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the newhammag

issue 406 // 15 Feb – 14 Mar 2019 // Monthly



Different and proud of it

Storytelling with a difference (p3)

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News

Storytelling with a difference

Two libraries put colour, sparkle and laughter into reading when they held storytime sessions for children hosted by drag queens and kings.

The events were part of Newham Council's celebrations for National Storytelling Week, which this year overlapped with the start of Lesbian, Gay, Bisexual, and Transgender History Month and embraced the theme of diversity.

Regular storytelling events at Stratford and Beckton libraries were taken over by performers from Drag Queen Story Time UK. Drag Queen Story Time began in the USA and is now popular in libraries in Great Britain. Performers encourage children of all ages to embrace their individuality and spread a message of tolerance. It also gives them the opportunity to hear literature read in a way they may not have experienced before.

Stratford Library was treated to drag king and queen double act Adam All and Apple Derrieres. It was standing room only as families were entertained with readings of fairy-tales, songs and nursery rhymes. Adam and Apple

gave a rendition of A Whole New World along with stories about being different, including My Grandmother is a Pirate complete with swash-buckling sound effects.

At Beckton Library drag queen Topsy read to more than 100 children and parents. Topsy also sang songs and made rainbow coloured wands with the children.

The week of storytelling activity also included a visit by Jane Grell to Manor Park Library with tales and songs from the Caribbean.

Deputy Mayor Charlene McLean, Cabinet member for community neighbourhoods whose portfolio covers equalities, diversity and social integration, said: "Good reading skills can help set children up for life.

"Our National Storytelling Week events were designed to be fun, capture the imagination of children and get them used to embracing differences in others and treating everyone as equal from an early age. The responses from parents have been very positive. We hope they will continue to enjoy reading outside of the library and school environment."



Topsy read to children and parents at Beckton Library



Stratford Library hosted a session led by Adam and Apple

Drag queens prove popular

News

Cheer at Chinese New Year celebration

Mayor Rokhsana Fiaz and Newham councillors James Asser and Ayesha Chowdhury were invited to join festivities to mark Chinese New Year.

They attended a function at the Yi-ban restaurant in Beckton's Royal Docks where members of the Newham Chinese Association charity were celebrating receiving £10,000 from the National Lottery to support the Chinese community.

The charity, founded in 1987 and based in Beckton, will use the money to deliver dance and fitness classes for older people. They will also promote friendship and wellbeing and support members to access public services.

Festivities on the night included the traditional Lion dance, karaoke, and Chinese opera. Mayor Fiaz said: "It was great to be invited to spend the evening with some of our Chinese residents. I wish everyone a happy new year and good fortune ahead for the rest of the year of the pig."



The Mayor and Cllrs Asser and Chowdhury at the celebration



Cllrs McLean and Gray present the cheque to Magpie founder Jane Williams

Charity benefits from jumper day

Deputy Mayors Councillor Charlene McLean and Councillor John Gray presented a cheque for £691 to a charity which supports mothers with young children.

The money was raised by Newham Council staff who chose to wear a Christmas jumper to work and who also left seasonal greetings on a Christmas tree instead of sending cards.

The money will support the Magpie Project in Forest Gate, which offers a safe and fun place for mothers and children under five who are in temporary or insecure accommodation. It gives children the chance to engage in art, indoor and outdoor play and enjoy nutritious snacks. It offers advice and support to mothers including providing essential items such as nappies, children's clothes and food bank referrals.

Councillor McLean said: "The Magpie Project is a lifeline for many women who are struggling to provide the basics for their children."

Caring projects are supported

...in brief

Businessman fined for dumping waste

The manager of an Upton Park kebab shop must pay more than £1,000 after admitting dumping rubbish.

Mohamed Sher Khan, of KO Kebabish

in Green Street, left five bags of builders waste outside the business. Officers from Newham Council's fly-tip team found evidence in the waste that led back to him.

Khan was issued with a £400 fixed penalty notice but failed to pay. He appeared before Thames Court and pleaded not guilty to dumping the waste. He failed to appear for trial last month and an arrest warrant was issued. On 28 January he appeared in court and admitted the offence. He was fined £480, ordered to pay £650 costs and a £48 victim surcharge.

Cllr James Beckles, Cabinet member for crime and community safety, said: "Businesses have a responsibility to deal with their waste in a way that doesn't impact on Council Tax payers or the environment."



Some of the dumped bags

Good causes fund invites applications

The Aspers Good Causes Fund, set up by Aspers Casino in Stratford and Newham Council to support community projects that help residents build confidence and skills, is inviting applications to receive grant funding.

Almost 100 community projects have received more than £500,000 in total since 2013 from the fund which supports community projects and not-for-profit organisations working in education, art, dance, music, sport and the environment.

The 2019 programme is open for applications for small grants of up to £1,000 or larger grants of up to £7,500. You have until 5pm on 22 March to apply. To apply visit www.newham.gov.uk/goodcausesfund or email goodcausesfund@newham.gov.uk or call **020 3373 1460** for more information.

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 2 March (Newcastle United).

Information on cycle network plans

An information event will be held on 25 February about Newham Council's plans to launch a new cycle network in Stratford town centre.

It takes place from 1.30pm to 7pm at 322 High Street, Stratford. It will have details about separated cycle lanes and road layout changes.

Libraries install new system

Newham Council is installing a new library management system between 4 and 10 March.

Libraries will open as normal but some services may be unavailable for part or all of this time, including access to public computers, printing, wi-fi, self-service and 24-hour book drops.

Grants are up for grabs now



Celebrating Chinese New Year



Holocaust Memorial Day

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

On Tuesday (18 February) my first budget as Mayor will be considered by all the members of Newham Council. What I've put forward is the start of pushing a transformative, positive vision of our borough where residents matter.

It's a budget with you at the heart and has been informed by the three recent People's Budget Forums in East Ham, Stratford and Beckton. Thank you to all of you who said how you would like to see money spent and how you would like to be involved in budget decisions in future.

Despite a continuing series of challenging Government cuts to our funding, I want to strengthen the areas that need it most. I passionately believe in our young people. 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. I also want the right support to be available for those who are least able to pay.

We have to make some difficult decisions on Tuesday, including an increase in Council Tax . But that, combined with a managed programme of savings, will provide services that are most needed.

Every penny counts and alongside making sure we spend money wisely, my new administration will prioritise above all else the positive outcomes we want for residents. This proposed budget is an opportunity to deliver upon my ambitious manifesto programme from last May. It's a budget that puts you first.

We flew the Progress Rainbow Flag with pride from our Town Halls in East Ham and Stratford to celebrate Lesbian, Gay,

With the Progress Rainbow flag



People's Budget Forum at East Ham



Flag flying at Newham Town Hall



Bisexual and Transgender History Month throughout February. We were the first London borough to do so.

In a month of celebration we must acknowledge the victories on equality and LGBT rights that have been won in the years since the Stonewall riots of 1969 and before that with the 1967 Sexual Offences Act which partially decriminalised homosexual acts between men.

But we cannot be complacent because too many people still suffer homophobic hate crime, abuse or discrimination based on sexuality and race - even at the hands of their own family and community.

The flags we raised reflect the need for continued progress. Whilst Newham is a place where we don't just tolerate difference, we celebrate it. We must continue our fight for equalities and be vigilant in our efforts to tackle homophobia, transphobia and all forms

of hatred and bigotry in our society.

Newham is open. It is a place where you are free to be whoever you want, and free to love whoever you want.

I'll admit to being a little emotional listening to the speeches and during the candle lighting at our annual Holocaust Memorial Day event.

The Holocaust was an unparalleled human tragedy and act of evil. We all have a responsibility to remember the horrors – and to pass down that memory to future generations. As a community, we must continue to strongly oppose all forms of racism and prejudice and continue to be a safe haven to all those persecuted throughout the world.

When I was elected last May I promised to make Newham an open and transparent council. The Internal

Control Commission that I and my Cabinet colleagues agreed this month is another step in that process.

The Commission will allow us to learn from and put right the mistakes that have happened in financial control within the council previously. The action plan that will be produced by the Commission will allow us to become a beacon of best practice in ensuring that every penny of the money we receive is spent to benefit the people of Newham.

I had a fantastic time with some of our Chinese residents welcoming the start of the new year of the pig. We enjoyed a traditional Lion dance, Chinese opera, and yummy food. Thank you to Newham Chinese Association for inviting me to your wonderful celebration in the Royal Docks and congratulations on your award from the National Lottery.

Mayor Rokhsana Fiaz



Harry Olmer



Members of 282 (East Ham) Squadron air cadets band



Pupil from New City Primary School



Adnan Khan and Deputy Lieutenant John Barber

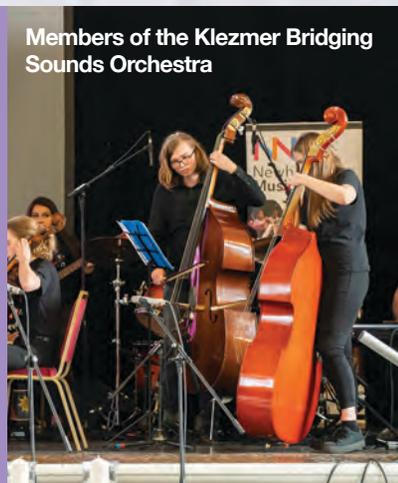


From left to right: Lady Hannah Lowy Mitchell, Harry Olmer, Deputy Lieutenant John Barber, Mayor Rokhsana Fiaz, Adnan Khan, Lord Parry Mitchell and Leah Lovett with six candles to represent the six million Jews killed in the Holocaust and other genocides

Quwwat-ul-Islam Girls School Choir



Members of the Klezmer Bridging Sounds Orchestra



Persecution that cannot be forgotten



Around 400 residents, most of them schoolchildren, packed Newham Town Hall to hear about the trauma that continues to affect those who have suffered persecution and genocide.

Holocaust survivor Harry Olmer, who was 12 when World War II started, told the audience at Newham Town Hall in East Ham about the horrors he suffered at five concentration camps. Now 91, Harry said: "It is vital that children and young people have an understanding of what can happen if we do not stand up to racism, prejudice or hate against those that are different by race or religion."

His speech last month came during Newham Council's annual commemoration of Holocaust Memorial Day (HMD), the theme of which this year was Torn From Home.

Speakers included Lady Hannah Lowy Mitchell, whose father fled Slovakia just before the Second World War broke out. Lady Lowy Mitchell, a documentary maker and emeritus trustee for Women For Women International, said: "He was a Jewish refugee who fled Nazi persecution. He had spent many years being tormented and tortured by Nazi thugs.

"He never forgave himself for surviving. He was torn from everything he had ever known and loved and he lost everything, family and friends and any sense of belonging. And sadly, he alienated himself from the few members of his family who did survive. And for us as his children it was hard growing up with a traumatised father."

Lord Parry Mitchell, who chaired the Coexistence Trust, which encouraged

dialogue between Jewish and Muslim students on UK university campuses, told how his Jewish grandfather had to leave Poland in 1904 because of persecution. He said: "This was happening throughout much of Eastern Europe. There were massacres of Jewish villages and towns when marauding soldiers would gallop in and kill whoever they saw. It was brutal and it was based on race and religion."

"It is vital that children and young people have an understanding of what can happen if we do not stand up to racism, prejudice or hate against those that are different by race or religion."

The HMD event included performances from pupils at Lathom Junior School, East Ham, who designed postcards for a Holocaust survivor. On display were four abstract paintings by pupils from Plaistow's New City Primary School. They were inspired by Edvard Munch's painting The Scream. Pupils from St Stephen's Primary School, Upton Park, wrote essays on the theme of Torn From Home. Children from Canning Town's St Luke's Primary School, Essex

Primary School in Manor Park, Beckton's Kingsford Community School and Sir John Heron Primary School, Manor Park, gave readings.

The event was launched by the Quwwat-ul-Islam Girls School Choir from Forest Gate who performed a song called One Day. The Klezmer Bridging Sounds Orchestra performed Gelem Gelem, an anthem of the Roma people murdered in the Holocaust. A band from 282 (East Ham) Squadron air cadets performed Abide With Me.

Six candles were lit in memory of the six million Jews who lost their lives during the Holocaust and other genocides. They were lit by Harry Olmer; Deputy Lieutenant John Barber, the Queen's Representative in Newham; Adnan Khan, 17, a survivor of persecution in Afghanistan; Leah Lovett, a member of Newham's Jewish community and Lord Mitchell and Lady Lowy Mitchell.

Mayor Rokhsana Fiaz said people must never forget the horrors of the Holocaust. She said: "Home is a place of safety, comfort and security. But for many people who are forced to flee persecution, it is a place they cannot return to. Newham has a proud history of tolerance and diversity, of being a genuine home to people from different countries, and a safe haven for those who have fled persecution. As a community, we strongly oppose all forms of racism and prejudice that drive these crimes and suffering."

Save time when you do it online

Access information and services at a time that suits you, 24 hours a day, 7 days a week.

Parking permits, bin queries and bulky and garden waste collection service requests are now [online only](#).

www.newham.gov.uk/doitonline



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.

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 officers and advisers responsible for the pension arrangements of Newham Council's pension fund to ensure compliance with pensions 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**
Closing date is 1 March 2019

Earn while you learn with us



Ariba Dar



Munir Hussain Patel

Apprenticeships offer the chance to learn new skills while earning and getting on the first step of an exciting career ladder.

Newham Council has run an apprenticeship scheme for more than 25 years and has placed more than 470 young people into work. It now has vacancies for new recruits. This year the scheme has been extended to offer apprenticeships to residents aged from 16 to 30, up from age 25 in previous years. In addition, the council will be paying them the London Living Wage of £10.55 per hour. As part of the scheme, apprentices will work full-time, earning a salary, while studying for a Level 2 or 3 National Vocational Qualification (NVQ) related to their job role.

The roles will be for a two-year fixed term contract with opportunities across different services including business administration, community sports and leisure, facilities management, finance and health and social care.

Ariba Dar was looking for her next step after college when she joined as an apprentice in Newham's Children and Young People 14 to 19 team. She now works full-time in the mental health support team. Ariba said: "Choosing

an apprenticeship was the ideal option for me as I wanted to feel independent and earn while learning. I would definitely recommend this amazing opportunity. Working here has made me feel confident and responsible."

Munir Hussain Patel started his apprenticeship in 2013. He earned a Level 2 NVQ in Business Administration and now works in strategic procurement. Munir said: "I was able to build a career path that I would never have considered before. I would, without doubt, recommend an apprenticeship with the council."

To apply for an apprenticeship you must:

- be 16 to 30 years of age
- be a Newham resident with proof of address
- have right to work documents e.g. passport and proof of National Insurance number

You do not need any formal qualifications to apply but the recruitment process does include an English and Maths assessment. Applications close on Sunday 31 March.

To apply visit www.newham.gov.uk/apprenticeships

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

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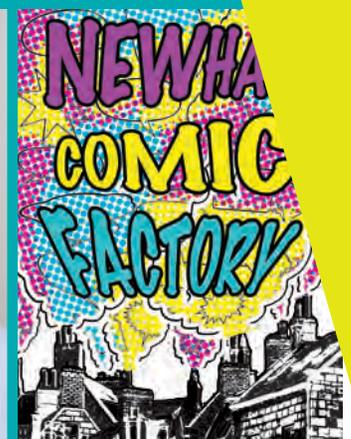
Angie Thomas



Malorie Blackman



Michael Rosen
(photo credit Dave Stelfox)



WORD FESTIVAL RETURNS

Newham Council is committed to ensuring all our residents have access to literature – whether it's written, spoken, performed or exhibited.

That is why we are working with Stratford's Discover Children's Story Centre to offer a two-week programme of free events designed to show residents the beauty of the written and spoken word.

This year's Newham Word Festival will run from 25 February to 11 March and will bring together local and international artists, writers, performers, journalists and poets for a vast variety of events that will be held at venues across the borough, including libraries, community centres and schools.

The Newham Word Festival includes:

Michael Rosen in conversation with Danny Braverman
7 March, 7pm, Stratford Library

Author Michael Rosen will talk us through his humorous and moving memoir *So They Call You Pisher!* It recalls the first 23 years of his life through to his journey of radical self-discovery to writing and performing in experimental political theatre. Joining him will be theatre-maker Danny Braverman, whose recent shows include the award winning solo show *Wot? No Fish!!*

Angie Thomas, Malorie Blackman
11 March, 1.30pm, Old Town Hall, Stratford

Angie Thomas is the No 1 New York Times Bestselling author of *The Hate U Give*, also released as a movie last year starring Amandla Stenberg. Angie presents her new novel *On The Come Up*, which follows Bri, a young aspiring female rapper. She'll be joined by legendary author Malorie Blackman talking about her powerful new *Noughts & Crosses* story, *Nought Forever*. This event is for schools only.

The Life Changing Magic of Numbers, Bobby Seagull
6 March, 7pm, Forest Gate Library
Newham's own maths whiz Bobby Seagull was obsessed with numbers long before he found fame on TV's University Challenge. With stories from his life Bobby will illuminate the world of numbers and bring his infectious enthusiasm to audiences in Forest Gate.

Newham Comic Factory: Workshops & Exhibition
2 March, 11am, 12.30pm and 3pm, East Ham Library
Comic book enthusiast, writer, actor and storyteller John Currivan will run the event and three workshops where you can learn to make your own comics. The exhibition will be open throughout the day, as well as during the workshops.

For more details visit
www.newhamwordfestival.org

Proposals to invest in the servi

When Mayor Rokhsana Fiaz was elected last May, her priority, as set out in her manifesto, was to put people at the heart of everything Newham Council does. The first budget she has put forward as Mayor proposes an additional £22.1m into services, including the biggest investment into children’s services in a generation.

The 2019/20 budget proposes a balanced budget that strengthens areas that need it most such as special educational needs, children’s services and adult social care. It also makes sure the right support is available for those who are the least able to pay.

The proposals have been approved by the council’s Cabinet members and will be considered by Full Council on 18 February. The Mayor said: “It’s important that this first People’s Budget delivers on what residents have said is important.”

Included are plans to increase the Newham element of Council Tax by 2.9 per cent and a two per cent increase in the adult social care precept. Newham is still expected to have the lowest Council Tax in outer-London. The proposed increase, alongside a planned programme of efficiency savings, will allow the council to invest more into services most valued by residents.

Changes are also proposed to the Council Tax Reduction Scheme in order to protect 19,000 lowest income households against the increases in overall Council Tax. The proposed changes will see eligible residents pay just ten per cent of their Council Tax bill, which could save Band D households £118.62 each year.

The Mayor added: “This is a proposed reset budget that will allow Newham Council to put residents at the heart of everything that we do. It will also allow us to

The proposals agreed by Cabinet include investing:



£3m to pay the council’s indirectly employed care staff the London Living Wage



£1.4m more into youth services to keep our young people safe



£6.3m so that primary school children continue to eat for free



£10.6m more into children’s services



£1.3m more to support children with special educational needs



£1.4m more to support 19,000 lowest income households by cutting the cost of their Council Tax



£390,000 for free bulky waste collections



£500,000 more to accelerate social housing delivery



£250,000 to ensure residents are at the heart of our decision making process

Services that residents say matter



begin to implement the promises on which I was elected last year. Part of it is a proposal for the biggest investment into children's services in a generation in this borough to ensure that we can enable, push and advance our young people and their talent in a fulfilling way."

The budget proposals incorporate comments from residents at the recent People's Budget Forums in Stratford, East Ham and Beckton.

Councillor Terence Paul, Cabinet member for finance and corporate services, said: "We have been able to propose putting an extra £22.1m into some of our most valued services, whilst also protecting our most vulnerable residents with changes to the Council Tax Reduction Scheme. All of this has been achieved with a proposed increased payment of just 89p per week from Band D properties for the Newham element of the Council Tax bill."

The vast majority of Newham Council's proposed budget will be spent on services, with £94.8m available for adults and housing needs, £99.8m



budgeted for children's services, and £48m for community and environment.

Added the Mayor: "We shouldn't forget that we continue to have to deal with devastating Government-led cuts. As a result we have had to make many difficult decisions during this budget-setting process, including a proposed rise in Council Tax to plug the gap. Combined with a managed programme of savings, the proposals not only protect our people and provide services that are most needed they also look towards long term investment in our borough. And they will pursue a community wealth building agenda because we need a better approach to local economic development that benefits the many."



We must fight for equality

Newham councillor Neil Wilson is a few weeks away from his 63rd birthday, and he realised he was gay when he was 12. While there has been enormous progress during that time towards equality for lesbian, gay, bisexual, and transgender (LGBT) individuals, Neil says there is still much to be done.

The Plaistow South ward councillor admits that even though he knew he was gay from an early age, it wasn't until much later that he felt able to share it with those closest to him. He said: "I can remember agonising before I came out to friends and family. I wanted them to know this very important aspect about me, but feared their reaction. My fears were unfounded, however."

The youngest of four sons, he was brought up in rural Essex. After finishing school, Neil went to Durham University before heading to London in the 1970s with the belief that "the streets were going to be paved with gold for people that were gay." He admits his early experiences in the capital weren't always constructive and these encouraged him to root out inequality and unfairness wherever he encountered it.

"Things have moved on and are so much better now in terms of recognising civil partnerships and gay marriage, and greater acceptance of same-sex adoption."

Neil said: "It comes from the way I was raised. My mother was a great advocate of women's rights and equality and my father was a trade unionist who fought for the underdog. He believed we need education for true equality and that's why I ended up in teaching."

Today Neil is one of the most familiar faces at Newham Council, having been first elected in 1994 at a time when Section 28 of the Local Government Act 1988 was still in effect.

The controversial clause banned the intentional promotion of homosexuality by local authorities. It meant libraries couldn't stock literature that contained gay or

lesbian themes and teachers weren't allowed to discuss with students the subject of same sex relationships. It was repealed in 2003.

Neil said: "Being gay under Section 28 felt very repressive. As a teacher I used self-censorship and was fearful of being labelled too outspoken and deferring to the sensibilities of the establishment. Now I am far more outspoken and confident, with my sexuality known to all my family, friends, and wider acquaintances."

Neil has long been a campaigner for equal rights for the LGBT community. "For me it's always been about acting on behalf of others," he said.

"Things have moved on and are so much better now in terms of recognising civil partnerships and gay marriage, and greater acceptance of same-sex adoption. There have also been changes in how gay people are portrayed in films and on television, in the attitude of the police, and in the general quality of conversations about sexual orientation. We have also achieved a great deal in terms of legislation against homophobia.

"There is still a tremendous amount of work to be done however, particularly in relation to those suffering from multiple discrimination. We have to challenge those people who use religion, cultural background or mental health issues as an excuse to continue discrimination.

"We can only bring about change if we have got an out and proud commitment to equalities like Newham Council has. As one of the youngest boroughs in the country we also have a very great responsibility to teenagers who are thrown out of the family home because they have come out as gay.

"Thankfully life in this borough is a lot easier and I am positive about the future, but for a lot of people who are not professional men like me, there is still a long way to go."

Councillor Wilson was among those who helped raise a Progress Rainbow Flag at Newham Town Hall in East Ham to launch the start of Lesbian, Gay, Bisexual and Transgender History Month. Events are taking place throughout February. For more details visit www.newham.gov.uk/LGBTmonth

Pride in flying the

Newham is proud of all its community whatever people's race, religion or sexual orientation. This month Newham Council is running events and activities to recognise the contribution of the Lesbian, Gay, Bisexual and Transgender (LGBT) community and to raise awareness of the prejudice many still face.

LGBT History Month is observed during February to coincide with the abolition in 2003 of Section 28 of the Local Government Act 1988. The controversial clause effectively banned the promotion of homosexuality by local authorities and schools.

Events and activities including films and author events, exhibitions and workshops are taking place across Newham. They began with the raising of Progress Rainbow flags at Newham Town Hall in East Ham and the Old Town Hall in Stratford.

Newham is the first borough in London to adopt the new design flag, which is made up of colour stripes representing life (red), healing (orange), sunlight (yellow), nature (green), harmony and peace (blue), and spirit (violet). Added to this is a chevron of black and brown stripes to represent marginalised LGBT communities of colour, along with the colours pink, light blue and white, which are used to represent transgender.

Councillor Charlene McLean, Deputy Mayor and Cabinet member for equalities, diversity and social integration, said: "Many people have worked tirelessly over the past few decades not only to bring about a change in legislation but also attitudes so that people, no matter what their sexual orientation, are treated equally and fairly. LGBT History Month is our opportunity to celebrate those achievements, recognise how far we've come and learn how we can do more to remove the last vestiges of negative attitudes."

Mayor Rokhsana Fiaz said: "The month is a reminder that we must continue our fight for equalities and be vigilant in our efforts to tackle homophobia, transphobia and all forms of hatred and bigotry in our society. The flags we raise reflect the need for continued progress and send out an important message. Newham is open. It is a place where you are free to be whoever you want, and free to love whoever you want."

Community group Eastside Community Heritage are celebrating the month by running Proud at Pride LGBT



flag for freedoms

reminiscence events at various libraries, giving people the chance to share their memories of growing up, school days, marches, campaigns, music, parties, pubs and pride.

The East Ham campus of Newham College London also showed its commitment to the month by hosting a rainbow version of its logo to mark the college's commitment to equality and diversity. The logo was unveiled by Newham councillor Steve Brayshaw, college principal and chief executive Paul Stephen and Olivia Besley, chair of the college's LGBT committee.

Forthcoming events during LGBT History Month include an evening of spoken word with award-winning artist Dominic Berry at Forest Gate Library on 19 February; badge and poster making for children at Green Street Library in Upton Park on 20 February; a showing at Stratford Library on 22 February of the film *The*

Miseducation of Cameron Post; and a conversation with Rupert Thomson, author of *Never Anyone But You*, also on 22 February at Stratford Library.

Other activities include a conversation with Peter Scott-Presland, author of *Amiable Warriors*, at Plaistow Library on 23 February; a talk with playwright and actor Cloud Downey at Beckton Library on 26 February; and a workshop with poet Olumide Popoola at Stratford Library on 28 February.

The programme of events during LGBT History Month is presented with support from Eastside Community Heritage, New Black Film Collective, RAW Labs, and Queer Newham. For full details of all the events visit www.newham.gov.uk/LGBTmonth





NEW BEGINNINGS

New Beginnings is a unique course aimed at helping mature learners and those without formal qualifications progress onto a degree at UEL.

Want to find out more?

Drop into our Advice and Guidance Centre between 9.30am and 4.30pm at:
University Stratford Square
1 Salway Road
E15 1NF

You can also call us on 0208 223 4354 or visit uel.ac.uk/newyou

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.



Newham Word Festival

25 February – 11 March 2019

NewhamWordFestival.org



ROYAL DOCKS



Fostering

Make a difference

Have room in your life
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

Newham London



ROYAL DOCKS TRUST FUNDING FOR COMMUNITY PROJECTS 2019/2020



The Royal Docks Trust invites voluntary and community organisations, which serve the Docklands area of Newham (south of the A13 Newham Way), to apply for funding.

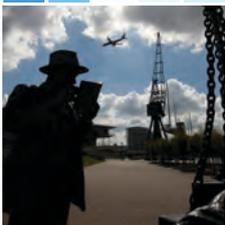
Priority will be given to projects that:

- contribute to the growth of personal, community and economic resilience in the area of benefit
- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- include youth work and cultural, sports and leisure activities for children and young people
- benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information and an application pack, please contact John Johnson on 020 7277 8667 or email: John.d.johnson@btinternet.com

www.royaldockstrust.org.uk

**Closing date for applications:
5pm on Wednesday 6th
March 2019**



Community fridge to tackle food waste

Mayor Rokhsana Fiaz and Councillor Julianne Marriott recently helped launch a community fridge in an effort to tackle food waste. The event was organised by the Food Academy with support from the environmental charity Hubbub UK.

The Family Hub fridge, donated by Samsung UK, is based at the Food Academy kitchen at East Ham Leisure Centre, and will initially be open for three days a week to allow residents and businesses to share surplus food which would otherwise be thrown away. Anyone can help themselves to the food.

The Food Academy wants local food businesses to donate surplus food. Sandeep Channa, co-founder of the organisation, said: "This community fridge will support our role as a hub of community food education and health promotion, knowledge and good sharing to support a sustainable food system."

To find out more about the Food Academy community fridge, donate or volunteer visit:

www.food-academy.co.uk or email hello@food-academy.co.uk



Awards recognise young achievers

Loveliflife Generation received the TruLittle Leadership Hero award



Some of Newham's youngest heroes were honoured with awards recognising their talents and achievements.

The TruLittle Hero Awards are held annually to celebrate the achievements of residents aged under 16, while also recognising their contributions to their communities. The awards were held at the Discovery Centre, in Jenkins Lane, Beckton, and attracted more than 100 nominations for 17 categories including sports, entrepreneur and Good Samaritan.

Among them were the Loveliflife Generation group who were awarded the TruLittle Leadership Hero award for making exemplary contributions to their community through their skills, gifts and talents and encouraging others to work harder in the same manner.

Titi Omole, founder of the awards, said: "These awards serve to encourage our youngsters by showcasing their achievements and sending out the message that young people can make positive contributions to society. They also improve their self-esteem and confidence."

Guests included Newham Councillor Ayesha Chowdhury and East Ham MP Stephen Timms who presented some of the awards.

Heading to Mongolia with Girl Guides

A teenager is planning to travel to Mongolia with a group of fellow Girl Guides to take part in a community project to benefit local youngsters.

Ophelia Scalzo, 14, from Forest Gate, has been a member of the Girl Guides for the past four years. She has now been selected to represent her region, together with 11 other Girl Guides, on a trip to Mongolia.

Their expedition will last 21 days during July and August and take part in a community project to provide valuable support and education for youngsters at a children's centre in Ulaanbaatar, the capital of Mongolia. They will also get the opportunity to enjoy a variety of cultural experiences and learn about the history, landscapes and the people of Mongolia.

The trip will cost £3,000 and Ophelia has been fundraising to collect the money she needs. She said: "This will be an incredible, once in a lifetime opportunity. I feel that both I, along with the other girls attending, and the Mongolian communities will benefit greatly."

If you want to donate, visit <https://www.justgiving.com/fundraising/ophelia-goes-to-mongolia>



Ophelia Scalzo

Support for parents

New and expectant parents are being encouraged to build their support network by Happy Parents. Happy Baby, an organisation that runs antenatal



Parents gain support at meetings

courses and social events for new families.

Their antenatal classes are held in sociable venues, including Signorelli in East Village, Stratford, and Corner Kitchen in Forest Gate. Expectant parents attend a series of workshops run by a midwife, obstetric doctor, hypnobirthing teacher, paediatric doctor and infant feeding specialist.

There are regular meet-ups as well as larger events throughout the year including a picnic on 27 April at Queen Elizabeth Olympic Park where specialists will be available to answer pregnancy and parenting questions.

Will Dooley, obstetric doctor and co-founder of the group, said: "We're responding to the changing needs of local people. Whether they're far from family or wanting better information about their options, we bring them expert teaching and a ready-made community for support."

Visit www.happyparentshappybaby.com for more details

Author opens reading space at school

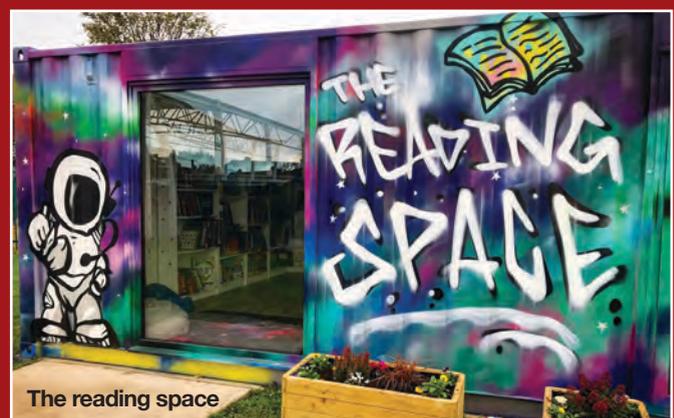


The author with staff and students

Author and illustrator Alexis Deacon officially opened Kaizen Primary School's new reading space recently. It is designed to encourage more children to read and support parents to help their children to read even more.

The author is known for his picture books including *I Am Henry Finch* and the award-winning *A Place to Call Home*. He was at the Plaistow school to spread the love of reading and give away signed copies of his book.

The idea for the reading space, based in the school playground, was developed in conjunction with parents



The reading space

who helped raise more than £6,000 towards the project, which includes a selection of fiction and non-fiction titles.

Parent Shauni-Leigh Tyson said: "It's such a beautiful space to spark children's imagination and experience books that they may not have access to."

Head teacher Barbara Sims said: "Learning is central to everything we do and this reading space is just another way we can ensure that children develop a passion for reading and a life-long love of learning."

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



Viola Magyar, 6



Nadia Alzein, 10



Mariam Khalid, 7



Wadjan Butt, 7

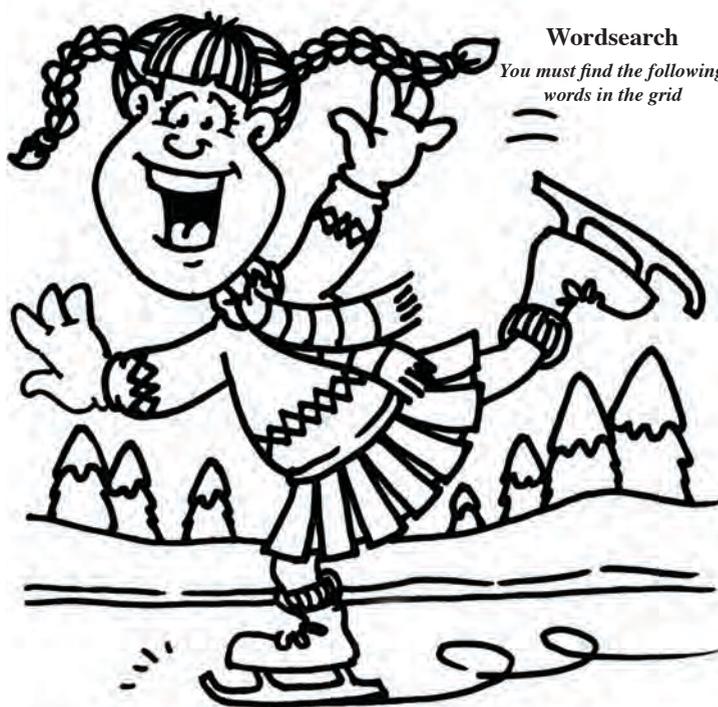
Tickets to Stratford Picturehouse

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.



Colour-me-in Wordsearch



Wordsearch
You must find the following words in the grid

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

Blades	Gloves	Spins
Boots	Ice-skating	Sweater
Forests	Rinks	Toboggan
Frost	Scarf	Winter

Poem

The Moon

The Moon is all silvery white,
You can see it when you go to bed
at night.
If I were the Moon I would glow so
bright,
If it is dark I will guide you at night.

The Moon is so big and round,
The Moon cannot make a sound.
The Moon stays in the sky until
morning,
When the Moon starts yawning.

Claudia Lasek De Oliveira, 7

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**

Mum2Mum Conversation Café 🌐 Come along to meet new mothers and feel connected and inspired by your local community. **Thurs, 11am-1pm, Custom House & Canning Town 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, 10am-12pm, 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 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 🌐 Fun 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**

A1 Judo Club Judo Tots (3-4 year olds): **Weds, 5-5.45pm; Under 8s Judo (5-7 year olds): Weds, 5.45-6.45pm, Sat, 2.30-3.30pm; Over 8s Judo (8+): Weds, 6.45-8pm, Sat, 3.30-4.30pm, East Ham Leisure Centre, £6.** First session free. Contact Tahmina Adan on 07725858796 or visit www.a1judo.com



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**; **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**

Steelpan Workshop (13yrs+) 🌐 Learn to play steelpan. **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. (no session 21 Feb) 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. (no session 23 Feb) Apple Store, Westfield Stratford City, E20**

ACTIVITIES AND SUPPORT

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

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

Walking Yoga 🌐 Walking Yoga in the park. Learn to correct posture & strengthen core muscles. Fri, 10am-11am, Plashet Park

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

Quality of Mind 🌐 Mindfulness and exercise. Free, four session course. Contact Beckton C.C for details of next course. Tues, 9.30-10.30am, Beckton C.C

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)

Book Club and Creative Writing (15+) 🌐 Vaseem Kahn, bestselling author of The Baby Ganesh Detective Agency series, hosts free book club and writers' course. Tues, 6-7.30pm, Manor Park

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

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



COMMUNITY ACTIVITIES

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

Asta Singers Community singing group. 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**



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**

Modern Arnis and Self-Defence **Tues, 4-5pm, (6 to 11 yrs), Sat 11am-12pm, (9-12 yrs), Jack Cornwell C.C.**

Tai Chi Sword Class 🌐 **Weds, 10am-12.30pm, Beckton C.C**



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, (£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 yrs+) 🌐 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**

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**

HEALTH AND FITNESS

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**

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.**

Chair Based Exercise For all fitness levels. **Fri, 10.30-11.30am, East Ham CNC; Tues, 12-1pm, Manor Park CNC; Mon, 12.30-1.30pm, Green St; Fri, 11.15am-12.15pm, Forest Gate CNC; Weds, 1-2pm, Canning Town CNC; Tues, 10.30-11.30am, Stratford; Weds, 1-2pm, RDLAC, Albert Rd, North Woolwich, E16**

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**

Yoga Build strength and help reduce body pain and stiffness. Newham library members only. **Thurs, 8.15-9.15am, Forest Gate CNC**

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**

Hatha Yoga Yoga session for over 55's. £5 first class, email yogabreathandbody@gmail.com for details. **Fri, 10.30-11.30am, Canning Town CNC; Beginner/Level 1 hatha yoga classes, Mon, 7.15-8.45pm, Maryland Studioz; Weds, 6.30-7.45pm, Chandos C.C.**

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**

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, equipment will be provided. **Mon, 10.30am-12.30pm, Katherine Road C.C**

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. Visit www.airfootball.co.uk

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 Feb, 7pm, Council; Tues, 19 Feb, 7pm, Strategic Development Cttee; Mon, 4 Mar, 7pm, Local Development Cttee; Tues, 5 Mar, 6pm, Cabinet** For the latest list of meetings please visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Limited slots available. **26 Feb, 10am-12pm, East Ham Library, Barking Road, E6; 9 Mar, 10am-12pm, Canning Town Library, Barking Road, E16.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk



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

Age
2

Newham London

15 hours

Free early education
and childcare for 2-
year-olds*

“It’s made a huge difference
in my child’s development in
many ways; language, social,
emotional and physical”
Gulshan, Meena’s mum

To check eligibility please use
our online eligibility checker
www.newham.gov.uk/twoyearold
or contact your local Children’s Centre

*Subject to meeting qualifying criteria



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