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In the party mood



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Lighting up time



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What to recycle

the newham mag

issue 404 // 14 Dec 2018 – 17 Jan 2019 // Monthly

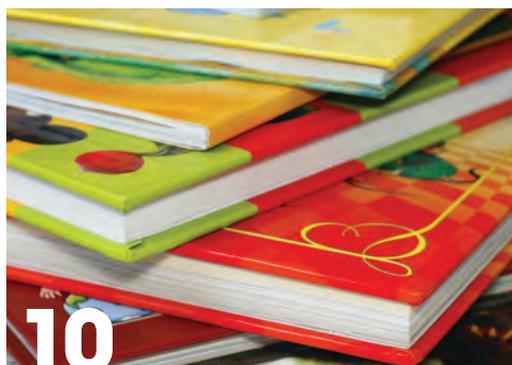


Happy Christmas and New Year

From Mayor Rokhsana Fiaz and all at Newham Council

Look out for the next issue from **18 January 2019.**

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News

Fresh start for the Carpenters Estate

Mayor Rokhsana Fiaz and Newham councillors have decided to end the current joint venture process for the Carpenters Estate to make way for a properly resident led masterplan.

Newham Council will now undertake a review of options for the estate in Stratford, with the full involvement of residents, to deliver at least half of all new homes as socially rented council properties. Mayor Fiaz met with residents on the estate to update them in advance of the news being made public.

Rehousing on the estate will continue in line with the commitments made in the Residents' Charter so people who want to return to the estate at a later date can do so. The report is in line with Mayor of London's Good Practice Guide to Estate Regeneration and future proposals will require a mandatory ballot of residents to proceed.

A full programme of engagement will be agreed with residents so they are fully involved at every stage of the process. Residents will be given sufficient time to engage

with a masterplan and develop proposals, a process which will take between nine to 12 months.

Conversations will start soon on finding short-term solutions to deliver tangible community benefits. Changes are already being made to ensure the estate is managed to a better standard. A report is being carried out into the three tower blocks on the estate to see what work would be required to bring them up to a decent standard, taking into account value for money. All low rise empty properties are already being used as temporary accommodation.

Mayor Fiaz said: "I want to reassure the residents of the Carpenters Estate that I am on their side. It is not acceptable that they have been ignored for so long and finding a long-term solution is one of my priorities. The Carpenters Estate has the potential to be a beacon of good practice in community involvement, demonstrating how we can work together with residents to build thriving, sustainable neighbourhoods."



The Mayor updated residents on options for the estate

Residents will be fully involved with proposals

News

Mayor supports local businesses

Mayor Rokhsana Fiaz showed her support for Newham's small businesses as part of Small Business Saturday, a national campaign that encourages consumers to support their local shops.

Among the stores she visited were Number 8 Forest Gate Emporium and the Well-Bean Company chocolate manufacturer. The Mayor also visited traders in Manor Park, East Ham, Woodgrange Market in Forest Gate, and Queens Market in Upton Park.

She said: "We should all be proud to support our local shops, family businesses, online businesses and small manufacturers, and keep the wealth in our community.

"They have a lot of great stuff to offer so as we approach Christmas, what a perfect time to spend some money with them."

Small Business Saturday takes place on the first Saturday of December every year, but it aims to have a lasting impact on small businesses.



The Mayor supporting a local trader



Mayor Fiaz at the assembly

Deaf make opinions heard

Mayor Rokhsana Fiaz and Newham councillors joined more than 60 people at the first citizens assembly dedicated to deaf and hard of hearing residents.

Those who attended at the Old Town Hall in Stratford discussed the needs of the deaf community and shared ideas and opinions on what their priorities are and how services might be improved.

Mayor Fiaz said: "It really was historic because an assembly of this nature had never happened before. It was heart-warming to see so many people wanting to be part of an important feature of the new council under my administration. There was a lot of honest opinions shared. I really do want to make Newham the best place it can be for all sections of our community."

Among the opinions shared was a general lack of British Sign Language interpreters across all public sector services and better access to work opportunities.

Proud to support our businesses

...in brief

Working to end violence against women



The Mayor and councillors pledge their support

Pledges to stand up to violence against women and girls were made by Mayor Rokhsana Fiaz, Newham councillors, and residents as part of an international United Nations campaign.

16 Days of Activism took place between 25 November, the International Day for Elimination of Violence

Against Women, and 10 December, Human Rights Day.

Free events were organised in partnership with community groups to promote support available. These included a poetry reading and a workshop around healthy relationships.

During the campaign, Newham residents shared photos of themselves on social media using the hashtag #Hearmetoo and pledged never to condone, commit, excuse or stay silent about violence against women and urging others to make the same pledge.

Newham Council has zero tolerance towards domestic and sexual violence. A One Stop Shop is available to help with anyone who may be experiencing it and a 24-hour line on 0845 4512547.

Housing improvements on way

Newham Council's housing stock will be improved as part of a £120m investment programme.

The commitment was set out as part of a business plan for the council's Housing Revenue Account (HRA) approved by Mayor Rokhsana Fiaz and Cabinet members.

The investment will be made over five years and include a housing stock survey to identify what major works are required which could include replacing windows, upgrading boilers, bathrooms and kitchens, and environment improvements.

Councillor John Gray, Cabinet member for housing, said: "We are committed to ensuring council homes are safe and well maintained. Our focus is on building new homes, but we must not forget our existing housing stock."

Support for Windrush generation

Newham councillors have given unanimous backing to a motion pledging to fight the Government's "hostile environment policy" which led to the recent Windrush immigration scandal.

The motion was proposed at a meeting of the Council at the end of November by Mayor Rokhsana Fiaz. She said: "We very much need to recognise the contribution the Windrush generation have made to this borough and this country."

It also set out a commitment that the borough would celebrate the annual Windrush Day on 22 June to recognise and honour those who arrived in this country between 1948 and 1971.

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 22 December (Watford), 2 January (Brighton & Hove Albion), 5 January (Birmingham City) and 12 January (Arsenal).

Zero tolerance of domestic, sexual abuse



The Mayor visited small businesses in Forest Gate



The Christmas lunch in Manor Park



The Mayor and East Ham MP Stephen Timms at the Green Street lunch

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

On behalf of everyone at Newham Council I wish you a merry Christmas and a happy New Year.

So much has been achieved since May when you put your faith in me to be your Mayor. No doubt 2019 will be full of challenges, but I promise that you will continue to be at the heart of everything this council does under my administration.

At this time of year many of us will be with family, friends, and neighbours, but it's also important that we look out for those who may be vulnerable through ill health, hardship, of who are alone. Let's show them that we care and offer help where we can. I also thank the people who are working over the festive period to keep us safe and well.

Lots of people I know are well into their Christmas shopping. Our shops were buzzing when I visited some of them earlier this month to celebrate Small

Business Saturday. Thank you to all the independent local traders who kindly allowed me to spend money with them!

We should all be proud to support our local shops, family businesses, online businesses and small manufacturers. They have a lot of great stuff to offer so if you're still looking for ideas for present, they're the places to go. Shop local and keep the wealth in our community.

All the Christmas lights are now twinkling around the borough, bringing a special magic to our streets and homes. I was delighted to join some of our youngest residents in Forest Gate for the big switch-on in Woodgrange Road and my Cabinet colleagues and your ward councillors have been doing the same. There has been trees, carols and Santa's grottos, and lots of hot chocolate! We're certainly getting into the spirit of Christmas.



With some of our residents during the Christmas lights switch on in Forest Gate



Carpenters Estate residents share their views

For some of our older and most vulnerable residents however Christmas can be a lonely time. That's why we've hosted eight Christmas lunches across the borough for them to enjoy a hot meal and an opportunity to connect with people of their own age and younger generations.

In previous years the Council has delivered them a box with a few basic groceries. This year we've given them something to dress up for, and a chance to share a laugh and a chat with friends, make new ones and create new memories. And in addition, we gave them a goodie bag full of festive treats. We really want them to feel part of the Newham family. It's the very least they deserve.

As well as the excitement of the countdown to Christmas, there's

been a lot of Council work going on. At the Cabinet meeting last week I presented my initial proposals for how the Council might spend its money in 2019/20.

I'm proud to say it's a people's budget that demonstrates to our young people, vulnerable residents, and those on low incomes especially, that we have their backs. It also shows sound financial management and control and pushes forward the bold transformative agenda of my administration to make some of the most radical changes this Council has seen in years.

It does mean that we will have to make some difficult choices to deal with the scale of financial cuts the Government has imposed on us. The proposal to increase Council Tax to protect vital services is not one I make lightly, which is why there is

also a range of support proposed for our lowest-income families, including a proposed change to the Council Tax Reduction Scheme, which could reduce the amount 19,000 eligible households have to pay.

I also set out my clear intention to put residents at the heart of our plans for the future of the Carpenters Estate in Stratford. This is about making a fresh start for residents, one which will inject new hope for those who have felt ignored for far too long.

I also presented plans that will help deliver my ambitious commitment to deliver new social homes, invest £120m to improve the standard of our existing housing, and work closely with our schools to achieve the best for our young people.

There is so much to look forward to in 2019 and beyond. Have a great New Year.

MAYOR AND CABINET MEMBERS PUT FORWARD 2019/20 BUDGET PROPOSALS

Mayor Rokhsana Fiaz and her Cabinet members have listened to the views of residents and put forward proposals for how Newham Council intends to spend money on what people say is important.

The proposed investment is influenced by what residents have said during Citizens' Assemblies; what councillors say residents have told them are the things they value; and from discussions with partner organisations. The final proposals will be considered by the Council in February.

Mayor Fiaz said: "Over the past six years, the Government has drastically reduced the funding that we use to deliver services for our residents by almost £91m. In 2019/20 we will need to save at least another £8m lost from Government funding, and we can expect to have to save more in the years after that.

"What we decide now will provide us with a new and different type of budget. It is set to be truly 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. As well as delivering on manifesto promises, what is being proposed is what residents are saying are priorities; it is a people's budget.

"And we cannot just think about next year; residents will be at the heart of budget setting across the whole four years of this administration. The proposed budget for 2019/20 is a transitional one. It will, if approved, be a balanced budget."

To support the 2019/20 proposals, the council needs to make some difficult decisions, including a proposed increase in Council Tax of 2.9 per cent alongside a two per cent rise in the precept towards the costs of providing adult social care, while at the same time reducing the burden on those least able to pay.

Councillor Terry Paul, Cabinet member for finance, said: "In terms of hard cash, this would mean asking residents for just 89p extra per week at Band D properties to cover the proposed increase in the Newham element of Council Tax. But this continues to give residents access to a whole raft of additional benefits in services as well as not reducing what we spend on libraries, parks, street lighting and cleaning, road repairs and leisure services.

"Newham Council hasn't asked for any extra Council Tax from residents for the past ten years. This has meant £82m has been unavailable to us that could have been spent on vital services. Whatever we decide, we will make sure the right support is available for the families who are the least able to pay. We will also continue to save as much money as we can by being more efficient in everything we do."

To protect vulnerable residents against the proposed increase, the Mayor is looking to increase the support available to 19,000 lowest income families with a variety of measures including extending support to tenants dealing with bad landlords and making care leavers exempt from paying Council Tax until the age of 25. There are also proposed changes to the Council Tax Reduction Scheme, which could reduce the amount eligible residents have to pay in Council Tax to just 10 per cent of the bill, potentially saving them almost £120 per year.

Listening to residents is part of the council's commitment to openness and culture change within the authority. Mayor Fiaz added: "Our successful Citizens' Assemblies have told us what our residents value. We have listened and this budget will enable us to build on what we offer."

There will be Citizens' Assemblies in January for residents to have conversations about the budget proposals. Details will be published at www.newham.gov.uk/newhampeoplesbudget

Residents can offer their views on the proposed change to the Council Tax Reduction Scheme through an online survey until 16 January. Currently, households eligible for the scheme pay a minimum of 20 per cent of their Council Tax bill. The consultation will ask whether this should be reduced to 10 per cent, 15 per cent or stay the same.

To take part in the consultation, visit www.newham.gov.uk/CTRconsultation or if you have any questions or would like to request a paper copy of the questionnaire please email CTRconsultation@newham.gov.uk

Mayor Rokhsana Fiaz presented her initial 2019/20 people's budget proposals to Cabinet. A proposed extra 89p* per week in Council Tax would allow us to:



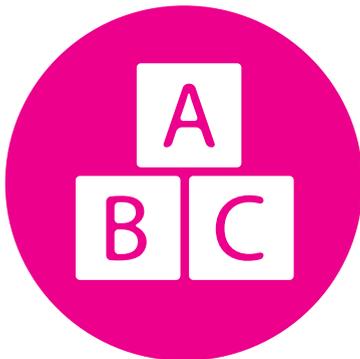
Invest £3m to pay our care staff the London Living Wage



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



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



Invest £10.6m into Children's Services



Invest £1.3m to support children with Special Educational Needs



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



Invest £390,000 for free bulky waste collections



Accelerate social housing delivery with an additional £500,000



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

People at the Heart of Everything We Do

#Newhampeoplesbudget

*To the Newham element of Council Tax for Band D properties

**2019/20
BUDGET
PROPOSALS**

CHRISTMAS AMONG THE BOOKSHELVES



Although many of Newham's libraries will be closed over the festive holiday, there will still be enough time for children to discover some new books as part of the Winter Reading Challenge.

To help keep children occupied over the holidays, Newham libraries have joined forces with publisher Nosy Crow to run a very special and seasonal 'There's A Yeti In The Playground' Winter Reading Challenge based on the book by Pamela Butchart.

Taking part is very simple: visit any Newham library, borrow and read three books, fill out the title and the name of the author on the Reading Challenge cards available in all our libraries and give them a star rating (five for the super amazing books). A sticker is awarded for every book completed.

Children can go online at www.WinterReadingChallenge.org.uk and add each book they read to the website with a rating and review to unlock a virtual prize and a 'There's a Yeti in the Playground' certificate to print

off and keep. There is also the opportunity take part in lots of fun activities, quizzes and reading recommendations.

The borough's libraries and community centres will close on Christmas Eve, Monday 24 December, at 5pm and remain closed until Wednesday 2 January with the exception of East Ham and Stratford libraries which will be open 10am-5pm, Thursday 27 to Saturday 29 and on Monday 31 December.

But don't forget you can go online at anytime, even on Christmas day, to access eBooks, library catalogues, make reservations or look up online information and eLearning courses by visiting bit.ly/NewhamLibraries

To renew or reserve items call the 24-hour automated line on 0333 370 4700 or visit www.newham.gov.uk/libraryloans



As part of the challenge children can rate the books they read



All the borough's libraries are taking part



Christmas is the ideal time for children to read

Go online

for services over Christmas

Although many Newham Council services will be closed during some of the Christmas and New Year break residents will still be able to get in touch with us by going online.

Residents can access information about Newham Council's services anytime, 24 hours a day, seven days a week in the period from 24 December to 2 January. There are, however, some requests that will need to wait until after the New Year when council services resume.

If you need to find out about registering a birth or death during the break, visit www.newham.gov.uk/registeroffice

Residents who need urgent housing repairs can contact the Repairs Operations Centre direct on 0800 952 5555 between 9am – 5pm on 24, 27, 28 and 31 December. The centre will be closed on 25 and 26 December.

Those with urgent emergency repairs can call the Contact Centre outside these hours on 020 8430 2000, 24 hours a day. Normal service will resume on 2 January.

Tenants with non-emergency repairs can visit www.newham.gov.uk/tenantrepairs

Employment service Workplace will be open as normal, 9am - 5pm until 24 December. It will then close

from 25 December until 2 January when it will be open as normal from 9am - 5pm.

Advice service MoneyWorks will be open until 24 December, 9am - 5pm, although the last meetings for loans, including emergency loans, will be at 1pm. The office will then be closed from Christmas Day to New Year's Day. It will resume normal hours from 2 January.

There are many things that residents can do online and here are a few of them:

- Apply for resident and visitor parking permits
- Apply for bulky and green waste collections
- Report anti-social behaviour, including abandoned vehicles and fly-tips
- Apply for new or replacement bins
- Pay rent, Council Tax and other bills
- View and bid for Choice Based Lettings properties
- Check your rent and Council Tax balances and statements
- Search and apply for jobs.

For online services visit: www.newham.gov.uk/doitonline



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or visit www.newham.gov.uk/fostering





Pupils from Star Primary School brought goodies to Canning Town



Councillors Sarah Ruiz and Canon Ann Easter with residents

TACKLING LONELINESS AND ISOLATION THIS CHRISTMAS

With Christmas almost upon us Newham Council is tackling loneliness and isolation among our most vulnerable, elderly residents.

Across the borough, our community neighbourhoods have hosted eight Christmas lunches for elderly residents, many of whom are over the age of 80, live alone and are on low income. The aim is to bring people, who are at risk of suffering loneliness and isolation, together to enjoy the company of others in a festive environment.

It's an accepted fact that loneliness and isolation can have serious physical consequences and is said to be as harmful as smoking 15 cigarettes per day, with a 26 per cent increased risk of premature death.

That's why instead of a one-off delivery of a box with basic foods, the council decided to bring elderly residents together for a traditional turkey lunch (vegetarian and vegan option available), with transport for those with mobility issues.

This new approach, adopted by the council with sponsorship from Aspers Casino and Tate & Lyle, offers a better and more engaging way of involving residents in our communities. As an added bonus, residents at the lunches each received goodie bags containing a variety of festive treats.

Mayor Rokhsana Fiaz said: "Christmas is a time to connect with friends, family and neighbours but sadly for some of our oldest and most vulnerable, it's a time of extreme loneliness and isolation. At Christmas we all look forward to events which give us something to plan for and dress up for, where we can share a laugh and chat with friends, make new friends and create new memories. That's what our Christmas lunches want to achieve, it's about more than a few free groceries, it's an event, it's about feeling included in the Newham family."

If you have a social care emergency over the Christmas period you can contact emergency staff on **020 8430 2000**.



Dersingham Primary School pupils joined residents at the Manor Park lunch

The Mayor at Katherine Road Community Centre

FINDING PARKING SOLUTIONS WHILE HELPING THE PLANET



Just days ago, delegates at the United Nations Climate Change Conference pledged to match their words with action to combat climate change.

Recognising that climate change is one of the biggest threats to the planet and our way of life Newham Council is launching a wide-ranging review of our roads and streets that will address not just the needs of residents and motorists but also the environment.

As part of the review we want motorists, businesses, community groups, families, residents with caring responsibilities, those with disabilities, cyclists and

pedestrians to have conversations with each other in their community neighbourhoods so that, armed with a wide range of opinions, we can make better decisions about what happens next.

These conversations will be part of the council's commitment to the Mayor of London's sustainable transport strategy for the capital; its promise to deal with traffic congestion that has an adverse impact on air quality and the health of our residents. But, crucially, it's also a commitment to create a fairer and more consistent parking scheme for everyone.



Roads and streets are not just how we get from one part of the borough to the next, but places in their own right. They are a key feature of local neighbourhoods where residents do business, socialise, where our children play, where we exercise and celebrate. Newham Council wants to enhance the way all aspects of our public space become welcoming, clean, safe and accessible to all.

Parking is an important part of this, and is an issue regularly raised among residents' top concerns. It's been a key issue raised at the Citizens' Assemblies held across the borough since September including how frustrating the parking zones are; how the increase in road traffic is affecting air quality and leading to a rise in asthma rates in Newham.

What's clear is that there are differing perspectives and

opinions.

We want your ideas and suggestions on what a fair parking scheme could look like for all of us. As a council we need to make sure we are listening to all arguments on the subject and building community spaces that are safe and accessible for all. The design of our road and street space must encourage active travel, tackle air pollution, contribute to residents' health and wellbeing, and make it easier to get around on public transport, while also supporting our local businesses and those who need to use cars.

In the New Year the council will be holding two events to engage with residents and different road user groups about the conditions of our roads, the quality of our air – and the options around parking. Details will be published in the New Year.



A young carol singer



Enjoying the festive sights



The Mayor designs Christmas cards



Dhol players



Cllr Marriott in East Ham

FESTIVE LIGHTS

spread Christmas magic

Residents joined Mayor Rokhsana Fiaz and councillors for festive celebrations that included carols, delicious foods and fun activities at Christmas light switch-on events that took place in high streets, community neighbourhood centres and churches across Newham.

At Newham Town Hall in East Ham children made Christmas cards, wrote letters to Santa and enjoyed music and carols sung by St Michael’s Catholic Primary School. Councillor Julianne Marriott threw the switch with the help of Frosty the Snowman.

Next up was Stratford where St John’s Church was transformed into a magical Christmas Wonderland as more than 300 shoppers and families enjoyed a host of festive activities including a visit to Santa’s grotto, an inflatable snow globe, a juggling Jack Frost, face painting and hot chocolate.

The event, which was organised by staff at Stratford Library working with Stratford Original BID, the Business Improvement District for Stratford town centre, also included a lantern parade.

Councillors Harvinder Singh Virdee, Gen Kitchen and Moniba Khan joined families around the Champions sculpture in Green Street, Upton Park as they enjoyed food and drink, carols as well as Indian dhol while they waited for the lights to go on. Councillor Khan pushed the plunger, with help from young children, to turn on the lights.

In Forest Gate, Mayor Fiaz helped children design traditional cards and enjoyed carols before throwing the switch. The Mayor said: “Christmas lights add a special magic to our homes and streets. I was delighted to join some of our residents in Forest Gate for their Christmas lights switch on and hope everyone will take the opportunity to enjoy them.”

Be a smart spender this Christmas

With help from Newham MoneyWorks

Christmas is a time for coming together with family and friends, where gifts and good food are central, but for some the joy can quickly turn to money misery and debt. Overspending at Christmas can lead to a very unhappy New Year – but by preparing your finances the MoneyWorks way, it is possible to make sure the festive spirit makes way for a stress-free 2019.

Advice service MoneyWorks is exclusively for Newham residents and provides smart spending tips, affordable loans and help with regular savings. MoneyWorks, which is funded by Newham Council, can help you with everything from budgeting for the big day, present buying suggestions and cutting the cost of your supermarket shop. Tips include setting a budget, avoiding impulse buys, checking for discount codes if buying online, shopping alone to reduce pressure and not overspending on food.

Councillor Terry Paul, Cabinet member for finance, said: "Buying and receiving presents, and enjoying food and drink are a huge part of the Christmas experience. With help from MoneyWorks our residents can still enjoy Christmas without going into debt."

Don't let Christmas put pressure on your bank balance or forget that all your regular bills must also be paid. If you are a council tenant, don't forget to budget for your rent/council tax payments.

For more tips on better budgeting and spending MoneyWorks can help you. Visit them in their new location at 112-118, The Grove, Stratford, Monday – Friday, 9am-5pm. You can also visit newhammoneyworks.co.uk or call on 020 8430 2041.



Age
2

Newham London

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"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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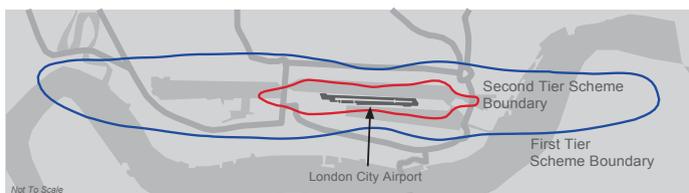
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The airport offers eligible properties located within in its noise contours the opportunity to have works undertaken as part of its Sound Insulation Scheme

These noise contours are re-assessed annually. If your property is eligible for either the First, Second or Intermediate Tier schemes you will receive a letter detailing your potential eligibility and what works are available to you.



For those already treated under the Sound Insulation Scheme the airport provides a 10 year check-up, for further information please visit www.londoncityairport.com/environment

If you require any further information about the Sound Insulation Scheme or would like to check eligibility please contact the administrator on 020 7646 0397 or alternatively email us at sound.insulation@londoncityairport.com

To find out more about the Sound Insulation Scheme and what is included within the Schemes please visit www.londoncityairport.com/environment

Newham London

CHRISTMAS on the farm

Get the festive feelings with
Newham City Farm

Join us for our Christmas themed event on Sunday 16 December from 12 - 4pm

We'll have an animal meet and greet and lots of lovely craft activities

Email Theresa.salmon@newham.gov.uk for more information



Newham City Farm

BE READY THIS WINTER



Winter can have serious negative effects on our health, but there are steps we can take to be prepared.

Follow NHS Newham Clinical Commissioning Group's tips on how to keep you and your family well this winter. If you start to feel unwell – even if it's just a cough or cold – don't wait until it gets worse. Speak to your pharmacist about the best course of action.

Dr Bapu Sathyajith, GP and Newham Clinical Commissioning Group board member, said: "It is important to get ahead of the game and taking preventative steps is key to helping you stay well this winter."

Tips for staying well:

- If you are eligible for the free flu vaccine but haven't received it yet – get it now from your GP or pharmacy.
- Stock up on medication before the busy period and talk to your pharmacist about your repeat prescriptions so these are ordered before Christmas.
- Many minor common ailments, such as a cold, sore throat, cough or earache, can't be treated with

antibiotics. Speak to your pharmacist about correct medication, drink lots of fluids, rest and have at least one hot meal a day.

- Check on older neighbours, relatives and friends to see if they need any food or medical supplies.
- Stay warm by closing windows and curtains, wearing layers and warm clothing, drinking hot drinks regularly, keeping your bedroom at 18°C and main living room at 21°C.
- Prepare your home by insulating your hot water cylinder and pipes, properly insulating lofts and cavities, and servicing your boiler to ensure it is safe and working properly. Always use a Gas Safe Registered engineer.

If you need help over the holidays when your GP surgery or pharmacy is closed, call **NHS 111** or visit www.nhs.uk for details of local services that may be open.

For more information, visit www.newham.gov.uk/winter or www.nhs.uk

(FREE TRAINING)
GUARANTEED JOB
UPON COURSE COMPLETION

LEARN

TO BE A

LIFEGUARD

active
newham

Atherton Leisure Centre, 189 Romford Road, London E15 4JF
Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD
If you have any queries or require further information
please email: recruitment@activenewham.org.uk

or call: 020 3770 4444†

†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.

 **MONEY
WORKS**
NEWHAM

 Newham London

Savvy
saving
tips for
Christmas

Smart
seasonal spending,
smart seasonal
savings

Smart
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ideas for
Christmas

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Newham London

Is your child starting Primary school in 2019?

Primary school applications deadline: 15 January 2019
For children born 1 September 2014 to 31 August 2015

Apply online, to apply on time.

- It's safe and secure
- Automatically get entered into the prize draw to get help in buying your child's uniform



GOOD HOTEL™

workplace

Creating a better future

Looking for work and want to boost your CV?

The Good Hotel has training opportunities starting in January 2019 in partnership with Newham Workplace

Based at Good Hotel's Royal Victoria Dock location, Good Trainees are paid to learn the hospitality and catering trade, alongside building self-confidence and interpersonal skills.

After training you will be supported to find permanent employment at a range of exciting hotel and hospitality businesses, both locally and elsewhere. The opportunity is only for Newham residents and no previous experience is required.

For more details of this opportunity or to apply contact **Kellie Tonkyn** at Workplace on **020 3373 8975** or email **Workplace.EngagementTeam@newham.gov.uk**.

All applications must be received by 9am Monday 14 January.

Newham London



"I have gained my confidence back. It has changed the way I see life. Now, I always look forward to coming to work."

Newham resident Ona Brown, aged 50

Go green this Christmas and recycle

With presents and parties over the festive period we all produce more waste but it also means we have the chance to do more recycling and think about the environment.



Newham Council is on a mission to ensure our residents have an eco-friendly Christmas with some helpful tips. Remember that wrapping paper, cardboard, cans, plastic bottles, batteries and even Christmas trees can be recycled and that leftover food can be reused.

Here are some tips to get you started:

- Once you have taken down your Christmas tree, you can book a free garden waste collection so that it can be picked up. You can also take it to Jenkins Lane Reuse and Recycling Centre
- Avoid buying shiny wrapping paper as it's often not made from paper and can't be recycled. You can test if wrapping paper is recyclable by scrunching it - if it bounces back it can't be recycled and should go in the rubbish
- Instead of buying new wrapping paper, you can re-use old paper or gift bags. This saves money and helps the environment
- If you have lots of cardboard boxes from buying presents online you can bag them with recycling in a transparent bag or cardboard box, and place the extra recycling by the

side of your bin for collection. Remember to take out the polystyrene and other packaging inside

- You can also book online to have large or bulky unwanted items that don't fit into your bin, collected from your home. Visit www.newham.gov.uk/bulkywaste
- If you've cooked too much, you can reuse leftover food with tasty recipes from www.lovefoodhatewaste.com

Among the recipes are turkey and chickpea coconut curry and loaded baby potato bites. The website also contains useful tips on how to store food so it lasts longer and means less ends up in the bin.

Other recycling tips for the festive season:

- Recycle cardboard by flattening the boxes and getting rid of any plastic inserts
- Turn Christmas cards into gift tags or ornaments by cutting out the colourful fronts
- Take your unwanted gifts to a charity shop or sell them online
- Compost leftover food
- For more information, visit www.newham.gov.uk/waste

Changes to refuse collections

Normal collection day / **Revised collection day**

Tuesday 25/12/18	→	Thursday 27/12/18	Thursday 03/01/19	→	Saturday 05/01/19
Wednesday 26/12/18	→	Friday 28/12/18	Friday 04/01/19	→	Monday 07/01/19
Thursday 27/12/18	→	Saturday 29/12/18	Monday 07/01/19	→	Tuesday 08/01/19
Friday 28/12/18	→	Monday 31/12/18	Tuesday 08/01/19	→	Wednesday 09/01/19
Monday 31/12/18	→	Wednesday 02/01/19	Wednesday 09/01/19	→	Thursday 10/01/19
Tuesday 01/01/19	→	Thursday 03/01/19	Thursday 10/01/19	→	Friday 11/01/19
Wednesday 02/01/19	→	Friday 04/01/19	Friday 11/01/19	→	Saturday 12/01/19

Still unsure what you can recycle?

Visit www.newham.gov.uk/whatcanirecycle

Kids' Corner



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

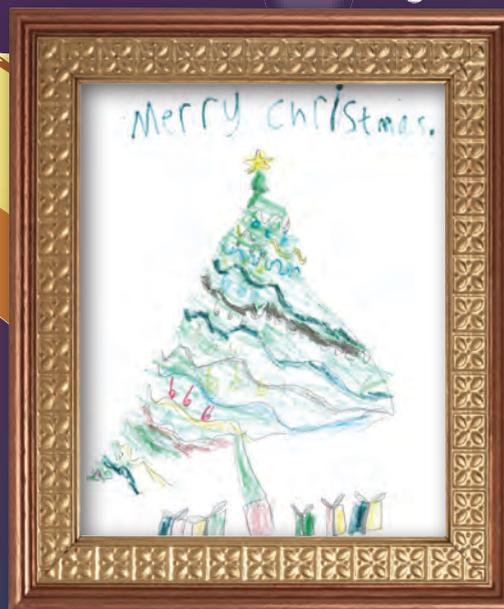
KIDS' CORNER, WEST WING, 4TH FLOOR, NEWHAM DOCKSIDE, 1000 DOCKSIDE ROAD, LONDON E16 2QU or newham.mag@newham.gov.uk

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



Annah Rafiq, 10



Dara Oluwanusi, 5



Trisha Okpattah, 11

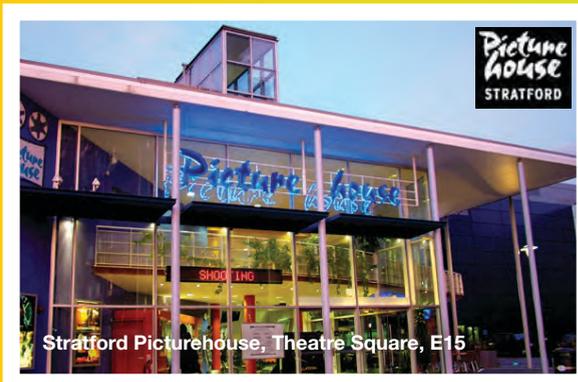


Aashvi Shroff, 7

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.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword

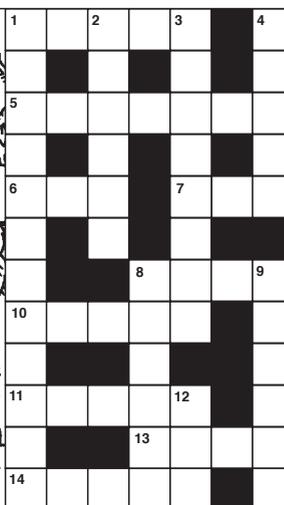
Poem

Magic Nature

Nature, nature, full of glee,
We all enjoy it happily.
We live our lives with ups and downs,
With hidden memories that can't be found.
We're on a journey to the top,
Will we get there? We won't stop.
This special gift we must bestow,
Nature, nature, how far you'll go.

Madhura Titre, 10

Crossword



Across

- Person who has won a competition (5)
- These are posted to Santa Claus before Christmas (7)
- Frozen water (3)
- Night before Christmas (3)
- Christmas decoration (4)
- 'Jingle _____', a popular Christmas song (5)
- Bird which often features on Christmas cards (5)
- Brief, strong rush of wind (4)
- Ability to see (5)

Down

- There are four of them in the song 'The Twelve Days Of Christmas' (7,5)
- Branched horn on Rudolph's head (6)
- These are unwrapped on Christmas morning (8)
- Passage between rows of seats in a church (5)
- Santa Claus uses this vehicle on Christmas Eve (6)
- Machines which resemble humans (6)
- Cashew or pecan (3)

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 Globe; 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

Community Golf Come and experience golf in the library. Equipment provided. Weds, 9.30-10.30am, Forest Gate CNC; Fri, 2-3pm, Green St

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 Globe

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

Lego Club Tues, 3.30-4.30pm Manor Park Library

Baby Rhyme Weds, 12.30-1.30pm Manor Park Library

Creative Club for 5-12 years, 3.30-4.30pm Manor Park Library



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 Globe, 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 Globe; 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 Globe

Street Dancing (5-12yrs) Mon, 4-5pm, Canning Town



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, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-7pm (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; 5-6.30pm, 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, 6-7.30pm, Forest Gate CNC

Dementia Cinema For dementia patients. Cost is £4 although carers go free. Advance booking required for wheelchair users. Last Mon of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15

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

Mindfulness and Meditation A session for carers run by Breathing Space. Weds, 10.30am-12pm, East Ham CNC

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. 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

Plaistow 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

Rathbone Writers (16+) Thurs, 6.15-7.45pm, Custom House & Canning Town CNC

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

Autumn Jazz in libraries Christmas Spectacular Warm up with the Autumn and Winter Jazz bands and light refreshments. Fri, 21 Dec, 5-7.30pm Manor Park CNC

Meet Your Neighbourhood Team Drop in to The Café to find out about local opportunities and get involved in new initiatives. Mon, 10am-12pm, Central Park Café

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 Globe 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

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



COMMUNITY
ACTIVITIES

Career Progression Hub To book call 020 7476 1666
Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at
RDLAC, Albert Road, North Woolwich, E16

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, 1-3pm,** Beckton Globe

Festive Group Dog Walk Festive fancy dress
encouraged with
prizes for best
dog and best
owner. Enjoy
mulled wine or
coffee, mince
pies and festive
giveaways for the
dogs. **Meet at
the Hermit Road
Park, Hermit
Road entrance,
E16, at 2pm,
Sat, 22 Dec.**



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

Women's Boxing **Mon 9.15-10.15am,** Katherine Rd C.C

Mixed Martial Arts (adults) Learn new skills, including
self defence, and boost confidence in any situation,
social, work or on the street. **Cost is £3 per session.**
Thurs, 6-7pm, Beckton Globe

Mixed Martial Arts (6-13) Session for children run

with professional teacher. £2 per session. For more
information visit <http://sifudavidsingh.wixsite.com/website>
Mon, 6.30-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-
5.45pm, Beckton Globe

Modern Arnis and Self-Defence **Tues, 4-5pm, (6 to
11 yrs), Tues, 5-6pm, (16yrs+ women only), Sat 11am-**
12pm, (9-12 yrs), Jack Cornwell C.C.

Tai Chi Sword Class **Weds, 10.30am-12pm,** Beckton C.C



GREEN

Pit Stop Gardeners Join our group of community
gardeners led by Project Green Thumb with a range of
different sites and gardens to visit across East Ham.
Sat, 1-4pm, East Ham CNC

Newham Green Gym Conservation at East Ham Nature
Reserve, Norman Rd, E6. **Weds, 10am-1pm and last Sat
of month.** Visit www.newhamgreengym.org

Community Gardening **Tues 10.30am-12.30pm,**
Beckton C.C.

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

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

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



HEALTH AND
FITNESS

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.

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 Centre

Tai Chi in the Park (18+) 🌐 Meet at corner of Forest
Lane and Magpie Close. **Tues, 10-11am,** Forest Lane
Park, E7;

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

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, 9.30-10.30am, over 50s, Forest Gate \(booking required\)](#); [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 \[www.newhamdogcommunity.co.uk\]\(http://www.newhamdogcommunity.co.uk\)](#)

Inclusive Yoga A slower, gentle class on the chair, wheelchair or the mat. [Thurs, 11.15am-12.45pm](#), [Beckton Globe](#)

Women's Self-Defence Class No experience required, equipment will be provided. [Mon, 10.30am-12.30pm](#), [Katherine Road C.C](#)



50+ ACTIVITIES

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

Dominoes Group [Weds, 1.30-4.30pm, Plaistow](#)

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, 12.30-1.30pm, 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 [Fitness circuit, mixed, 9.15-10am, Thurs](#); [Fitness circuit, mixed, 10-10.45am, Thurs](#); [Zumba, 1-2pm, Tues, ladies only](#); [Exercise for ladies, 9.30-10.30am, Fri](#); [Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.](#)

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](#)

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](#)

Free Fitness for 50 Plus Under 55 pay £1; 55+ free. [Thurs, 9.15-10am, 10-10.45am, fitness circuit, ladies only](#); [Tues, 1-2pm, Zumba, ladies only](#); [Fri, 9.30-10.30am, 10.30-11.30am, exercise for ladies only, Katherine Road 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 Library](#)

Hatha Yoga [Yoga session for over 55's. £5 first class, email \[yogabreathandbody@gmail.com\]\(mailto:yogabreathandbody@gmail.com\) 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.](#)

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. [Mon, 1.15pm, North Woolwich](#); [Fri, 1.15pm, Beckton Globe](#)

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.

1 2 3

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 Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12



BASKETBALL

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, 17 Dec, 6.30pm, Local Development Committee; Tues, 15 Jan, 7pm, Strategic Development Committee, Old Town Hall, Stratford, For the latest details and a full list of committee meetings check online at www.newham.gov.uk/councilmeetings**

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Limited slots available. **Sat, 12 Jan, 10am – 12pm, Canning Town Library, Barking Road, Canning Town; Sat, 26 Jan, 10am-12pm, Stratford Library, The Grove, Stratford.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries

Weds, 19 Dec and Weds, 16 Jan 2019. 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



Public Health
England

NHS

Fight off flu this winter

If you're 65 or over, pregnant, a carer, a child aged 2 to 9, or have a long term health condition, you can get a free flu jab.

Contact your GP, pharmacy or midwife to get it now. If your child is at school, please return your signed consent form.

**STAY WELL
THIS WINTER**

Newham London

nhs.uk/flu vaccine



Council tenant and leaseholder surveys

We are carrying out surveys with council tenants and leaseholders to hear what you think about your property, landlord and neighbourhood.

Opinion Research Services (ORS), an independent research agency, will invite council tenants and leaseholders on a random basis between October and December to carry out the annual surveys on your doorstep. We will use this information to improve the services you receive.

For more information contact
Thomas.Wilkinson@newham.gov.uk



Newham London



SAT 01 DEC 2018 –
SAT 12 JAN 2019

STRATFORD
EAST

THEATRE ROYAL STRATFORD EAST PRESENTS

SLEEPING BEAUTY

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Original Music and Lyrics by Robert Hyman



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