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Honouring
their
service



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Cycling
route
opens

the newham mag

issue 402 // 02 Nov – 15 Nov 2018 // Every fortnight



Helping
the
homeless

Tee dishes more than
free food (p10)

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News

Housing pledge is on track

A promise by Mayor Rokhsana Fiaz to deliver more than 1,000 new council homes is already on track following a grant of £107 million from Mayor of London Sadiq Khan as part of his Building Council Homes for Londoners programme.

The funding is the highest allocation out of all the London boroughs who applied and will be used to build 1,123 homes to be started by 2022 from a range of existing council owned sites earmarked for regeneration.

Mayor Fiaz said: "I am very happy our bid for £107 million of funding from the Mayor of London has been successful. This funding will kick-start our ambitious housing programme, which will see the construction of more than 1,000 quality homes across 40 sites in Newham, and available at London Affordable Rent.

"Newham residents are at the forefront of the housing crisis. Too many families are desperately in need of a sustainable home they can genuinely afford. We have more

than 27,000 households on our housing waiting list and more than 4,800 households in temporary accommodation. This is why I have committed to build more than 1,000 new council homes at social rent levels over the next four years. Only through a massive council housebuilding programme can we begin to address the scale of this challenge.

"Since becoming Mayor I have been working closely with both Sadiq and his Deputy Mayor for Housing James Murray to find a solution to the capital's housing crisis. Collaborative working is essential to tackle the issues which face so many people in London. I am excited about what this announcement means for Newham and to start work on building hundreds of desperately needed new homes."

In addition to the funding, the Building Council Homes for Londoners programme offers boroughs an innovative way to ring-fence their Right to Buy receipts to invest in new homes, alongside expertise and resources from City Hall to scale up their homebuilding programmes.



The grant will allow much needed homes to be built

1,123 homes started by 2022

News

Regeneration must help residents

Mayor Rokhsana Riaz told an audience of businesses how they must put Newham residents at the heart of regeneration in and around the Royal Docks.

She was speaking at a skills summit staged at the Crystal building in Royal Victoria Dock where employers gathered to hear about opportunities in the area, and particularly at the new Albert Island development site in Beckton.

The Mayor said: "Projects like Albert Island will help place the Royal Docks as London's new gateway to the world. Newham is an attractive location for investment, but that investment doesn't always bring the desired benefits to communities, with residents often being left behind."

She described how developers must develop links with organisations like Newham College to offer residents pathways to training and jobs. "Everyone needs to ensure residents have a genuine stake in this area," she said.



Mayor addresses businesses



The Mayor lays flowers

Flowers salute for fallen officer

Flowers were laid in Stratford by Mayor Rokhsana Fiaz to mark the 21st anniversary of the death of police officer Nina Mackay.

On 24 October 1997 Pc Mackay was stabbed as she and colleagues from the Territorial Support Group entered a property in Arthingworth Street to make an arrest. She died as a result of her injuries.

The Mayor joined police borough commander for Newham Detective Chief Superintendent Richard Tucker, Deputy Mayor Councillor Charlene McLean, Councillors Terence Paul, Susan Masters, John Gray, John Whitworth and Jane Lofthouse, Newham Council chief executive Katherine Kerswell, and police officers to place floral tributes at the memorial erected at the block where Pc Mackay was stabbed.

The Mayor said: "Pc Nina Mackay made the ultimate sacrifice in the line of duty. We must continue to remember her bravery and the commitment she showed to serving our residents."

Tributes to Pc 21 years on

...in brief

Library turns back the clock



The Gatsby-themed party

More than 150 residents turned back the clock to the 1920s and transformed The Gate Library in Woodgrange Road, Forest Gate, with a Gatsby-inspired party night.

The theme of the evening, which took part as part of celebrations for Libraries Week in October, was F.

Scott Fitzgerald's novel *The Great Gatsby* and the parties of fictional American millionaire Jay Gatsby.

Making the evening go with a swing was eight-piece band The Art Deco Night Owls. Residents learned how to do the Charleston with dancer Nikki Santilli and also made art deco accessories.

Events during Libraries Week showed that libraries are important hubs for community and culture where residents can learn skills, meet new people and make friends as well as finding books, music and films to borrow. Other activities during the week included school visits, children's events, a mindfulness event, a robotics lab, author visits and a circus skills workshop.

Cycling stars will return to borough

Global sports stars will return to Newham as the borough helps to host the 2022 Commonwealth Games.

The games, which will be hosted by Birmingham, will bring Commonwealth track cycling to Lee Valley VeloPark in Queen Elizabeth Olympic Park on the tenth anniversary of the London 2012 Olympic and Paralympic Games.

Newham is the only venue outside the West Midlands to host an event. Birmingham 2022 will see 17 sports across 11 days of action-packed competition between 27 July and 7 August 2022.

Team England took home nine medals in track cycling at the 2018 Commonwealth Games in Australia's Gold Coast.

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 3 November (Burnley), 24 November (Manchester City) and 4 December (Cardiff City).

Remembrance tea dance

A Remembrance Day tea dance will be held at the Old Town Hall, Stratford on Friday 9 November.

It will take place from 1.30pm to 4.30pm and each dance costs £3 for residents, so make sure you bring proof of address, or £5 for non-residents. Your entry fee includes three hours of ballroom dance music, refreshments including hot and cold beverages, sandwiches and cake.

It also includes entry into a raffle and a postcode lottery prize draw for Newham residents (bring ID if you would like to enter).

Opinions on housing services

Newham Council is conducting surveys with tenants and leaseholders to gather their opinions on housing services and find out what they think about their property, landlord and neighbourhood. The surveys will be done on doorsteps by interviewers with full accreditation from independent research agency Opinion Research Services (ORS) until December.

2022 Commonwealth Games bonus



Citizens' Assemblies



Mayor Rokhsana Fiaz

It's almost six months since I stepped into office and what a difference those months are already making for residents.

Of course there's still a lot to do and a way to go, but it's thrilling to see significant progress being made in key areas already! That's the reason I stood to become Mayor: to deliver for residents and show how positive change comes through focused and targeted action.

For instance, last week I was delighted to be told that £107 million is coming our way following the bid we submitted to the Mayor of London in September to support my promise to start building homes at social rent levels for residents and to begin to tackle the housing crisis. With more than 27,000 households on our housing waiting list and more than 4,800 households in temporary accommodation I'm excited about what this money means.

While it contributes to just one part of my overall housing delivery plan, which I'll be

revealing soon, it's the highest allocated to any London council. It will help me deliver 1,123 quality homes across 40 sites by 2022.

All the homes will be available at London Affordable Rent levels, with 1,056 at social rent levels. So aside from exceeding my pledge, I'll also be starting to build at least 100 of those homes in my first year of office – another promise I made in May. So there you go, you have a Mayor that delivers on her pledges.

Getting this money is also significant because it reflects the confidence people outside of Newham have in me as the new Mayor and the ambitious programme of change I am delivering. That aside, it shows how I have already hit the ground running in building strong relationships with Mayor of London Sadiq Khan and his team at City Hall including his Deputy Mayor for Housing James Murray.

And I promise you this: I will continue to challenge developers who aren't putting

Mayor Rokhsana Fiaz OBE
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Rokhsana_Fiaz



rokhsanafiaz

Mayor with James Murray and John Gray



Accompanying the police on a raid



forward the right levels of affordable housing units in their applications to build housing; and I'll continue to campaign for a change to the rules on Right to Buy to protect our housing stock. This will be supported by a review of our housing allocations policy and talking to residents because they are at the heart of everything we do.

You'll all know that I have set out a bold and radical vision to change Newham for the better. A key part of that is making the Council more transparent, more accountable and involving residents much more in what we do, including in our decision making.

As your Mayor I'm leading by example! Earlier this month, I changed what is known as the 'scheme of delegation' which means the decision-making power in Newham that was held by the Directly Elected Executive Mayor – in other words me – is now shared

with all members of my Cabinet.

But it is not just about Cabinet. I want to listen to residents and genuinely involve you. I said at my first annual Council meeting that I wanted to make Newham a blueprint for participatory democracy, and having just completed our first round of Citizens' Assemblies, I am delivering on that promise as well.

We had 1,100 people attend across the 16 citizens' assembly events. People appreciated having the opportunity to have their say. You can see what people thought at www.newham.gov.uk/CitizensAssemblies and it's the reason I propose to continue investing in them.

Another of my promises was to combat the violence and crime that disrupts our communities and harms our young people. So when police invited me to join them early one morning as they targeted people suspected of violence and dealing in drugs, I was

keen to join them.

It was part of what is known as Operation Pomerelle and 14 people were arrested. The officers also found a suspected imitation firearm and a substantial amount of cash.

I accompanied Detective Superintendent Zena Marshall who led the operation. Talk about us being Cagney & Lacey! As we went from property to property she told me about the hard graft that goes in ahead of operations like this; how they painstakingly gather intelligence, including information from residents, before banging on people's doors when they least expect it.

These arrests show how police and partner organisations are working hand in hand to target criminality. And any action that keeps our young people safe and prevents them being exposed to or being lured into criminality has to be a good thing.

Time to remember



Remembrance Sunday is a time to come together to remember those that gave their lives in the service of their country. This year's commemoration has added poignancy because it is the 100th anniversary of the Armistice, the agreement in which Germany surrendered to end fighting in Europe during the First World War.

Events are taking place across Newham, including the Shrouds of the Somme art installation at Queen Elizabeth Olympic Park that depicts more than 72,000 people who were killed in the Battle of the Somme.

The shrouds have been hand-stitched by artist Rob Heard and will be laid shoulder to shoulder in hundreds of rows on the park's South Lawn.

The installation will be open from 8 to 18 November. It forms part of a schools programme delivered in collaboration with the Commonwealth War Graves Commission and University College London to engage children and young people. Many Newham schools have signed up to visit and an information pack is available



Some of the 72,000 hand made shrouds

from www.shroudsofthesomme.com

On Sunday 11 November Mayor Rokhsana Fiaz and Newham Council Chief Executive Katherine Kerswell will be attending a service of remembrance at Queen Elizabeth Olympic Park.

On the same day Newham councillors will join residents and members of the Royal British Legion to reflect on the sacrifices made by members of our armed services and civilians in conflicts past and present.

Mayor Rokhsana Fiaz said: "It is important in this centenary year marking the end of the First World War that we remember all those men and women in our armed services, and civilians, who gave their lives to protect us in conflicts past and present. It is their sacrifices that inspire those who serve today and we must never forget them."

Five services will be taking place across the borough on Remembrance Sunday. Everyone is welcome to attend.



Friday 9 November

A service of remembrance will be observed at 10.45am at the Cenotaph in Central Park, East Ham. A two-minute silence will take place at 11am. Schools invited include St Joachim's, St Antony's Primary, St Michael's Primary, St Winefride's Primary, St Bonaventure's and St Angela's Ursuline. Councillor Julianne Marriott will attend.

Saturday 10 November

The East Ham branch of the Royal British Legion will be holding a service at Woodgrange Park Cemetery, off Romford Road, Forest Gate, E7, from 11am to 11.45am.

Sunday 11 November

East Ham Cenotaph, Central Park, High Street South, E6

Members of the Royal British Legion will parade from High Street South to Central Park at 10.30am where the ceremony takes place at the Cenotaph at 10.55am. The service will be led by Rev Fred Ashford-Okai. Deputy Mayor Councillor Charlene McLean and Councillor Terence Paul will attend.

All Saints West Ham Parish Church, Church Street, E15

The service will commence at 10.45am. Guests are asked to be seated for 10.30am. The service will be led by Rev Alex Summers and will be attended by Councillor Joy Laguda and Councillor John Gray.

St Luke's Memorial, Tarling Road, Canning Town, E16

The service will be led by the Venerable Emeka Ejinkonye at 10.45am. Councillors Susan Masters and Julianne Marriott will attend.

St Mark's Memorial, (grounds of Brick Lane Music Hall), Factory Road, North Woolwich, E16

There will be a parade to St Mark's Memorial departing from the Royal British Legion Club in Constance Street, Silvertown at 10.15am. An olive tree will be planted and the service, led by Canon Ann Easter, starts at 10.45am. Councillor Rachel Tripp will attend.

East London Cemetery, Hermit Road/Upper Road, E13

There will be a short service at the cemetery from 10.45am to 11.10am led by Rev Ben Atkins, vicar of St Matthias Church, Canning Town.

Seeds of kindness bear fruit at café

A chance visit with a friend to Crisis at Christmas in December 2006 proved to be a turning point for Tokunbo (Tee) Fabikun, exposing her to the reality of thousands of homeless, hungry people enjoying the luxury of a hot meal and a roof over their heads.

The experience planted the seed for what has become Carpenters Café, a volunteer project for the homeless and vulnerable that provides food and clothing as well as access to showers and basic computer skills.

Tokunbo, 69, who is known as Tee, said: “That’s when my education started – it was the first time I saw so many people who were homeless. Of course, I had seen people begging outside Tube stations but there they were, all together, there were about 2,000 people filling up this three-storey building. To say that I was shocked was an under-statement.”

Tee said she could never forget the man who went from having a home, two pubs and a partner, to being alone, broke and homeless.

“I realised that a lot of people turned to drugs or alcohol to blot out the pain of being homeless or because they are homeless and this really opened my eyes. If I had seen people begging I would have either given them money or bought food for them but this really opened up my eyes and I was very moved.

“My church, Trinity Chapel, always said we should help other people by taking the church into the community but it never clicked before and I did not put it together until I went to Crisis at Christmas.

“I was very moved and started thinking ‘What can I do

to help my fellow human beings?’”

In February 2007 she began writing letters to supermarkets, food retailers, cafes and restaurants, asking them to donate unused food. Many said no, but Pret a Manger said yes. After that, she secured the premises, a fridge and a team of volunteers and within three months, the project was up and running. It now serves as many as 70 people every week at the Carpenters Estate Community Hall, Stratford.

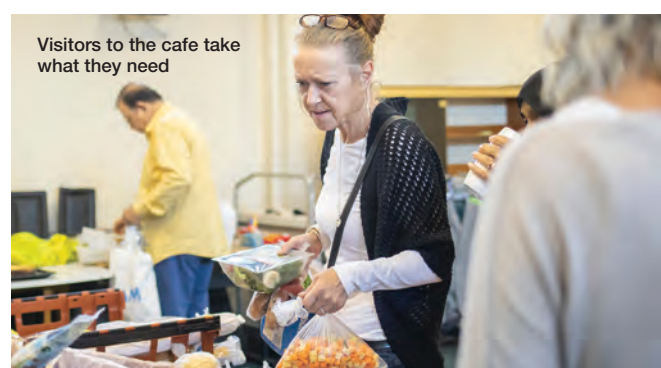
Others soon signed up to support the project, including Sainsbury’s supermarket, the Trinity Chapel church, Community Food Enterprise and the Newham Voluntary Sector Consortium.

Now, Tee and her team of ten volunteers collect the food on a run which starts on Monday afternoon and continues until midnight. They distribute the food on Tuesdays, between 10am and 12noon at the café in Doran Walk, off Carpenters Road.

No one is turned away, there are no questions asked and you don’t need to be homeless to come. Tee said: “It’s not just for the homeless – anyone can come in for a coffee. There are people that come in not because they are homeless but because they are lonely.

“There are people who come here with mental health issues and although we can’t help them ourselves, we can signpost them to people, services and organisations that can.”

Tee, a resident on the Carpenters Estate, is a former computing teacher who used to work at Newham College of Further Education.







Public Health
England



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.

**STAYWELL
THISWINTER**



nhs.uk/flu vaccine



Free

World Diabetes Day

Wednesday 14 November, 1-4.30pm

East Ham Community Neighbourhood Centre and Library
328 Barking Road E6 2RT

As part of World Diabetes Day come along to find out about:

- maintaining good blood sugar levels
- making healthy eating choices
- diabetes and pre-diabetes advice and information
- staying fit and healthy.

Refreshments will be available.

For more information, contact Mikayl Mehtab, on Mikayl.Mehtab@newham.gov.uk or 020 3373 8272 / 07812 675 213.



Newham London

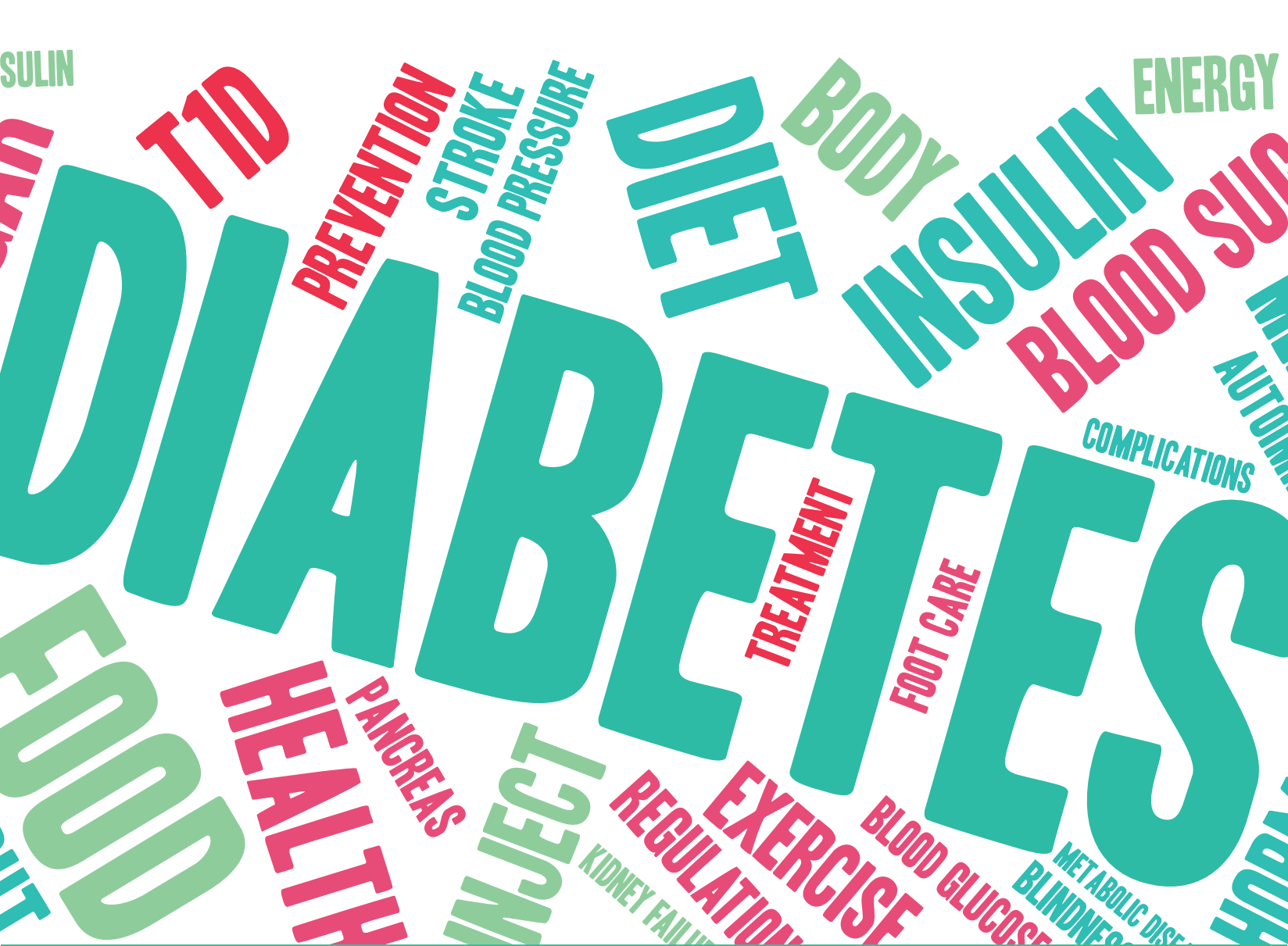


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Helping you manage diabetes

Diabetes is a growing health concern with almost 21,000 people in Newham living with the condition and more than 1,600 people diagnosed with it each year.

Newham Council offers a range of support for residents living with diabetes. For World Diabetes Day on Wednesday 14 November, advice will be available at East Ham Library on diabetes, pre-diabetes and supporting a healthy lifestyle through nutrition and keeping fit.

Residents will also be able to learn more about the different types of diabetes and how to find out if you could be affected.

Type 1 diabetes occurs when the body cannot produce enough of a hormone called insulin which controls blood glucose. Daily injections of insulin keep blood glucose under control, allowing people to do all the things they enjoy.

However, about 90 per cent of people with the condition have Type 2 diabetes, which is a preventable disease that causes sugar levels in the blood to become too high. Long-term Type 2 diabetes can seriously damage your heart, eyes, feet and kidneys.

Symptoms can include tiredness, urinating a lot, feeling

extremely thirsty, cuts and grazes healing slowly, and getting infections like thrush. However, not everyone will experience these symptoms before they are diagnosed.

With the right treatment and care, including a timely diagnosis of diabetes or pre-diabetes, the effects of the condition can be managed with changes to diet, increased activity, weight loss and medication.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "It's important that residents live healthy lifestyles to try and prevent serious conditions like Type 2 diabetes, which can lead to other complications in later life. I'm delighted that we're offering this opportunity to find out more about keeping well and living life in Newham to the fullest."

Anyone can attend the World Diabetes Day event, at East Ham Library on Wednesday, 14 November, from 1-4.30pm. For more information contact Mikayl.Mehtab@newham.gov.uk or visit www.diabetes.org.uk

EXPLORING THE PAST AND OUR HERITAGE



Newham's Heritage celebration, organised by Newham Council in partnership with a range of other organisations, runs from 8 to 18 November. A wide range of walks, films, talks, tours, exhibitions, workshops and activities for people of all ages will be held in venues across the borough highlighting the people, places and events that have shaped Newham into the borough it is now.

This year's Newham Heritage celebration also commemorates significant developments that have shaped the entire country – the centenary of the end of the First World War and women winning the right to vote. From 8 to 18 November, the varied programme will mark the sacrifices of those who fought in the Great War and the women who campaigned for equal rights.

Newham Heritage Launch Event

The programme will be launched at Forest Gate Library in Woodgrange Road on Saturday 10 November from 12pm to 4pm, where residents will be able to immerse themselves in heritage activities and find out about the highlights of the week.

There will be a wealth of information and varied activities available for children and adults, including a children's banner making workshop with the Museum of London, plus interactive activities and workshops with Salmagundi films and much more.



UPCOMING EVENTS IN NOVEMBER

Other highlights include:

Thursday, 8 November

Children's Suffragette Sash and Community Rosette Making Workshops

The Suffragette's sashes and rosettes are notable objects of protest and striking, and were prominent in the suffragette's plight in the early 20th century.

Eastside Community Heritage will host Suffragette sash and rosette making workshops that will pay homage to this historic movement and help a younger generation learn about their vital role in political history. A total of ten workshops will be taking place at libraries in the borough, beginning with the first on Thursday 8 November from 3.30pm to 5pm at Stratford Library. For full details on other locations visit www.newham.gov.uk/heritage

Thursday, 8 November

W.E Wright: The Photographer and His Work

W.E Wright was a late Victorian and Edwardian photographer who had two studios in Forest Gate and another six across East London and Essex. This exhibition, curated by his great-granddaughter and a group of local historians, features some of his extensive work. You can also have a period photo taken as a Victorian. Thursday, 8 November, 6pm to 8pm, Forest Gate Library.

Friday, 9 November

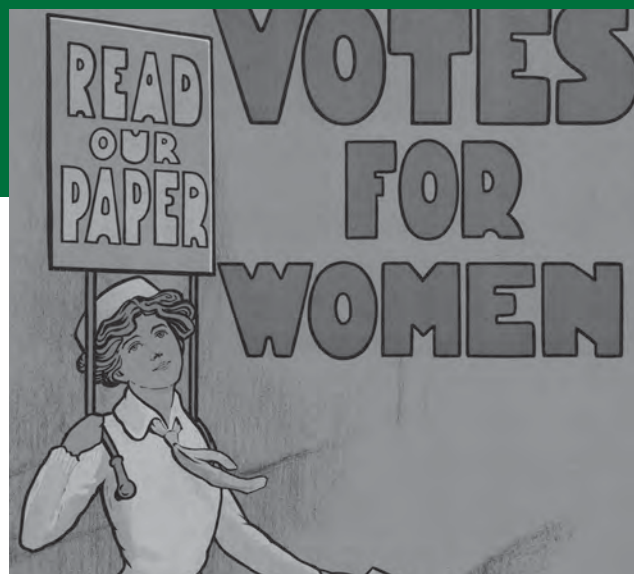
Community Neighbourhoods Heritage Routemaster Bus Tour of Newham

Board an old Routemaster double decker bus for a thrilling tour of Newham which will cover all the major heritage sites of the borough. It will also include historical stop off points, guided commentary, music and audio clips to convey people's real stories and insights into the borough's rich history. Friday, 9 November, Stratford Library. Visit www.newham.gov.uk/heritage for terms and conditions.

Monday, 12 November

Manor Park seen through old postcards

Local historians Peter Williams and Mark Gorman will tell the story of Manor Park 100 years ago, illustrated by local postcard images. To book a place, contact the library, either in person or on 020 3373 0858. Monday, 12 November, 6.30pm, Manor Park Library.



Friday, 16 November

Suffragette Walk

At the turn of the 20th century, Canning Town was one of the poorest areas of London and as such was fertile ground for campaigners of women's rights generally, including the vote. See what has changed over time and how it was changed. Friday, 16 November, 11am, Canning Town Library.

Women's Suffrage Exhibition

A new exhibition developed in partnership between University College London's special collections and the Newham Archives and Heritage department, focusing on the Suffragette movement in the East End. Thursday 8 to Sunday 18 November, Stratford Library.

These are just a few highlights of our Heritage events and activities.

For full details visit www.newham.gov.uk/heritage. Residents can also pick up a brochure in any library.



Lords of Lightning



Cirque Bijou

ENJOY FIREWORKS



Cirque Bijou



Lords of Lightning

Doors open – 6pm • Fireworks display – 7.30pm • Programme finishes – 9.30pm • Bar/Caterers close – 9.30pm
Performances throughout the event

Newham's free fireworks extravaganza at the historic Millennium Mills in the Royal Docks will have an electrifying programme of entertainment supporting the display.

It takes place on Saturday 3 November at Silvertown Quays, North Woolwich Road, E16 2BU, with gates opening at 6pm, entrance is via Burt Road.

The display is organised by Newham Council in partnership with the Royal Docks Team, which was established by the Mayor of London and the Mayor of Newham to redevelop the docks. Sponsorship has been provided by business park developer ABP, Lendlease and Starwood who are working together on the Silvertown Quays development, London City Airport and ExCeL London.

A dramatic musical soundtrack will complement the fireworks. It will open to the electronic sound of Jean-Michel Jarre to mark 30 years since the French composer's Destination Docklands event on Royal Victoria Dock in October 1988.

Mayor Rokhsana Fiaz said: "There is nowhere in London like the Royal Docks and I am proud we can make the most of this historic location to make this year's display more spectacular than ever. The area's history will be reflected in the display. I thank our partners who have kindly sponsored the display."

Heart FM's DJ Roberto will host the evening which has performances from Lords of Lightning, Cirque Bijou, fun fair rides and mouth-watering food options.

Lords of Lightning are a duo who meld creative human movement with electrical wizardry to create a breath-taking show called the Dual. Cirque Bijou push the boundaries of contemporary circus and street theatre with stilt-walkers, light-up puppets and fire performances.

The site will be lit to highlight the spectacular post-industrial structure that is Millennium Mills, throwing light on the many facades of the building.



IN SAFETY

- Entry to the event is through the gates on Burt Road. Residents are advised to walk, cycle or use public transport. Bicycle racks are available near the entrance gates. The nearest station is Pontoon Dock on the Docklands Light Railway.
- There is no public parking on site. Limited Blue Badge spaces accessed from the roundabout on Connaught Bridge opposite London City Airport Jet Centre. For full details visit www.newham.gov.uk/fireworks

Many residents will enjoy the free Guy Fawkes display organised by Newham Council, but many of you may also choose to set off your own fireworks. If you are, follow some simple steps to make sure everyone has a good time without getting hurt.

Remember, remember:

- only buy fireworks marked with the British Standard Kitemark BS7114 and always buy from a reputable shop to make sure they conform
- don't drink alcohol if you're setting off fireworks
- store your fireworks in a closed box
- follow the instructions on each firework
- light fireworks at arm's length, using a taper
- don't go near a firework that has been lit. Even if it hasn't gone off, it could still explode

- never put fireworks in your pocket or throw them
- always supervise children around fireworks and sparklers
- light sparklers one at a time and wear gloves
- never give sparklers to a child aged under five, and remember they can stay hot after they've been put out
- keep pets indoors.

It is against the law for anyone to set off fireworks between 11pm and 7am, except on 5 November when the cut-off is midnight.

If you witness any crime or anti-social behaviour connected with fireworks or know of any illegal bonfires, call our enforcement and safety team on 020 8430 2000 or email asb@newham.gov.uk

GYM, SWIM,* GROUP EX.

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
 Manor Park Fitness Centre, 464 High St N, 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

†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.
 *Swim is not available at Manor Park Fitness Centre.

in partnership with



active
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**STRATFORD
EAST**

**MUST END
17 NOV**

★★★★★
 "Exceptional."
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GET ACTIVE, GET CYCLING



Cllr Tripp and Will Norman with Gainsborough school pupils

Newham Council is committed to making the borough a cleaner, healthier place for our residents by encouraging them take part in active travel and swap polluting car journeys for cycling and walking.

Everyone can make a change towards a more environmentally friendly way of getting around, for example by cycling or walking, and making choices that are better for both our health and the planet. That is why the council, working with Transport for London, is supporting the Quietways programme, a network of continuous and convenient cycle routes on less-busy backstreets across London.

Children from Gainsborough Primary School in Stratford were among the first to get on their bikes and celebrate the opening of a stretch of the Quietway 22 route, which runs along the Greenway for 6.3 kilometres from Wick Lane to High Street South in East Ham.

The council has installed extra lighting, CCTV, and access ramps to make walking and cycling safer and more enjoyable. The final stage of Quietway 22 is due to open next year.

Councillor Rachel Tripp, Cabinet member for environment and highways, joined pupils for a celebratory pedal along with London's Walking and Cycling Commissioner Will Norman from Transport for London.

Councillor Tripp said: "It was fabulous to get out and enjoy the route with the Gainsborough pupils. Will Norman and I were incredibly impressed with how knowledgeable and passionate the children were about the importance of protecting the environment, cutting down emissions from vehicles and the benefits of physical exercise to enhance health and happiness.

"The Quietways project offers a real incentive to all of our residents to move away from polluting transport towards healthier and sustainable methods of getting about. On our afternoon out we saw people of all ages, and all levels of fitness, walking, running, cycling, and even scooting, and enjoying a beautiful afternoon.

For more information about Quietways and cycling improvements in Newham visit www.newham.gov.uk/cycling

NEWHAM HERITAGE



WEEK 2018

Thursday 8 November - Sunday 18 November

Exhibitions, heritage bus tour, films, walks, talks, children's activities, open houses and more. This year we will be celebrating women's right to vote and remembering the end of the First World War alongside many more events and activities highlighting Newham's rich heritage.

Pick up a programme at any Newham Library or go online at www.newham.gov.uk/heritageweek



NEWHAM DEAF ASSEMBLY

LET YOUR VOICE BE SEEN



Have your say about how services in Newham, where used by deaf, deafened, deaf-blind and hard of hearing people can be improved, including Housing, Health, Social Care, Youth and Education.

WHEN: Saturday 24 November, 1-5pm

WHERE: Old Town Hall Stratford,
29 The Broadway,
E15 4BQ

There will be British Sign Language Interpreters at the event. Children are welcome and the event is FREE to attend.

For more information contact
CitizensAssemblies@newham.gov.uk

Putting Newham Residents at the Heart of Everything We Do



The Job: Support Worker

Salary: £20,648 £11per hour

Working pattern: Flexible 24/7

Hours: Full time, Part-Time and Sessional contracts available.

The Good Support Group Limited provide high quality, forward thinking, social care for both children and adults. Our growing organisation has vacancies in both child and adult services due to increasing demand. The company is an ethical employer, with staff representation at board level, decent terms and conditions, high levels of staff training and directors and managers who have worked their way up. Relevant experience and a qualification relevant to health and social care level 3 is preferred but not essential.

An Enhanced Disclosure and Barring check will be required for this role.

Additional Information

For further information please contact Sallyann Alexander HR Officer on The Good Support Group Jobs email. jobs@thegoodsupportgroup.com

Closing Date: 30 November 2018

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Therapy dog delights young patients



Dodger with Belle and nurse Jessica Burrows

A furry friend was just what the doctor ordered when he made a surprise visit to young patients at Newham University Hospital.

Dodger, the Pets As Therapy (PAT) dog, brought smiles to children being cared for in the Rainbow Centre at the hospital in Glen Road, Plaistow. Staff and young people were surprised when they heard the patter of paws and were thrilled to stroke Dodger and feed him dog treats.

The surprise visit was organised by Nancy Whiskin, head of volunteering at Barts Health NHS Trust, which runs the hospital. She supports pet therapy as an excellent initiative to help patients who can feel isolated or anxious while in hospital.

Patient Belle Mace said: "Seeing Dodger was a very big surprise. I liked his ears; he's very gentle and is really well behaved."

Howzat! Pupils launch cricket tournament



Children helped launch competition



Children from Elmhurst Primary School in Forest Gate took part in the launch of one of the biggest cricket tournaments in the country.

They went to the home of British cricket, Lords, to start the competition run by charity Capital Kids Cricket. It will see children from more than 150 schools across 19 London boroughs play more than 250 matches over five months. The final will be at Lords in March.

The winners will receive the William Greaves Trophy, named after the cricket writer who helped set-up the charity 30 years ago. More than 200,000 boys and girls have been given the opportunity to play the game as a result of the competition.

Shahidul Alam Ratan, chief executive officer of Capital Kids Cricket, said: "This is one of the first opportunities children have to take up cricket as a regular sport." For more details visit www.capitalkidscricket.org.uk



Charity celebrates bountiful



A charity that offers a range of services for carers, migrants, refugees or the homeless, held a Harvest Festival to thank its donors and supporters.

The celebration was the third such Harvest event for the Renewal Programme and brought together supporters, donors together with

some of the people who have benefited from its services. It was held at the charity's base in High Street North, Manor Park.

Guests enjoyed an evening of live entertainment, a cake contest, a raffle, as well as a talent showcase from local children. Food donations were collected for the charity's

Refugee and Migrant Project.

Ruth Bravery, chief executive officer of the Renewal Programme, said: "We want to change people's lives for the better. The Harvest Festival is a celebration of the work we have done in our community. We support 5,000 people a year and want that number to grow."



Guests enjoyed the evening

Appeal for donations to help fill tummies



An arts venue that wants to give cash-strapped families and their children a festive treat is appealing to businesses and residents to help them raise funds to make it possible.

Stratford Circus Arts

Centre in Theatre Square, Stratford, is running a Full Hearts, Full Tummies campaign, to provide families who may not otherwise be able to afford a Christmas day out, with tickets to a family show, a hot lunch, and games and activities for just £1.

The aim is to raise £12,000 to pay for parents and children to see an adaptation of Julia Donaldson and Axel Scheffler's classic picture book, The Gruffalo, at the centre between 12 and 20 December.

Tania Wilmer, the centre's director, said: "We want to give families an opportunity to come together and make special memories with their children." To donate or for information contact mia@stratford-circus.com or go online at <https://stratford-circus.com/donations/>

Choir on song to mark commemoration

The All Saints Chorus and Orchestra will perform Beethoven's Symphony No 9 The Choral in West Ham Parish Church to mark 100 years since the end of the First World War.

The well-known symphony has been played at significant events including the fall of the Berlin Wall, the gathering of Chinese students at Tiananmen Square and was sung by Chilean demonstrators against the dictatorship of General Pinochet. It features words taken from Ode to Joy, a poem written by Friedrich Schiller.

The concert takes place at the church in Church Street at 7.30pm on 24 November. The choir is supported by a Go For It grant from Newham Council.

Jon Cullen, choir music director, said: "The sentiment that in joy, all men can become brothers, is a fitting way to mark the conclusion of the 100th anniversary since the First World War ended." Tickets are available from allsaintschorus.org



The All Saints Chorus and Orchestra

Kids' Corner



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

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

Parents, guardians are advised that by submitting an entry with the child's details you are giving permission for the Newham Mag to print their name and age to feature in the gallery. Details provided will not be used for any other purpose. Only the winner's details will be sent to Stratford Picturehouse, the prize provider.

GALLERY

Winner



Kazi Nahiyah Kabir, 8



Imaan Salma Zeddah, 3



Malina Volos, 7



Kazi Ayan, 6

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 Word-Fit

Jokes

- Q** What did Cinderella say when her photos did not show up?
A Someday my prints will come!
- Q** What goes up and down but doesn't move?
A Stairs.
- Q** Where should a 500 pound alien go?
A On a diet.
- Q** What did one wall say to the other wall?
A I'll meet you at the corner.
- Q** What did the paper say to the pencil?
A Write on!
- Q** Why do bicycles fall over?
A Because they are two-tired!
- Q** Why was the broom late?
A It over swept!
- Q** What did the stamp say to the envelope?
A Stick with me and we will go places!

Word-Fit

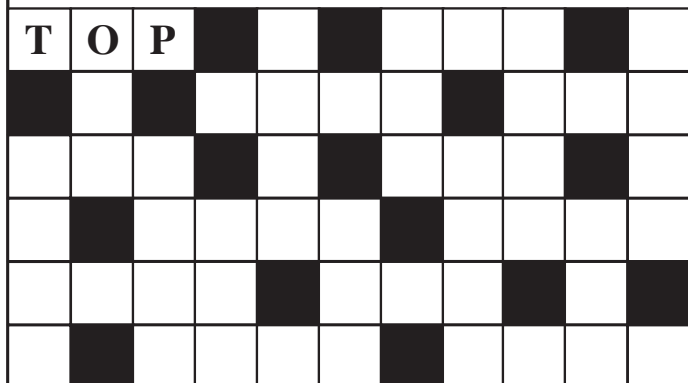
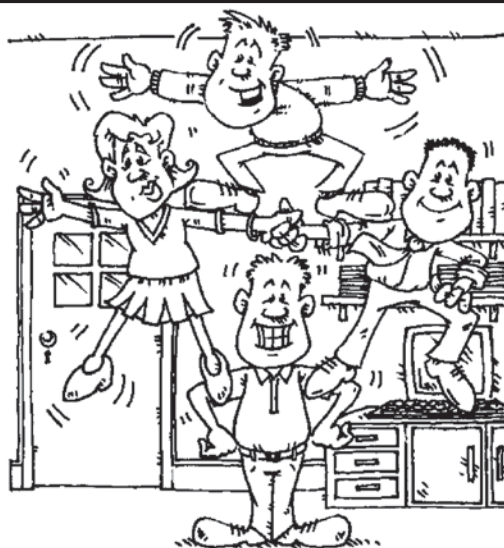
You must fit all the words into the grid

3 letters

AGO
 ARK
 JAB
 JET
 NAP
 OUR
 OWL
 ROE
 TOW
 USA

4 letters

AJAR
 ARNO
 BLUE
 BOWL
 CLUE
 DEEP
 EXAM
 IRON
 JUNE
 KIND
 OBOE
 SUMO



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, 1-2pm, 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, 8.15-10.30am, Forest Gate CNC; Mon, 10.45-11.30am, Canning Town; Sat, 10-11am, Beckton; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford

Triple P Parenting 🌍 Parenting techniques for children aged 18 months+. Weds, 12.45-2.45pm, Manor Park CNC Thurs, 9am-12pm, Canning Town & Custom House CNC

Bumps and Babies 🌍 For expectant parents, parents and carers of babies under 18 months. Fri, 1-3pm, Forest Gate CNC

Community Golf Come and experience golf in the library. Equipment provided. Wed, 9.30-10.30am, Forest Gate CNC; Fri, 11.30am-12.30pm, 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

Move it to Music 🌍 An interactive session designed for children with parents and carers to get active through music and dance. Mon, 1.30-2.30pm, 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



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, 4.30-6pm, 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

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

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. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm; Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri, 4-5pm, 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



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, 5-6pm (beginners), Thurs, 6-7pm (improvers), 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; Thurs, 5-6pm, Plaistow; Thurs; 5-6.30pm, Sat, 11am-12.30pm, Manor Park CNC

Do It Online (18+) 🌐 Computer classes. Weds, 10am-12pm, Stratford; Thurs, 1.30-2.30pm, North Woolwich; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton; Thurs, 11am-1pm, Green St; Tues, 10am-12pm, East Ham CNC; Mon, 1.30-3pm, Forest Gate

English Conversation Club Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, 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; Mon, Fri, 11am-12.30pm, Beckton Globe

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

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

Creative English 🌐 Programme of English speaking and listening lessons from 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. Weds, Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St

Crochet 🌐 Learn how to crochet. All ages welcome. Mon, 10am-12pm, Plaistow

Criss-Cross Pottery Club Join the Criss Cross potters for an arts and crafts workshop. To book, call Chris Wong on 0750 691 3032. Mon, Tues, 10.30am-3.30pm, Beckton C.C

Diabetic Clinic Drop-in clinic for adults. Weds, 2-3pm, Custom House & Canning Town CNC

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 🌐 Singing sessions for people with dementia and their carers. 2nd Mon of the month, 2-4pm, Stratford; Last Tues of the month, 1-3pm, Shipman Youth Club, 340 Prince Regent Lane, E16

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

Quiet In Mind Quiet your mind with four classes for free. Wear exercise clothes and bring water, notebook and pen. Book a place on www.eventbrite.co.uk Weds, 10-11am, Beckton C.C.

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

Manor Park Seen Through Old Postcards 🌐 A rising locality – the life and times of Manor Park at the turn of the last century. Local historians Peter Williams and Mark Gorman will tell the story of Manor Park 100 years ago, illustrated by local postcard images. All ages. Mon, 6.30-8.30pm, 12 Nov, Manor Park CNC

Archibald Corbett: The Man and His Houses 🌐 A one-hour professionally produced film about the remarkable story of the man behind the Woodgrange Estate and Forest Gate's iconic clock and water trough, followed by a Q&A with the film's producer and a local historian of the estate. Thurs, 6.30-8.30pm, 15 Nov, Manor Park CNC

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.](#)

Art Expression A voluntary group set up by the Stroke
Association for people affected by a stroke to help in their
recovery and perhaps discover a hidden talent. All abilities

welcome. [Mon, 1-3pm, Beckton Globe.](#)

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

Dance For Fun 🌐 Community dance sessions. [Sat,](#)
[3.15-4.30pm, Custom House & Canning Town CNC](#)



BOXING AND
SELF DEFENCE

Boxing and Self Defence [Tues, 5-6pm \(16+\), 4-5pm](#)
[\(6-11yrs\), Jack Cornwell C.C.](#)

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](#)

Taekwondo (4-14) 🌐 Learn new martial arts skills. [Sat,](#)
[12-1pm, Custom House & Canning Town CNC, Fri, 6.45-](#)
[7.45pm, Green Street](#)

Women's Boxing [Mon 9.15-10.15am, Katherine Rd C.C](#)

Self defence and fitness [Fri, 8-9am, East Ham CNC](#)

Boxing Ideal for beginners or those with limited
experience. Book in advance. Newham library members
only. [Thurs, 1-2pm, Forest Gate CNC](#)

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 Library](#)

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, \(16yrs+\), Sat 11am-12pm, \(9-12 yrs\),](#)
[Jack Cornwell C.C.](#)

Tai Chi Sword Class [Weds, 10.30am-12pm, Beckton C.C](#)

A1 Judo Club Cost is £6 per session. Visit www.a1judo.com
for more details. [Sat, under 8s 2.30-3.30pm; over 8s](#)
[3.30-4.30pm \(8-14 years old\) East Ham Leisure Centre.](#)

Women's Self Defence Class No experience required.
Equipment will be provided. Four week sessions end 19
Nov. [Mon, 10.30-12.30pm, Katherine Road 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 [Thurs, 4.30-6pm, St John's](#)
[Green, Albert Rd, E16; 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](#)



HEALTH AND
FITNESS

Salsa Come along and take the opportunity to immerse
yourself in the rhythms of Latin America. This is your
chance to master essential Salsa steps in a fun, friendly
and energetic environment. [Fri, 6.15-7.15pm, East Ham](#)
[CNC; Sat, 6-7pm, Custom House & Canning Town CNC](#)

Stratford Judokwai

Mixed classes for men and women, for recreational

and competition judo. [Tiny tots \(5+\). Weds, 6.30-8pm;](#)
[juniors \(9+\), Tues, 6.30-8pm, Thurs, 6.30-8pm; youth](#)
[\(13+\) seniors, Tues, 8-9.30pm, Thurs, 8-9.30pm, senior](#)
[beginners, Weds, 8-9.30pm. Carpenters & Docklands](#)
[Centre in Gibbins Road, Stratford, E15 2HU. Contact](#)
[Mick Foulger on 07985601260 or Paul Willis on](#)
[07836659605, or mick1f@talktalk.net or paulwillis83@](#)
[live.co.uk for more details.](#)

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

HEALTH AND FITNESS

Pilates Classes (18+) 🌈 Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, 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; Tues, 11am-12pm, Plashet Park at Manor Park, meeting point next to cafe

Zumba Registration essential. Bring water and a towel, for all ages and abilities. Mon 9.30-10.30am (£3) Fri 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; Mon, 7-8pm, £2 per session, East Ham Town Hall; Tues, 9.30-10.30am, over 50s, Forest Gate (booking required)

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

Green Street Striders Whether you're walking to improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Meet at Green Street Library, Sat, 10.30-11.30am, Green Street

Cycling Lessons 🌈 Beginners; Mon, 12-1.30pm, Weds, 10-11.30am; Advanced; Fri, 10am-12pm. Unit 4, Nelson Street Studios, 2 Nelson Street, Canning Town. Call 020 7055 0808 for details

Capoeira Brazilian martial arts and dancing, Mon, 4-5pm, Canning Town

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

50+ ACTIVITIES

Bingo 🌈 Mon, 11.30am-1.30pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C., Thurs, 7-9pm, Jack Cornwell 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, 1.15-2.15pm, Canning Town CNC; Tues, 10.30-11.30am, Stratford

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.

Line Dancing £1 per session. To book, call 020 7476 1666. Royal Docks Learning & Activity Centre, Albert Rd, E16; Mon, 6.30-7.30pm, Canning Town CNC

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

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

Ballroom Dancing Mon, 10am, £4 per session, St. Paul's Church Centre

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

Soca Fitness 🌈 Join in for simple, fun, fitness workouts. Tues, 1.30-2.30pm, Jeyes C.C.

Tea Dance Only for over 55s. Call 07930352453 for details. Weds, 2.30-4pm, Custom House & Canning Town CNC

Fit Club 50+ group social club with dance and chair based exercise for free. Weds, 1-3pm, Beckton C.C

Over 50s Social Club Friendly community group offers a game of dominoes, cards, bingo, a light lunch (£2) and much more. Tel: 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.

Older People's Day celebration Join us to celebrate fun-filled session with music, dance, fitness, yoga and light refreshments. Tues, 10.30am-2pm, 6 Nov, Jack Cornwell 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.

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

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. All standards welcome. £2.05 charge. **Fri, 1-3pm, East Ham Leisure Centre, 324 Barking Road, East Ham, E6.** Call 07930 162505 for more details.

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, E15 4PT Contact: playtennis@activenewham.org.uk

Football and boxing  60A Albatross Cl, London E6 5NX. For more details, email: AJohny@westhamunited.co.uk **Sat, 10am-12pm**



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, 12 Nov, 6-9.30pm, Community Neighbourhoods Citizens' Assemblies – Next Steps, Custom House & Canning Town CNC; 7pm, Local Development Cttee; Tues, 13 Nov, 7pm, Strategic Development Cttee, Old Town Hall, Stratford; Weds, 14 Nov, 7pm, Health & Wellbeing Board; Thurs, 15 Nov, 6pm, Cabinet**

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Limited slots available. **24 Nov, 10am-12pm, Forest Gate Library, Woodgrange Road, Forest Gate.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries **Weds, 7 Nov.** 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

LET YOUR VOICE BE HEARD

Your November Citizens' Assemblies

Join us for the second round of Citizens' Assemblies to comment on and develop the ideas and challenges identified in your area. Help to create a shared vision for the place where you live, to shape its development and growth, and set priorities for a local community plan. Join us at your local Citizens' Assembly.



Your November Citizens' Assemblies

Community Neighbourhood	Time	Date	Venue
Plaistow	6-9pm	Thursday 8 November	Barking Road Community Centre, 627-633 Barking Road, E13 9EZ
Custom House & Canning Town	6-9pm	Monday 12 November	Canning Town Library, 18 Rathbone Market, Barking Road, E16 1EH
Green Street	6-9pm	Tuesday 13 November	Katherine Road Community Centre, 254 Katherine Road, E7 8PN
Stratford & West Ham	6-9pm	Tuesday 20 November	Old Town Hall Stratford, 29 The Broadway, Stratford E15 4BQ
Manor Park	6-9pm	Wednesday 21 November	Jack Cornwell Community Centre Jack Cornwell Street, E12 5NN
East Ham	6-9pm	Thursday 22 November	Newham Town Hall, Barking Road, East Ham, E6 2RP
Beckton & Royal Docks	6-9pm	Wednesday 28 November	Beckton Community Centre, 14 East Ham Manor Way, Beckton, E6 5NG
Forest Gate	6-9pm	Thursday 29 November	Forest Gate Learning Zone, 1 Woodford Road, Forest Gate, E7 0DH

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

For more information contact CitizensAssemblies@newham.gov.uk

Putting Newham Residents at the Heart of Everything We Do.

Free

Newham London



GUY FAWKES NIGHT

**SATURDAY 3 NOVEMBER
GATES OPEN 6PM**

**Silvertown Quays, Royal Docks, E16 2BU
(off North Woolwich Road)**

**For full details visit
www.newham.gov.uk/fireworks #NewhamFireworks**

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