a beacon of participatory democracy, I'm looking forward to seeing our residents and young people get involved in local news coverage. It's important for a functioning democracy in Newham that we hear a greater range of voices and read different perspectives about what's happening in our borough."

So what is citizen journalism?

- It's telling stories about life in Newham, seeing things from a different point of view and providing opportunities to get to know our residents.
- It connects us in a different way, both with the council and with our neighbours.
- It expands the range of voices on particular issues and offers everyone, if you want to, a role in shaping solutions.
- It opens the door for everyone to write, report, edit and take part in the process of journalism, including people who are not normally involved.

If you are interested in writing articles for the Newham Mag, want to suggest some ideas, want to ask questions of the Mayor or your elected members, or just want to tell us about some of the inspiring things that are happening where you live, email newham.mag@newham.gov.uk and don't forget to include your daytime telephone number.

We will put together a panel of people who will meet the Mayor and then begin contributing to the Newham Mag.

Newham resident Aidan White is a journalist and President of the Ethical Journalism Network. He has been invited by the Mayor to be part of the citizen journalist team.

Aidan said: "This is an exciting project. It will inspire people to tell stories and help them understand why journalism is important to everyone in Newham.

"Today anyone can use Facebook or Twitter or even write their own blogs – but that's not automatically journalism.

"Sometimes people are biased, often they don't care about what other people think, and sometimes they don't recognise the potential harm they can do.

"In today's world there's a lot of hurtful communications and we have to be careful in the way information is used.

"Journalism can help us understand how to communicate freely, but in a way that is respectful of others. It can help everyone identify the problems we face by telling the stories of Newham in a truthful, honest and stylish way.

"This programme is open to everyone – young and old. The only qualifications needed are a curious mind, a willingness to work together and a hopeless addiction to telling stories!"

Aidan has worked in journalism for 50 years. He started in local papers and worked at the Stratford Express in the 1970s and joined The Guardian in 1980. He went on to be the global representative of the world's largest journalists' organisation, the International Federation of Journalists, in Brussels, before returning to Stratford in 2013 as Director of the Ethical Journalism Network, a new international group he founded to strengthen the standards of journalism.

"The communications revolution has made journalists of us all," he says. "A new golden age of journalism is now possible, and it's one in which everyone can have their say, tell their story and inspire change."

Living with Brexit

The UK is currently set to leave the European Union (EU) at 11pm on Friday 29 March, after the two-year process which triggered the withdrawal process comes to a close. The Government remains intent on securing a deal with the EU on the terms of Britain's exit, although as we went to press the future remained uncertain.

In 2016, Newham voted by 53 per cent to stay in the EU during the referendum, a relatively close margin, with London overall voting remain by 59 per cent.

During this uncertainty, Newham Council has been drawing up plans to safeguard the borough's interests and preparing for a range of outcomes. Among a number of measures, the council has been working with other local authorities, through both London Councils and the Mayor of London, to make clear that both the borough and city remain open for business, to protect the economic investment coming into Newham, to help the local economy.

Newham Mayor Rokhsana Fiaz has already established a Newham Brexit Board tasked with progressing the council's preparations. It will be chaired by Mayor Fiaz and involve Cabinet member for finance, Councillor Terence Paul, local business representatives and expert advisors supported by

council officers.

The council will also undertake outreach activities to reassure residents amid the uncertainty over Britain's departure from the EU.

Mayor Fiaz said: "There is a great deal of uncertainty over Brexit and what will happen, and this can be very unsettling for our EU residents in the borough.

"This council is putting people at the heart of everything we do, and this includes Newham's EU residents whom we will continue to support as part of that promise.

"Newham remains an international borough with a diverse population, still open to the world. We'll do everything we can to cushion the borough and its people from the impact of Brexit including creating jobs and supporting local businesses through our community wealth building agenda."

The council is seeking to reassure residents from European communities who may be particularly unsettled by the Brexit uncertainty. It will be engaging in outreach with them, including pointing them to the EU Settlement Scheme, which allows EU citizens to continue living in the UK following Brexit. The scheme opens on 30 March and applications can be made until 30 June 2021. Successful applicants will be granted residency in the UK. However, if



the UK leaves without a deal, the deadline for applications will be brought forward to 31 December 2020.

EU citizens or family members of EU citizens will need to apply to stay in the UK after 30 June 2021.

This applies if the applicant is either:

- Born in the UK but is not a British citizen;
- Married to a British citizen and from the EU.

However, citizens do not need to apply if:

- They are Irish citizens – but, family members from outside either the UK or Ireland will still need to apply;
- They have indefinite leave to enter the UK;
- They have indefinite leave to remain in the UK.

There will be no charge to apply for the scheme and the government has promised support for applicants on the phone and in person.

In order to apply the following will be required:

- Proof of identity;
- Proof of residence in the UK, unless applicant has a valid permanent residence document, or valid indefinite leave to remain in or enter the UK;
- Proof of relationship to a family member from the EU living in the UK, if the applicant is from outside the EU.

Successful applicants will be issued with either settled or

pre-settled status. Settled is for EU citizens that have been a resident of the UK for at least the last five years. Pre-settled is for EU citizens that have been a resident in the UK for less than five years, they will be allowed to stay in the UK for a further five years and will need to apply again to get settled status to stay longer.

Should an application be unsuccessful, the applicant may reapply as many times as they like before 30 June 2021.

For more information on the EU Settlement Scheme and the support being provided by Newham Council, visit **www.newham.gov.uk/Brexit**

For updates, register with the Home Office, at **<https://gov.smartwebportal.co.uk/homeoffice/public/webform.asp?id=67&id2=627DF7>**

Looking for an opportunity to support the governance of the London Borough of Newham Pension Fund?

The London Borough of Newham is looking for an individual with capacity and enthusiasm to be part of its new Investment and Accounts Committee (IAC) to support the committee and lead on quasi trustee mentoring and development. The IAC aims to keep abreast of all developments affecting the Local Government Pension Scheme (LGPS) to help make decisions on pension fund issues.

The IAC consists of mainly new members following the last local elections and is seeking support to build confidence and capacity of the committee. The Newham Fund has won a series of industry awards in the past and the IAC has the ambition of continuing that track record by investing in its own training and development.

The role is part-time, requiring 14 or 15 days a year, with an allowance paid to attend meetings.

You will be required to devote some of your time to attend and contribute to quarterly committee meetings. The role will require you to act as a Continual Professional Development

Coordinator to support the committee and lead on trustee mentoring and development. Ideally we require someone who has substantial experience of Chairing an LGPS pension scheme and a track record of building confidence, mentoring and motivating committee members.

You will work with the officers and advisers responsible for the pension arrangements of the Council's pension fund to ensure the compliance with pension's legislation and requirements imposed by the Pensions Regulator. Moreover you will play an active role in ensuring the effective governance and administration of the Fund to ensure that members of the IAC receive the necessary support they require to manage a complex brief.

Want to know more?

Please contact Rakesh Rajan on **020 3373 6595** or email **Rakesh.Rajan@newham.gov.uk**

Closing date is 29th March 2019



WE NEED YOUR VIEWS ON WALTHAM FOREST'S PROPERTY LICENSING SCHEME PROPOSALS

Your views about what's happening in a neighbouring borough

Nearly four in 10 households in Waltham Forest live in homes rented in the private sector. Waltham Forest Council is proposing to continue to license most privately rented properties in its borough to improve property and management standards and to help tackle anti-social behaviour associated with this housing sector.

The current Property Licensing Scheme in Waltham Forest ends in March 2020 and Waltham Forest Council is consulting about two new licensing schemes that, if they were introduced, would come into effect from 1 April 2020.

We want to hear from landlords and their agents, tenants already living in the private sector and from other residents, both in Waltham Forest and in neighbouring boroughs, about these proposals. We are running an on-line consultation, where you can view information about the proposed schemes and complete a questionnaire to tell us your views. The consultation is open now and ends on Monday 29 April 2019.

Visit: walthamforest.gov.uk/propertylicensingconsultation to find out more and to have your say.



Yvonne Sturdy

Helping residents navigate the money maze

Money worries can affect us all throughout our lives whether they are due to ill health, debt or unemployment, but Newham residents can get practical advice and help from specialists at MoneyWorks.

MoneyWorks, a service funded and delivered by Newham Council, supports residents who may be struggling with debt or the everyday cost of living. In partnership with the London Community Credit Union it offers affordable short term loans without the high fees of other lenders. It also helps residents become financially better off by providing impartial advice on smart spending and regular savings.

Yvonne Sturdy, from Canning Town, came to MoneyWorks when it became difficult to cope with everyday living costs. Although her husband had a full-time job, she was unable to work due to her disabilities. The service helped Yvonne receive benefits she wasn't aware she was entitled to and supported her to claim for Personal Independence Payment – a benefit that provides financial assistance with daily living and additional mobility needs.

Yvonne said: "MoneyWorks really helped me. I didn't know I was entitled to anything until they told me. The staff were brilliant and I can't thank them enough. I would 100 per cent recommend them to other people that may need help."

MoneyWorks, which is based in Stratford, is now

bringing it's services to Beckton, Canning Town, Forest Gate and Manor Park libraries where it will run pop up sessions offering specialist advice on debt, money management and maximising benefits. They will also include:

- Free, impartial and confidential debt advice on priority, non-priority debts and repayment plans;
- Advice on personal budget and smart savings ;
- Advice on benefits and entitlements.

You can visit MoneyWorks at these libraries:

- **Beckton Library** - last Tuesday of the month, 12-2pm
- **Canning Town Library** - last Wednesday of the month, 12-5pm
- **Forest Gate Library** - first Friday of the month, 2-4pm
- **Manor Park Library** - first Thursday of the month, 10am-1pm

For help or advice outside of these sessions visit MoneyWorks at 112 – 118 The Grove, Stratford, E15 1NS. Call 020 8430 2041 or visit www.newhammoneyworks.co.uk

Age 2

Newham London

15 hours

Is your 2-year-old missing out on free learning and play?

Use our eligibility checker to find out!

newham.gov.uk/2yareligibility




Newham London

Caring for someone else's child?

If a child is living with you for more than 28 days and you are not their parent, grandparent, aunt, uncle, brother, sister or step-parent, this is known as private fostering.

By law you are required to inform Newham Council about this arrangement so we can support you and the child.

Please call us on **020 3373 4600** or email **MASH@newham.gov.uk**

Search "**Private fostering in Newham**" to find out more.




Newham London

Stay Safe for Older Residents

Thursday 21 March 2019, 11am - 2pm
St. Mark's Community Centre, Tollgate Road, Beckton, E6 5YA

Come along to find out about keeping safe at home and in the community. Get tips and advice from experts on fraud prevention, avoiding scams, fire safety, and lots more.

This FREE event is organised by the Community Neighbourhood Link Worker Team, Adult Social Care.

For further information contact CHSocialCare@newham.gov.uk




Telecare pendant




Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, at the Bromley by Bow Centre is offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

What is the Beyond Business Programme?
Beyond Business has already launched a network of 70 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

Is my idea for a Social Enterprise eligible?
To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding
- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements
- Full eligibility criteria will be sent to all applicants.

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 24th September 2019 - funding then approved for successful applicants.

Need an expression of interest form?
Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: Kim.Hayman@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 5pm - 26th April 2019.





HONOURING WOMEN'S ACHIEVEMENTS

More than 100 women from many walks of life joined Newham Mayor Rokhsana Fiaz and councillors at an event which marked International Women's Day on 8 March.

The event, which began with a special breakfast for invited guests, also celebrated the contributions of local women to the struggle for equality including the first woman Mayor for West Ham, Daisy Parsons MBE. International Women's Day is an annual event marked globally to recognise and celebrate the achievements of women while continuing to highlight the need for gender equality.

Mayor Fiaz opened the event, held at the Old Town Hall, in Stratford, with a speech that paid tribute to the work of women across the borough. She said: "Newham has a very proud tradition of championing women's rights. Our plaque for Daisy Parsons, the first ever female Mayor for the borough, is a testament to Newham that it has been historically the birthplace of important progressive social movements and has been

in the leadership of struggles for the advancement of our society.

"Women like Daisy were leading figures in the suffragette movement, making their mark in challenging injustice, poverty and inequality. We celebrate their legacy, and pledge to ensure people of all backgrounds and genders have equal life chances and the opportunity to achieve their potential."

A number of women spoke about their own experiences, both personally and in the work that they do professionally and voluntarily across the borough, before joining the Mayor, female Cabinet members and councillors to unveil the plaque to honour Daisy Parsons.

Another plaque is due to be unveiled at East Ham Town Hall in honour of one of the first women MPs, Susan Lawrence, who became the Member of Parliament for East Ham North in 1923. Prior to taking her seat Susan served as a local councillor, and dedicated her time to improving the working conditions of women factory workers in the East End and beyond.

Mayor Daisy Parsons MBE opening the Beckton Lido, August 1937



The unveiled plaque



The Mayor, Councillors and guests mark International Women's Day



Youngsters build bridges

Pupils became engineers for a day as they took part in a project to get them thinking about pursuing careers in the profession.

Thirty children from Ranelagh Primary School in Stratford took part in the Bridges to Schools initiative at the London Aquatics Centre in Queen Elizabeth Olympic Park. They worked out how best to build a model bridge and then walked across it to test their engineering skills.

The project was led by the London Legacy Development Corporation (LLDC) working with international infrastructure company Balfour Beatty and the Institution of Civil Engineers, to inspire young people to take up a career in science or engineering.

Paul Brickell, LLDC executive director of regeneration and community partnerships, said: "We hope young people who come to Bridges to Schools will be inspired to take up engineering and will work on many great projects here and beyond."



Young bridge builders with their creation

Share happy memories of food

The charity wants people to share their memories of food



A charity is appealing to residents to share their memories of food, either growing it, cooking it or eating it, as part of a project called Growing Memories.

Eastside Community Heritage is looking to talk to people who have lived in and around Stratford to find out about food history in the area and how diets have changed as different communities have moved into or out of the area.

The memories and stories will be featured in a community cookbook and used to develop public sessions, including community gardening and cooking. The project is funded by the East End Community Foundation and International Quarter London.

The charity will also be holding reminiscence sessions across Stratford, walking tours of Queen Elizabeth Olympic Park, community gardening activities and a community lunch. To get involved in the project email francis@ech.org.uk or call Eastside Community Heritage on 020 8553 3116.

Helping children cope with bereavement

A charity is offering specialist support for children and families who have been bereaved or are facing bereavement.

Child Bereavement UK, which has an office at the Stratford Advice Arcade, provides a range of support services free of charge, offered by trained bereavement support practitioners. The charity also offers training and resources to help schools better understand and meet the needs of grieving families.

Dr Ann Rowland, the charity's director of bereavement services, said: "When a precious baby or child dies, or when a child is bereaved, lives are shattered. Our professionally trained bereavement support practitioners have a wealth of experience in supporting families in Newham and across East London to rebuild their lives after the devastation of bereavement."

To contact the service call 020 8519 7025 or email: newhamsupport@childbereavementuk.org



The charity supports children and families

Authors hunt for next writing stars



Newham author Vaseem Khan has teamed up with fellow writers Abir Mukherjee and Vicky Newham to find the borough's next star writers.

Vaseem is the author of the popular Inspector Chopra series of books which have topped the list of Times bestsellers. He and Abir and Vicky are working with Manor Park Library to encourage authors, young and old, to enter a writing competition open to all Newham residents.

There are two categories of entry - one for adult fiction and one for young adult/children's fiction (for 7+). Category winners will receive £50. Entries can be short stories or the first chapter(s) in a novel, but must be no more than 2,000 words.

Entries must be a computer typed PDF document, double spaced, stating the title of your work, your name, and contact details including an email address. Entries should be emailed to: CN.Manorpark@newham.gov.uk by 7 April.

Maths guru spreads love of numbers



Bobby Seagull with members of staff at Kaizen Primary School

Staff at a primary school in Plaistow were joined by numbers guru and University Challenge star Bobby Seagull as he shared his love of maths.

Bobby spoke to staff at Kaizen Primary School about the importance of helping their pupils improve their number skills through using everyday situations such as calculating sales discounts while shopping.

His aim was to develop the teaching staff's love of learning and mathematical enquiry and support their work around the subject in order to help children to excel in their study of numbers.

Head teacher Barbara Sims said: "Bobby is so passionate about maths that I thought it would be a great way to start our staff training day. We are very grateful to Bobby for giving up his time because days like this are invaluable."

Kids' Corner

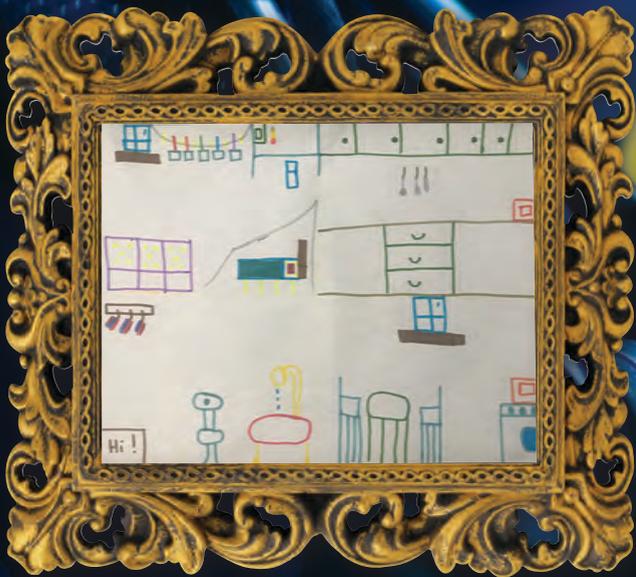


PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

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



Janat Bano, 9



Sophia Madzhirova, 5



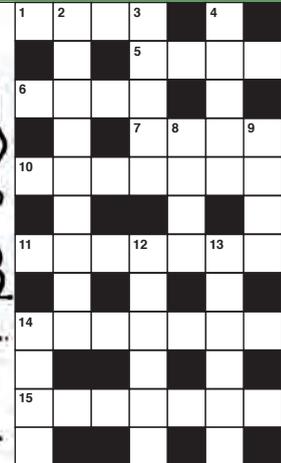
Aarya Manha, 7



Faye Rodrigues, 10



Colour-me-in Crossword



Across

1. Carriage for a baby (4)
5. Volcano in Sicily, the most active one in Europe (4)
6. Woodwind instrument (4)
7. Catch your foot on something and stumble (4)
10. Unexpected and surprising (7)
11. Travel from one place to another (7)
14. Commander of a fleet of ships (7)
15. Piece of writing in a newspaper (7)

Down

2. Outlaw who robbed the rich and helped the poor (5,4)
3. Encounters (5)
4. New Delhi is this country's capital city (5)
8. Terribly damaged building (4)
9. Take part in a game (4)
12. Partially dried grape (6)
13. Messages carried on the internet (1-5)
14. Slightly open (4)

Jokes

Q Where does Tarzan buy his clothes?

A At a jungle sale.

Q Why did the burglar take a shower?

A Because he wanted to make a clean getaway.

Q Why did Luke Skywalker sleep with the light on?

A Because he was afraid of the Darth.

Q How do you start a teddy bear race?

A Ready teddy go.

Q How do you catch a whole school of fish?

A With bookworms.

Q Why shouldn't you trust a pig with a secret?

A Because it's bound to squeal.

Q How do you make toast in the jungle?

A Put it under a Grilla.

Q What wobbles in the sky?

A A jelly-copter.

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; Tues, 10.30-11.30am, Plaistow

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 local volunteers. Sat, 10.30-11.30am,

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

Teen Reading Group 🌈 Monthly reading group for 13-18-year-olds. Come along and share your enjoyment with like-minded people. First Tues of the month, 5-6pm, Canning Town CNC

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

Homework Club 🌈 Free study support for young people at their local library. 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

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

Family Rangers 🌈 Drop-in club for families with Go

Wild, arts and crafts activities. First Sat of month, 1-4pm, Plashet Park

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

Steelman Workshop (13yrs+) 🌈 Learn to play steelman. Sun, 3-4.30pm, Stratford

Get started with coding (15-18 yrs) Join members of the Apple team to explore coding and get hands on with Swift, a programming language created by Apple used to build many popular apps. Thurs, 5.30-6.30pm, until 4 Apr, Apple Store, Westfield Stratford City, E20

Coding Robots: The Sphero Maze Challenge (10-14yrs) Explore coding with Sphero robots by programming simple movements, loops and more. No coding experience required. Sat, 11am-12pm, until 6 Apr, Apple Store, Westfield Stratford City, E20

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

Chess Club ★ Weds, 4.45-6.15pm, Beckton CNC; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Mon, 5-6.30pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6.30pm (beginners), 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, Plaistow; Thurs; 4.30-6pm, Sat, 11am-12.30pm, Manor Park CNC

Do It Online (18+) ★ Computer classes. Weds, 10am-12pm, Fri, 2-4pm, Stratford; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Weds, 1-2.30pm, Custom House & Canning Town CNC; Fri, 2-3.30pm, Beckton; Thurs, 10am-12pm, Green St; Tues, 10am-12pm, East Ham CNC; Mon, 1.30-3pm, Forest Gate (starts 7 Jan)

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

Skills For Life ★ Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St

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, 10.30am-12.30pm, Manor Park CNC

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

Singing for the Brain Group for people affected by dementia and their carers, using the power of song and

dance to encourage social stimulation. Sessions provided by the Alzheimer's Society. Second Mon of the month, 2-4pm, Stratford

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

Retro Board Games Group ★ Play some retro board games with a mix of some new ones. Fri, 10am-12pm, Green Street

Zumba with Cuban David Call 07956 723915 (Chris) for more details. Mon, 6.30-7.30pm, £5 per class, Queens Road West Community Centre, 63 Queens Road West, Plaistow, E13 0PE

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)

Coffee Mornings ★ Mon, 11am-12.30pm, North Woolwich; Thurs 10.45am-12pm, Custom House & Canning Town CNC; Tues 11am-12.30pm, Custom House; 3rd Tues of the month 10.30am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton CNC

Knit & Knatter (16+) Craft group for men and women of all ages and abilities. Fri, 10am-12pm, Custom House & Canning Town CNC; Tues, 10am-12pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, 10am-12pm, Fri, 10am-12pm, Plaistow; Tues, 10.30am-12.30pm, Green St; Tues, 11am-1pm, Forest Gate CNC; Mon, 11am-12.30pm, Beckton





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

Beckton Women's Group Sewing, fruit decorating and dancing. £2. Tues, 10.30am-12.30pm, Beckton C.C.

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

Art Expression Stroke Association voluntary group helping people affected by stroke to build skills and aid recovery. All abilities welcome. Mon, 12-3pm, Beckton 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: 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.

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 - Beckton 🌐 Tues 10.30am-12.30pm, Beckton C.C.

Community Gardening Course - Cody Dock 🌐 10 sessions for the over 55s starting 23 Jan. Weds, 1-2pm,

Cody Dock, 11c South Crescent, Canning Town. Call 020 7473 0429 or 0754 3810969 for details.

Drop-in Community Gardening Sessions 🌐 Abbey Gardens, Bakers Row, E15, (Next to Abbey Road DLR station). Visit www.abbeygardens.org for more details. Tues, 1-3pm; Thurs, 4-7pm and Sat, 11am-4pm

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



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, 6-7pm, Beckton CNC (open to all); Weds, 6-7.30pm, East Ham Town Hall (£2 per person); Thurs, 8-9am, 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 7985601260 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

HEALTH AND FITNESS

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. **Every 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. **Every third Fri of the month, 5.30-7pm**, Manor Park CNC

Newham Dog Community Monthly group 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-12.45pm**, 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

50+ ACTIVITIES

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

Dominoes Group **Weds, 1.30-4.30pm**, Plaistow; **Weds, 2-4.30pm**, Beckton 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

Move Me Low impact fun dance session. **Tues, 1.30-2.30pm**, East Ham CNC

Chair Based Yoga For those looking for a fun way to exercise. **Tues, 11.30am-12.30pm**, Plaistow

Tea Dance Only for over 55s. Call 07930352453 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 Support Group Drop-in sessions for those affected by Parkinson's. **First 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. **Tues, 1.15pm**, North Woolwich; **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

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

FEMALE SPORTS

Modern Arnis Martial Arts (16+)

Tues, 5-6pm. 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 Meet on the track. Coached sessions for all abilities. 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. **Mon, 18 Mar, 7pm, Council, Main Hall, Old Town Hall, Stratford**; **Tues, 19 Mar, 6.30pm, Strategic Development Cttee, Old Town Hall, Stratford**; **Thurs, 21 Mar, 7pm, Investment and Accounts Cttee**; **Tues, 26 Mar, 6.30pm, Standards Advisory Cttee, Newham Dockside, 1000 Dockside Road, E16**; **Tues, 2 Apr, 6pm, Cabinet**; **Tues, 9 Apr, 7pm, Strategic Development Cttee, Old Town Hall, Stratford**. For the latest list of meetings please visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. **Sat, 23 Mar, 10am-12pm, Stratford Library, The Grove, Stratford, E15**; **Sat, 13 Apr, 10am-12pm, Forest Gate Library, Woodgrange Road, Forest Gate, E7**. Call 020 8430 2000 to book or email Mayor@newham.gov.uk **Telephone surgery** **Weds, 20 Mar** 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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