



11

Care for toddlers



13

Youthful activities



16

Talking assemblies

the newham mag

issue 405 // 18 Jan – 14 Feb 2019 // Monthly



Torn from home

Surviving persecution - Holocaust Memorial Day (p8)

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

Contents.



On the cover

- 11 SIGN UP FOR CHILDCARE**
- you could be eligible
- 13 YOUTH ACTIVITIES**
- new project offers fun for young people
- 16 CITIZENS' ASSEMBLIES**
- another round of talks for residents



In this issue

- 08 HOLOCAUST MEMORIAL DAY**
- remembering those who suffered
- 10 BLUE WARNING**
- don't break parking badge rules
- 14 PARKING AND PUBLIC SPACES**
- tell us your priorities
- 15 REPAIRS FOR TENANTS**
- solutions at the touch of a button
- 17 POLICE CADETS**
- volunteers receive awards
- 19 BUDGET DISCUSSIONS**
- give us your feedback

Regulars

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



PUBLICATIONS OFFICER: Kay Atwal
STAFF PHOTOGRAPHER: Andrew Baker
Call the Mag team on **020 3373 1517**
To advertise in the Mag call
Julie Madell on **07890 529 090**

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News

Bet machine changes welcomed



New rules have set stakes to £2

Mayor Rokhsana Fiaz welcomed new rules which will see the maximum stake on Fixed Odds Betting Terminals (FOBTs) cut to £2.

The regulation change was ratified by the House of Lords last month and will be implemented in April. Newham Council was the first local authority to campaign for FOBT stake reduction and in 2014 submitted the largest ever Sustainable Communities Act (SCA) proposal, backed by 92 other

councils calling for a FOBT stake reduction to £2.

The Mayor said: "FOBTs are a scourge on our high streets. They have been shown to contribute to crime and anti-social behaviour as well as cause problem gambling. In Newham alone it is estimated that nearly £20 million is lost by our residents in a single year, and this doesn't even begin to cover the social cost and human misery these dangerous and highly addictive machines create.

"These regulations come as a welcome relief to Newham residents but it is scandalous that the Government has taken so long to implement them."

Pledge over Living Wage

Mayor Rokhsana Fiaz has written to businesses to encourage them and others in their supply chains to ensure that all employees are paid at least to the level of the London Living Wage.

The letter, jointly signed by Councillor Terry Paul, Cabinet member for finance, urges them to follow Newham Council's lead in working towards becoming a Living Wage Foundation accredited employer.

Newham councillors agreed a motion last month committing the council to becoming an accredited Living Wage employer. The Mayor said: "We intend leading by example and others need to follow."

Newham has the highest number of low paid workers in London at 36 per cent, and of these almost 40 per cent earn less than the London Living Wage of £10.55 per hour. The Mayor added: "All Newham employers should be encouraged to pay their workers at least or above the rate."

Newham's 2019/20 budget proposals set aside £3m to make sure the borough becomes a Living Wage employer.

Don't be a victim of scammers

Newham Council is warning residents to beware of scammers who are cold calling potential victims, claiming that they are owed a Council Tax refund as long as they provide their personal details.

The scam has seen people claiming they are from the council and offering a Council Tax rebate because the victim has been put in the wrong Council Tax band. They have asked for personal details before the rebate is transferred.

Councillor Terry Paul, Cabinet member for finance, said: "Please beware and do not fall for this hoax. Newham Council will never call residents about a possible rebate on their Council Tax. These are con artists posing as employees of Newham Council in a bid to steal money."

The council may call people who have Council Tax payments outstanding, but not in connection with refunds. Anyone who receives a call from someone claiming to be from Newham Council and is concerned should contact the council on 020 8430 2000.

Betting machines cause misery

News

Clean-up is a tidy effort

Residents, businesses, volunteers, Mayor Rokhsana Fiaz and Newham councillors came together for a clean-up in the Custom House and Canning Town community neighbourhood area.

The tidy-up event took place in and around Holland Road, Springfield Road, and Memorial Avenue in West Ham. It was the idea of residents, supported by Canning Town North ward member Councillor Shaban Mohammed.

Joining in were fellow councillors Canon Ann Easter, Rohit Dasgupta and Delphine Tohoua. The council-owned cleansing service PRS helped by cutting down hedges and shrubbery. East London Rugby Club in Memorial Park provided refreshments.

Cllr Mohammed said: "I thank everyone who took part in the first Canning Town Big Clean. Feedback from residents has been very positive and there will be more clean-up days in the future." Residents interested in organising their own clean-up event can email Community.Neighbourhoods@newham.gov.uk or CommunityBuilder@newham.gov.uk



Cllr Easter, left, joins the clean up



Raising the flag

Celebration on national day

More than 100 residents joined Mayor Rokhsana Fiaz and councillors at Newham Town Hall in East Ham last month to raise a flag and commemorate the national day of Saint Lucia.

Leonne Theodore-John, Saint Lucia's Deputy High Commissioner in London joined Deputy Mayor Charlene McLean and Councillor Terry Paul, Cabinet member for finance, at the event.

The flag-raising was followed by the singing of the national anthem and a reception. It has been an annual event organised by resident Justin Moore, with support from Newham Council, since 2007.

The day is a public holiday in Saint Lucia. Councillor Paul said: "I am proud to be part of the event together with my mother who is from Saint Lucia. It is an event many Saint Lucians look forward to because it offers them a chance to connect with their community."

100 at flag-raising event

...in brief

Celebrating achievements of disabled people



The Mayor and Cllr Masters met residents

More than 60 residents took part in the first citizens' assembly co-produced by Newham Council with and for disabled people.

The assembly took place at the Old Town Hall in Stratford and coincided with an event to mark International Day of Disabled People. Both events showcased services available in Newham for disabled people, their families and carers. They were organised with members of Newham Co-Production Forum (Adults).

Feedback from the assembly will be used by Mayor Rokhsana Fiaz and her Cabinet to help plan more effective services for disabled residents. Councillor Susan Masters, Cabinet member for health and adult social care and who co-chairs the Co-Production Forum, said: "The invaluable contributions from the disabled community will help us improve services within the community."

For further information contact the Co-Production team at co-productionteam@newham.gov.uk or call 020 3373 8392.

Leisure centre closed temporarily

Balaam Leisure Centre in Plaistow has been temporarily closed to allow essential maintenance work to be carried out.

Newham Council and activeNewham, the council's leisure activity provider, has apologised for the inconvenience to customers while work continues to assess the full extent of remedial work required.

School swim sessions and other classes which would normally take place at the centre in Balaam Street have been transferred to other leisure centres where possible. Residents can use other Newham leisure facilities as a temporary measure. To keep up to date with news and other leisure activities visit www.activeNewham.org.uk

LGBT month celebrated

Newham Council will be joining the rest of the country to mark annual Lesbian, Gay, Bisexual and Transgender History Month which is celebrated in February each year.

Activities and events held throughout the month commemorate and celebrate the lives and achievements of the LGBT community. They will also aim to promote tolerance and raise awareness of the prejudices faced by lesbian, gay, bisexual and transgender people.

Each year has a different theme and in 2019 it is Peace, Activism and Reconciliation. For details of upcoming events, visit www.newham.gov.uk/LGBTmonth and check social media.

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 days are 4 February (Liverpool) and 22 February (Fulham).

Essential maintenance begins



Citizens' Assemblies



At Stratford Shelter



At Stratford Shelter



Night time outreach

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 **@rokhsanafiaz**

 **Rokhsana_Fiaz**

 **rokhsanafiaz**

We may only be a few weeks into the New Year but it's already been a busy one and I'm excited about the great ideas we have for dealing with the challenges facing Newham and improving the life of this borough.

Many of the ideas have come from you via the Citizens' Assemblies and over the next few months I will be implementing the kinds of change you have asked for.

We began January with a bout of really cold weather which triggered the Severe Weather Emergency Protocol (SWEP). This meant extra outreach work and additional temporary accommodation was available to make sure anyone could come off the street if they wanted to.

I spent Christmas volunteering at Stratford Shelter, which was an additional homeless provision supported by Newham Council over the festive season. It was

run by some extraordinary local women, Monica Vassall and Eutella Simon, from Stratford Seventh-Day Adventist Church. Working alongside them and Ajitha Sajeev, who leads the council's work with homeless people, and other volunteers, I cooked, cleaned and did night-time outreach sessions. Over nine days, 120 people were supported, including help from council teams, to access ongoing support.

It was a great privilege to work alongside such wonderful people, giving their time and their talents for free to help the most vulnerable in our society. As a council we must be committed to building a community which supports, helps, protects and allows all residents to flourish.

Another group that embodies a spirit of community action is the Magpie Project



Presenting a cheque to the Maggie Project



Adnan Khan



Holocaust survivor Harry Olmer

in Forest Gate, which offers a safe and fun place for mothers and under-fives who are in temporary or insecure accommodation. It also works with other services such as housing charity Shelter, health and law organisations and Newham Council's employment service Workplace to help mothers who visit get the advice and support they need.

As an admirer of the project I was delighted, together with Councillor John Gray, Deputy Mayor (statutory) and Cabinet member for housing services, to hand them a cheque for £1,600, raised through collections at our Under the Stars music concerts. Thank you to all who donated towards helping them continue their important work.

You may have seen articles in local

media about the council's repairs and maintenance service (RMS). Some of what has been said is inaccurate; some of it raises questions about financial good practice.

What is clear to me is that a broad review is required into the culture and practices within the council that have developed over the past two decades, because they have enabled a particular type of flawed decision-making process to thrive.

I am committed to enhancing transparent good governance and ensuring that the council is open to proper scrutiny in a way that hasn't been done for many years. I also want to be frank with you about the RMS matter; that's why there is an Extraordinary Council meeting this week where I will outline how my Cabinet

members and I propose to implement the highest standards of ethical decision making and internal governance controls; how the RMS issue has been handled to date; and about our plans for future action.

Finally, I'd like to remind you about our annual Holocaust Memorial Day event at Newham Town Hall on Friday 25 January from 9.30am to 12.30pm. The theme this year is Torn from Home, a timely and apt topic in light of the ongoing refugee crisis we are witnessing. Please come along if you can and hear the stories of people like Holocaust survivor Harry Olmer and 17-year-old Adnan Khan, forced from his homeland in tragic circumstances but now hoping for a better future.

Journey into hope



Adnan Khan

Torn from Home is the theme for Holocaust Memorial Day 2019. Home is a place of safety, comfort and security. For Adnan Khan, 17, it's somewhere he can never return to.

Adnan was 12 when his parents were executed by Taliban fighters who entered his village in Afghanistan looking for families they suspected of colluding with the Americans.

He said: "I had been to the mosque to study. I stopped to play cricket with friends and was returning home when I heard shouting, shooting, and saw people running from my house. The Taliban had shot everyone inside."

To keep him safe he was moved to an aunt's home in Kabul, 90 minutes away. Said Adnan: "I was there for 15 months. The life I knew was gone. Newcomers to Kabul were under scrutiny and movement was restricted. The police hassled my aunt. She told my cousin and I to go to Pakistan. I could never go back to my village."

He and his cousin, 22, entered Pakistan via a border crossing in a tribal area. There was no paperwork. Children were never questioned. Two days later they were in Karachi.

Adnan said: "We made our way to the border with Iran. For a month we lived on the streets in the 'jungle', one of the refugee and migrant areas. When there was about 40 of us we were smuggled through on vans with hidden cabins. We were at the mercy of the traffickers. We were on and off buses with just scraps of food."

He and his cousin were in Iran for six months, in a small room with the 40 others somewhere near the capital. There were no facilities. Those who complained were beaten.

"Because I could speak a little of their Farsi language, they helped my cousin and I a bit more. Eventually we travelled to the border with Turkey and crossed on foot.

"Turkey was lovely and we felt safe. We stayed for 16 months in Istanbul. I worked in a shop making wooden furniture. The owner gave us a place to stay. I received 20 rupees per day. After work we played football and cricket."

Adnan was scouted by a football academy in Dudullu, a suburb of Istanbul. He said: "I thought we could stay and

make a living, but there was tension between the Afghans and some locals and we had to move on."

His recall of the next part of his journey is hazy but he remembers being caught by police and kept in a migrant camp. He was constantly beaten. He also remembers an hour-long trip on a makeshift boat made from plastic dinghies. His next stop was Bulgaria. "The police were worst there," he said. "They hit us with batons and set dogs on us."

A 'fixer' made travel arrangements for his group, but there were long periods sleeping rough and going without food for days at a time. His journey took him to Serbia and then Hungary by train. He said: "We were always moved on. No one wanted us. We were always someone else's problem."

In a Hungarian refugee camp the police beat them and made them clean offices and toilets. Those who refused were put in isolation. German and Italian authorities also moved his group on as quickly as they arrived. In Italy he was separated from his cousin after a fight between refugee groups. His group disguised themselves as tourists to get into Switzerland. From there it was on to France.

"At the Swiss-French border they just let us cross. We hid in toilets on trains and got to Paris. Then I hid beneath a freight train through the Channel Tunnel. That was 12 months ago."

After a journey of three-and-a-half years he is finally beginning to feel settled. His passion for cricket has brought him to Newham Cricket Club in East Ham. "I'm a fast bowler and want to play at the highest level," he said. Last year he took 31 wickets and won four club awards. He is talked about as a potential England under-19 player, but his status in the country has to be determined first.

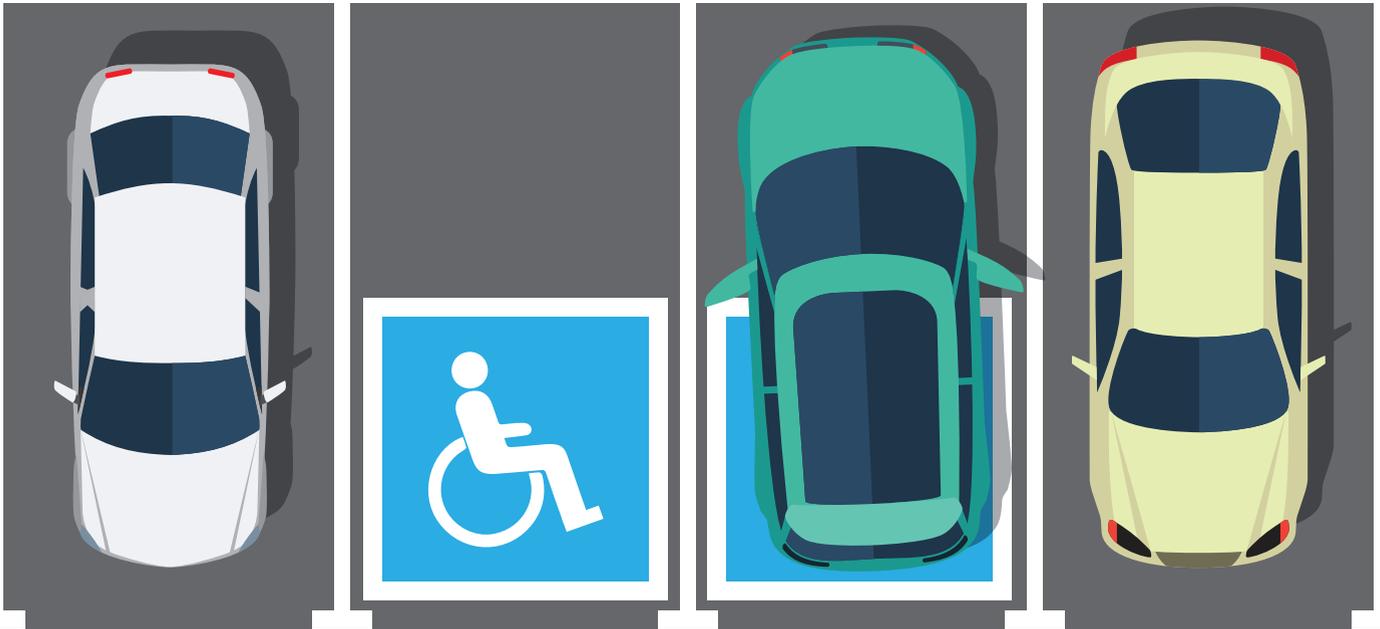
Adnan said: "I've been torn from my country. I don't know where I will end up, but this is the most settled I've been for a long time. There's hope for the future."

HOLOCAUST MEMORIAL DAY

Friday 25 January 2019,
9.30am-12.30pm
Newham Town Hall,
Barking Road, E6 2RP



Adnan Khan has been invited to light a candle at this year's event where Holocaust survivor Harry Olmer will be talking about his experiences when he was forced to leave his home at the age of 12 as the Germans invaded Poland.



Put the brake on **Blue Badge** misuse

If you are disabled or have a health condition that affects your mobility, you can apply for a Blue Badge. Displaying a Blue Badge allows holders to park close to where they need to go. It can be used whether you are a driver or a passenger in a car. Some people however use them fraudulently.

Blue Badges are not designed to allow family members or friends of disabled residents to avoid paying parking fees. Abuse of the badges is a criminal offence and can bring a fine of up to £1,000 and a criminal record.

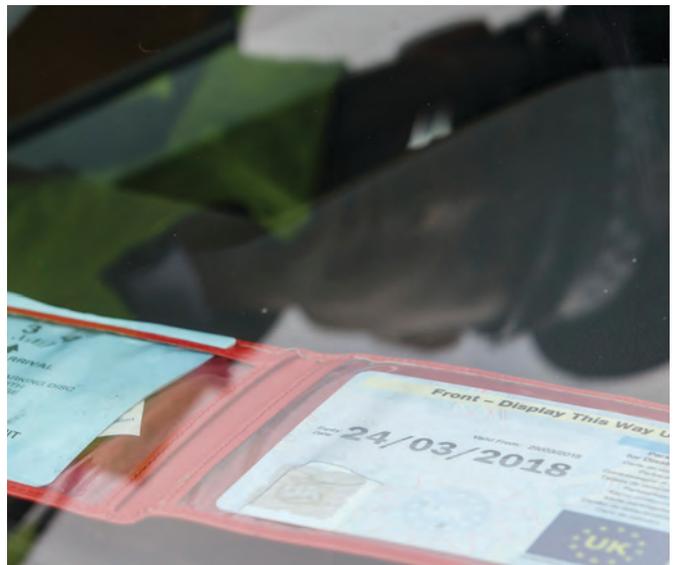
In 2017/18 Newham Council achieved 88 convictions in court of people misusing Blue Badges. Only one local authority in the country achieved more. Between April and December 2018 Newham's enforcement team have already secured 90 convictions. There were ten alone in December with penalties ranging from £188 to £634. More than 60 per cent of councils failed to prosecute a single motorist for misusing a Blue Badge in 2017/18.

Councillor James Beckles, Cabinet member for crime and community safety, said: "We are committed to tackling Blue Badge abuse, to defend the right of our disabled residents to lead active, independent lives, and to ensure they can play a full part in the life of the borough.

"The council makes no money from this work; in fact quite the opposite. The money collected from financial penalties handed out goes to the court and enforcement

is costly. However we will not tolerate people exploiting the system for the sake of a few pounds in parking fees, damaging opportunities for our residents living with disability."

If you think someone is misusing the Blue Badge system, call the council on 020 8430 2000. To check eligibility for the Blue Badge scheme or other options if you have mobility issues visit www.newham.gov.uk/BlueBadges





Shamsena and her daughter Nadine

30 hours free early education for toddlers

Many Newham parents are already benefiting from 15 hours of free childcare for their three-year-olds. The offer has now been extended to provide 30 hours of early education for those parents who qualify with children who are three or four-years-old.

Children and toddlers who attend nursery before starting school gain valuable social skills by playing with their peers and getting ahead with learning and development at the same time.

There are more than 180 registered providers who offer 30 hours of free childcare across the borough for parents who qualify, with many flexible options available to suit their needs.

The scheme is designed to help working parents with childcare costs as well as support others to get

back into work. It does not apply to children already attending reception classes at school.

Manor Pre-school on High Street North, Manor Park, is one of the borough's providers. Kellie Simpson, manager of the pre-school, said: "We're involved in the 30 hours scheme to benefit working parents. Children also benefit as they practise writing their names, learn phonics and numeracy and build relationships with other youngsters."

Shamsena Salam's daughter Nadine Ahsan has taken up the offer at Manor Pre-school. Shamsena found out about the scheme from a leaflet and did not think twice about applying. She said: "One of the greatest benefits is not needing to pay as childcare can be very costly. Nadine also gets to interact with children her own age and her development has improved."

"One of the greatest benefits is not needing to pay as childcare can be very costly. Nadine also gets to interact with children her own age and her development has improved."

Parents interested in taking up the offer of 30 hours childcare must first check if they are eligible at www.childcarechoices.gov.uk where they can also apply. You must apply a term ahead of when you want to take up a place.

For the full directory of Newham 30 hour providers visit www.newham.gov.uk/30freehours or for more information email 30hourschildcare@newham.gov.uk or call 020 3373 0980.

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.

Want to find out more? Call us on

0800 0130 393

or visit www.newham.gov.uk/fostering



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PROJECT TO HELP YOUNG FLOURISH



Young people have told Mayor Rokhsana Fiaz and Newham Council that although they are proud to live in such a diverse borough, what they need is to feel valued, listened to, and have safe places in which to develop and grow. The Green Street Youth Project is one such place.

The project is a new space for young people based at the New Martin Centre in Cloughton Road, Plaistow. It is run by the Renewal Programme, working in collaboration with the Council. The Renewal Programme is a charity that has been inspiring and transforming lives for more than 45 years.

Deputy Mayor Councillor Charlene McLean and local councillors Gen Kitchen and Nilufa Jahan, joined 70 people at the launch event in

December. Guests tried activities including non-contact boxing, table tennis, and smoothie making. There was also pamper sessions and henna art.

Young people aged from 11 to 19 came forward with suggestions for activities they want to see in the future including football, boxing, pool and healthy cooking. The project runs every Tuesday and Friday between 6.30pm and 8.30pm.

Jessica Leedham, 18, a young leader with the Renewal Programme, said: "Youth centres give young people a safe and supportive space in which to develop new talents and skills and make new friends. I've been a member of the Renewal Programme Youth Service since I was 12. I have

developed so much confidence over the years and that's due to all the support I've received."

Councillor McLean, Cabinet member for community neighbourhoods, said: "Our young people have already said they love their borough but what they want is to be listened to. So it makes sense that when we are trying to provide activities to help engage with them that we should ask them for their opinions. And that came across loud and clear – they want activities that teach them new skills and help them grow."

To find out more email darius-delali.baird@renewalprogramme.org.uk

For details on youth activities across the borough, visit www.newham.gov.uk/youthactivities

HAVE YOUR SAY ABOUT STREETS, TRANSPORT AND PARKING



In the previous edition of the Newham Mag, Newham Council revealed proposals to carry out a wide-ranging review of roads, streets and parking.

From mid-January to early February the Council is holding a borough-wide conversation called Our Streets, Transport and Parking, to offer people an opportunity to comment on matters relating to roads and public spaces. This is being done via an interactive digital survey and three events across the borough.

How to have your say:

1) Via an Online Platform - Polis

Polis is an innovative tool that has been used around the world to help groups understand themselves better, deal with conflicting priorities, and

move forward after complex debate.

Polis goes beyond conventional online surveys - showing you precisely what others in the community think about the topic, and letting you submit your own thoughts. This creates a more complete picture of the issues and allows previously overlooked perspectives to be seen. To take part in the survey visit www.newham.gov.uk/OurStreet

2) At Our Streets, Transport and Parking, forum events

Residents can offer views, have informed discussions and listen to a variety of perspectives at three events across the borough. Places are limited and you must register to attend. To register visit www.newham.gov.uk/OurStreet

The outcomes of this public engagement will inform the wider transport strategy and in particular Newham's parking review.

Councillor Zulfiqar Ali, Cabinet member for sustainable transport and highways, said: "There are difficult decisions to be made. These forums are an excellent opportunity for residents, businesses and other stakeholders to actively participate and support us to shape future streets, transport and parking policies that affect us all.

"We want everyone who uses Newham's streets to have their say whether you drive, cycle, walk, use buses, tubes or trains or all of these ways of getting around the borough."

Forum events:

Saturday 26 January, 2.30-5pm, Canning Town Community Neighbourhood Centre and Library

Thursday 31 January, 6-8.30pm, Old Town Hall, Stratford

Monday 4 February, 6-8.30pm, East Ham Town Hall.

To register for the forum events or take part in the Polis survey visit www.newham.gov.uk/OurStreet. The link is available until 5 February. If you need help accessing or using it, ask a member of staff at Newham's libraries.



Easier way to request a repair

An Extraordinary Council meeting is taking place this month to discuss Newham Council's Repairs and Maintenance Service (RMS).

The meeting follows a number of articles that have appeared in local media about the work of the service. It takes place at the Old Town Hall in Stratford at 7pm on Tuesday 22 January and is open to the public.

Amongst the work RMS does is to carry out repairs to council housing stock. If you are a tenant of Newham Council and there are things that are broken or not working properly in your home, you can ask us to fix them. A new online tool is making the job of reporting them that much easier.

If you have an emergency repair you should continue to call RMS on 0800 952 5555. If it is not an emergency, the new online tool lets you check what repairs the council is responsible for and what repairs tenants are responsible for, and then to report them.

It means tenants do not have to wait in a telephone queue, can self-report the issue, and choose an appointment time for the repair at a time that is convenient for them. Once a repair request is reported

online, a message is sent to RMS who will then allocate staff to deal with it.

The online tool aims to improve the efficiency of RMS for tenants and ensure that their repairs are made in a timely fashion.

RMS currently carries out around 100,000 jobs each year, the majority of which are emergency repairs for council tenants.

Last year these included 25,500 gas repairs and servicing, 12,400 plumbing jobs, 9,000 electrical repairs and 5,300 carpentry jobs.

The jobs are carried out by a team of 197 people, 76 per cent of whom live and work within Newham and the surrounding boroughs.

Councillor John Gray, Deputy Mayor (statutory) and Cabinet member for housing services, said: "I hope the new online repair reporting tool will make life easier for tenants and make RMS more efficient. It is one of just many improvements that a new management team at RMS are making to the service."

To use the online repair reporting tool, visit www.newham.gov.uk/tenantrepairs



Residents across the borough have attended assemblies

Come and join the conversation

More than 1,000 residents joined the conversation about how they can influence local decision making when they took part in two rounds of Citizens' Assemblies organised by Newham Council last year.

People who came along listened to each other and shared concerns and ideas on how best to solve local problems. Some joined working groups in order to continue the discussions with councillors and council officers and to identify priorities for Community Plans for their local areas.

The first two rounds of Citizens' Assemblies, held in September and November, set priorities as well as forming proposals and ideas which working group members, local councillors, officers and partners are shaping into projects.

To take those ideas and priorities to the next stage residents are invited to be part of the next round of Citizens' Assemblies in February and March to determine what goes into the Community Plans.

Mayor Rokhsana Fiaz said: "We are listening to residents and we are genuinely involving them in our decision-making processes."

Citizens' Assemblies

Saturday 9 February

Newham Town Hall at 328 Barking Road, East Ham, will host the Citizens' Assemblies for **Green Street** community neighbourhood between 11am and 1pm, and between 1.30pm to 3.30pm for **Plaistow** community neighbourhood.

Saturday 23 February

Newham Town Hall will also stage Citizens' Assemblies for **Custom House & Canning Town** community neighbourhood between 11am and 1pm, and from 1.30pm to 3.30pm for **Beckton & Royal Docks** community neighbourhood.

Saturday 2 March

Newham Town Hall will host the assemblies for **East Ham** community neighbourhood from 11am to 1pm and for **Manor Park** community neighbourhood from 1.30pm to 3.30pm.

Saturday 09 March

The Old Town Hall, Stratford, at 29 Broadway, will host assemblies for **Forest Gate** community neighbourhood between 11am-1pm and for **Stratford & West Ham** community neighbourhood from 1.30pm to 3.30pm.

A light lunch will be provided at the assemblies from 1pm to 1.30pm. To register to attend your Citizens' Assembly and for details of discussions that took place in the first two rounds of assemblies, and our first deaf assembly visit www.newham.gov.uk/CitizensAssemblies

PRIDE OF POLICE CADETS

Newham Council supports youth organisations that help young people to grow and develop by gaining valuable skills and self-confidence.

Parents, volunteers, police officers and Newham councillors joined Mayor Rokhsana Fiaz for an awards evening which celebrated the achievements of members of Newham's Volunteer Police Cadets.

The Mayor, Deputy Lieutenant John Barber, The Queen's representative in Newham, Superintendent Waheed Khan from Newham Police and Councillor Carleene Lee-Phakoe were among those who presented the awards during the event at Eastlea Community School in Canning Town.

Eighteen cadets received awards for a variety of different categories while a further 11 were presented with Duke of Edinburgh Award Bronze certificates and 24 received Jack Petchey Awards for outstanding achievements.

The volunteer cadets are committed to crime prevention and have taken part in activities including weapon sweeps, which look at reducing knife crime, and working with Newham Council's trading standards to target local shops and bars selling age restricted items to young people such as knives, fireworks and alcohol.

The Mayor said: "Many of our young people give up their time to take part in events and activities through organisations like the Volunteer Police Cadets, many of which benefit the community. That's why it always gives me great pleasure to present our young people with awards that recognise their hard work."

The Volunteer Police Cadets are a uniformed voluntary organisation supported by the Metropolitan Police. Newham has one of the largest police cadet units in London with more than 500 members.

If you are interested in joining Newham police cadets, email KF-YouthEngagement-Cadets@metpolice.uk



The Mayor with Tauqir Hassan, deputy head cadet, who won a clutch of awards including male cadet of the year, Bronze Duke of Edinburgh Award and first place for volunteer of the year after spending more than 310 hours volunteering in the community.



Deputy Lieutenant John Barber with cadets honoured for their volunteering achievements



Cadets show off their Duke of Edinburgh Bronze awards with Superintendent Waheed Khan

Got a new look for the New Year?

Remember to recycle your clothes!

Visit www.recyclenow.com/local-recycling to see where your closest textile bank is.



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 our MASH team on **020 3373 4600** or email MASH@newham.gcsx.gov.uk

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

Age
3-4

30

hours

Attention working parents Free childcare for 3-4 year-olds

See who is offering places in Newham at www.newham.gov.uk/30freehours

Apply early and don't miss out.

For further information please contact 30hourschildcare@newham.gov.uk
020 3373 0980



People's Budget Forums

To register to attend visit
www.newham.gov.uk/PeoplesBudgetForum

Monday, 21 January, 6.30pm-9pm
 Newham Town Hall, East Ham

Thursday, 24 January, 10.30am-1pm
 Old Town Hall, Stratford

Join the conversation about the People's Budget

Newham Council is committed to involving residents in decision-making and is hosting two People's Budget Forums for them to have conversations about how the council intends to spend money on what they say is important.

The next two forums are on 21 and 24 January, giving residents a chance to speak with Mayor Rokhsana Fiaz, Cabinet members and council officers about budget proposals for 2019/20.

The proposals, which have been influenced by what residents have said during Citizens' Assemblies, include investing:

- £3m to pay our care staff the London Living Wage;
- £1.4m into youth services to keep our young people safe;
- £6.3m so that primary school children continue to eat for free;
- £10.6m into Children's Services;
- £1.3m to support children with Special Educational Needs;
- £1.4m to support 19,000 of the lowest income households by reducing their Council Tax;
- £390,000 for free bulky waste collections;

- An additional £500,000 to accelerate social housing delivery;
- £250,000 to ensure residents are at the heart of our decision making process.

To support the proposals, some difficult decisions need to be made, including a proposed increase in Council Tax alongside a rise in the precept towards the cost of providing adult social care. Any increase, alongside a planned programme of savings, would help fund new and improved services and not reduce spend on many of the services already provided.

Mayor Rokhsana Fiaz, said: "The forums are another example of how we are continuing to put residents at the heart of everything we do. Setting the budget for 2019/20 is an important step for this administration and we want our residents to be informed about the process.

"Our budget will be a people's budget. It is set to be transformative and would allow us to make some of the most radical changes this council has seen in years to the benefit of Newham residents."

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workplace

Creating a better future

Start your journey with TfL Apprenticeships

Newham Workplace in partnership with Transport for London is hosting an open day for all suitably qualified Newham residents to provide support to apply for highly sought after TfL Apprenticeships.

Date: Wednesday 13 February
Location: Workplace Westfield Office
(Book your time slot in advance)

A unique opportunity that can take you places

Whether you want to build a career in transforming roads and stations or harness the power of data to keep London moving, TfL's unique apprenticeships provide a fantastic opportunity to earn as you learn. At the open day you can get advice on the different apprenticeships on offer, how to apply, access to specialist advice from experts and support with every step of the application process.

Benefits

- Gain unique and invaluable skills and qualifications
- Earn the London Living Wage (min. £18,500)
- 29 days holiday
- Free travel card

Requirements

- Open to anyone aged at least 18 years by 1 September 2019. No upper age limit
- Must possess at least five A*- C GCSEs including Maths and English or equivalent.

You must register for the event in advance

If you are already registered with Workplace please contact your Workplace Adviser. If you are not already registered with Workplace please contact workplace.engagementteam@newham.gov.uk or call 020 3373 1101.

    @NewhamWorkplace



FEEL GREAT THIS YEAR.

No joining fee until end of March

Atherton Leisure Centre, 189 Romford Road, London E15 4JF
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, London 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.

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newham

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SAT 02 FEB

FRANTIC ASSEMBLY TRP THEATRE ROYAL PLYMOUTH

FRANTIC ASSEMBLY AND THEATRE ROYAL PLYMOUTH PRESENT

THE UNRETURNING

This compelling new play by Anna Jordan features Frantic Assembly's celebrated physicality and explores the profound effect that war has on young lives, and asks – what does coming home really mean?

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- DJ SETS
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- RED CARPET VALENTINE'S SPECIAL (SUN 17 FEB)
- WORD4WORD BY KAT FRANCOIS (SUN 24 FEB)



Call 020 8279 1161 to book your table!

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Supported using public funding by
ARTS COUNCIL ENGLAND



Opera nominated for national award

An opera inspired by the life of a Newham resident has been shortlisted for an award that celebrates outstanding achievements in music and performing arts education.

Full Circle is a modern-day community opera about Jonathan Lofulo, a former child refugee who spent time in prison before earning a first-class degree from the University of East London.

The opera has been shortlisted for Outstanding Musical Initiative at the prestigious Music Teacher Awards for Excellence to be held in March. It is a collaboration between Newham Music and Lister Community School in Plaistow, which tapped into the diversity of the community to tell a powerful story that would resonate with every age and background.

Newham Music offers music education to children and young people throughout the borough to ensure that young people aged from five to 18 have the opportunity to sing and learn a musical instrument.



Youngsters perform the opera

Online safety gadget is a winner



Sommer with her award

A pupil has won first place in a national competition to design a device to keep children safe online.

Sommer Ellis, nine, a Year 5 student at St James Church of England Junior School in Forest Gate, entered the Johnny English Strikes Again online safety design competition after an online safety lesson inspired by the big screen accidental secret agent played by Rowan Atkinson.

Sommer designed a device that could be used to keep online information private. The competition was judged by film makers Universal and her top prize was a Virtual Reality experience for her class in the school hall. Sommer said: "I was shocked when I found out. I didn't know I could do it - produce a gadget that could actually work. I'm so happy and excited about the VR experience."

Lara Williams, assistant head teacher at the school, said they were incredibly proud of her achievement.

Mayor visits children's hospice

Mayor Rokhsana Fiaz visited a children's hospice to see the services it offers for the families of children who have life-limiting conditions.

The Mayor, accompanied by Councillor Susan Masters, Cabinet member for health, was given a tour of Richard House hospice in Beckton, by Clare Roche, head of fundraising.

Richard House is London's only dedicated hospice for seriously ill children, young people and their families and relies on the generosity of donors to continue its work. Services range from specialised clinical care, to art, music, and dance therapy. It gives children an opportunity to explore what is happening to them in a safe environment, through to end of life care and pre and post bereavement support for all the family.

The Mayor said: "It was a valuable opportunity to find out more about the vital work they do to support children with life-limiting illnesses, and their families."



Cllr Masters, left, with Clare Roche, centre, and the Mayor

Some award winners from Curwen School



Young architects applauded for town designs

Young pupils have been presented with Arts Awards for taking part in the Loyds Building Futures Project which is part of the London Festival of Architecture. It aims to raise awareness of architecture and other careers in the construction industry.

A total of 172 children from Winsor Primary School in Beckton and Curwen Primary School in Plaistow took part in the project with support from charity 15BillionEBP.

The young people visited the Museum of London Docklands to learn about the history of the area, before taking part in a design workshop with architect Dominika Fourt. They also went to the Loyds Construction Skills classroom at Lendlease's International Quarter London (IQL) development at Queen Elizabeth Olympic Park.

The children designed their own town using recycled materials to build models of schools, hospitals and community facilities. Their designs were judged by industry professionals from local employers including developers Bouygues and Ballymore.

Students learn about careers in science and aviation

A Royal Docks Academy student tries a mixed reality device



Pupils from seven Newham schools learned about careers in science and aviation at an event organised by Silvertown's London City Airport.

The youngsters, aged 14 to 16, were among 400 pupils from across East London who took part in the annual event held at the ExCeL exhibition centre in Custom House to highlight the role of science,

technology, engineering and maths (STEM) in aviation.

At the event, the airport announced details of a £5,000 bursary for pupils who want to pursue a STEM subject in higher education. Students from Royal Docks Academy, Chobham Academy and St Bonaventure's, Sarah Bonnell, Rokeby, Lister

Robert Sinclair welcomes pupils



Community and Kingsford Community schools took part in the event.

Robert Sinclair, chief executive of the airport, said: "At London City Airport, we are acutely aware of the need to attract the best engineering and technology minds to meet the skills challenges of the future."

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



Sumaiya Ash Khan, 8



Harjot Singh Parmar, 11

Winner



Charan Medasani, 7

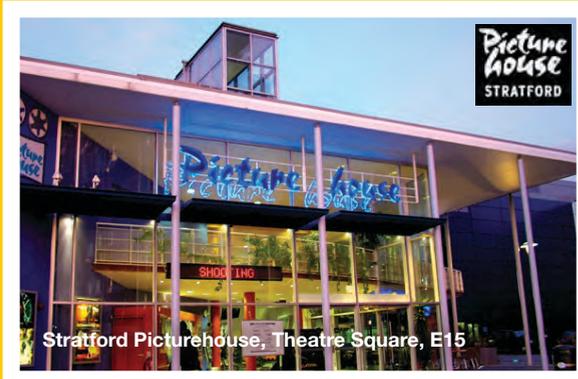


Khadija saleh, 8

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 Word-Fit

Jokes

- Q** Why did the teddy bear say 'No' to dessert?
A Because she was already stuffed.
- Q** What did one plate say to the other?
A Dinner is on me.
- Q** Why are ghosts such bad liars?
A Because you can see right through them.
- Q** What do you call a dinosaur with an amazing vocabulary?
A A thesaurus.
- Q** What gives you the power to walk through a wall?
A A door.
- Q** How do you make gold soup?
A Use 14 carrots.
- Q** Why did the origami teacher hate his job?
A Too much paperwork.
- Q** Why shouldn't you trust an atom?
A Because they make up everything.

Word-Fit

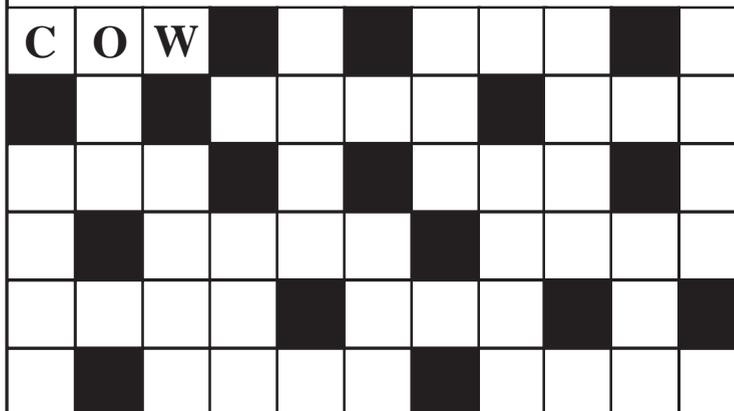
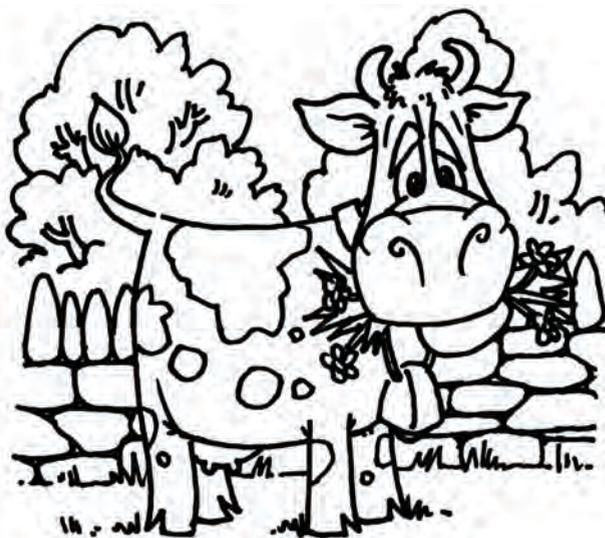
You must fit all the words into the grid

3 letters

ACE
BOA
BUD
ELK
EVE
EWE
FRY
OUR
PRO
VOW

4 letters

ACRE
COWL
DEEP
ECHO
EPEE
FUSS
LEEK
OPEN
ROPE
SKIN
SPAR
YEAR



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**



Stay and Play 🌈 Support for parents and carers to develop their child through play. **Tues, 8.15-10.15am, Thurs, 8.15-10.15am, Forest Gate CNC**; **Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford**

Music and Movement 🌈 Session for children and parents or carers to get active using different types of dance and musical instruments. **Tues, 10.30-11.30am, Plaistow**; **Thurs, 1.30-2.15pm, East Ham CNC**; **Tues, 10.30-11.30am, Forest Gate 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 Steven'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 🌈 Parent and carers of young children can join us for this monthly session hosted by a health visitor. The sessions 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 time 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**



YOUNG PEOPLE

Family Movie Club 🌈 **Sat, 3-4.30pm, Green St (up to 12yrs)**; **Sat, 2-4pm, Plaistow**; **Sat, 5.30-7.30pm, East Ham CNC**; **Thurs, 4-6pm, North Woolwich**; **Fri, 4-6pm Forest Gate CNC**; **Sat, 2-4pm, Beckton CNC, Fri, 4-5.30pm, Sat, 4.30-6pm, Manor Park CNC**

Code Club (7-11yrs) 🌈 Bring your laptop if you have one. **Sat, 1.30-2.30pm, Beckton CNC**; **Tues, 4-5pm, Green St**

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 🌈 **Tues, 3.30-4.430pm, Manor Park**

Astronomy for Families Indoor workshop followed by a session outdoors observing the moon and sky through telescopes. **Sat, 9 Feb, 5-7pm, East Ham CNC**

ACTIVITIES AND SUPPORT

Chess Club 🌐 Weds, 4.45-6.15pm, Beckton; 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; 3rd Weds of month, 12-3pm, Jack Cornwell Community Centre; 1st 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. 2nd 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, 5.30-7.30pm, Beckton

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-3.30pm, 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

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](#)

Newham Super Choir

[Tues, 10.30am-12pm, Beckton C.C](#)



BOXING AND SELF DEFENCE

West Ham Boys ABC Call 020 8472 3614 [Mon, Weds, Fri, mixed \(8-16yrs\), 5-6pm, Sat, boys \(6-11yrs\), 10-11am, girls \(7-16yrs\), 11am-12pm, £2. 2 London Rd, E13](#)

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, 10.30am-12pm, 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 \[www.abbeygardens.org\]\(http://www.abbeygardens.org\) 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](#)

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 \[mick1f@talktalk.net\]\(mailto:mick1f@talktalk.net\) or \[paulwillis83@live.co.uk\]\(mailto:paulwillis83@live.co.uk\) for more details.](#)

Pilates Classes (18+) 🌈 [Mon, 9.30-10.30am, Jack Cornwell C.C; Thurs, 6.30-7.30pm, Manor Park CNC; Tues, 6.30-7.30pm, Beckton CNC](#)

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

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.](#)

Plaistow Social Walk 🌈 Social walk to improve fitness and make friends. [Tues, Sat, 10-11am](#), meet at [Plaistow Library](#)

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](#)

Stratford Walk [Meet at Stratford Library, Fri, 6-7pm](#)

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, 1-2pm](#), [Beckton C.C.](#); [Mon, 12-4pm](#), [Jeyes C.C.](#)

Dominoes Group 🌈 [Weds, 1.30-4.30pm](#), [Plaistow](#); [Weds, 2-4.30pm](#), [Beckton CNC](#)

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, 12.00-1.00pm](#), [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 9.15-10.00am \(55+\)](#); [Thursday fitness at 10.00-10.45](#) 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, \(£1 charge for under 55's\)](#)

Golden Oldies Social Club 🌈 Come along to play bingo and have refreshments. [Weds, 12-3.30pm](#), [Community Road Community Centre, 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 Community Centre.](#)

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: 0208 514 0903. [Weds, 11.30am-3.30pm](#), [Manor Park Community Centre, 524 High Street North, E12 6QN](#)

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+yrs)  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, 21 Jan, 5pm, Cabinet; Mon, 4 Feb, 7pm, Local Development Cttee; Tues, 5 Feb, 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 Jan, 10am-12pm, Stratford Library, The Grove, Stratford.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries **Weds, 6 & 20 Feb** Call 020 8430 2000, 10-11am. Leave your contact details and information about your query. The Mayor will call you back within two days.

 **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

Newham People's Budget Forums



Join us at one of our Newham People's Budget Forums to find out how the council is funded, the 2019/20 budget proposals, and how you would like to be involved in future budget decisions.

Date	Time	Venue
Monday 21 January	6.30pm – 9pm	Newham Town Hall, Barking Road, East Ham, E6 2RP
Thursday 24 January	10.30am – 1pm	Old Town Hall, Stratford, 29 The Broadway, Stratford, E15 4BQ

You can register at www.newham.gov.uk/PeoplesBudgetForum and you can also register for special requirements to enable you to attend.

Alternatively send in your comments to Peoples.Budget@newham.gov.uk

People at the Heart of
Everything We Do

#Newhampeoplesbudget

Newham London

HOLOCAUST MEMORIAL DAY

Friday 25 January 2019
9.30am-12.30pm
East Ham Town Hall
Barking Road, E6 2RP

This year, we are honoured
to be welcoming back
guest speaker and Holocaust
survivor **Harry Olmer BEM.**

The theme for this year is
Torn from Home.

This is a FREE public event.
All are welcome to attend.
www.newham.gov.uk/hmd

  [NewhamLondon](#)  [NewhamEvents](#)

