



08

Support for families



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Taste of success



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Get flu protection

# the new wham mag

issue 401 // 19 Oct – 01 Nov 2018 // Every fortnight



## Cleaning up our borough

Tackling fly-tipping (p16)

Look out for the next issue from **2 November 2018.**

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# News

## Rogue landlords cough up Council Tax

**Newham Council's private rented sector licensing scheme has now recovered more than £5 million in Council Tax from rogue landlords renting out houses in multiple occupation.**

Newham's Private Rented Sector (PRS) licensing scheme first began five years ago but was forced by the Government to re-launch from scratch in March. Since its restart the PRS team have processed and issued more than 30,000 new licences.

In the same period the team has taken action against landlords in 120 cases where serious and dangerous disrepair was discovered or landlords were breaking the law.

Councillor John Gray, Cabinet member for housing, said: "This £5 million, which would have been lost to the council and therefore the taxpayer, has been recouped by the private rented sector team, and will help us fund the crucial services that our residents rely on, from elderly care, to supporting our young people."

The council would like to thank those landlords who have joined the new scheme, but remind those that have not yet applied that failure to get a licence can result in fines of up

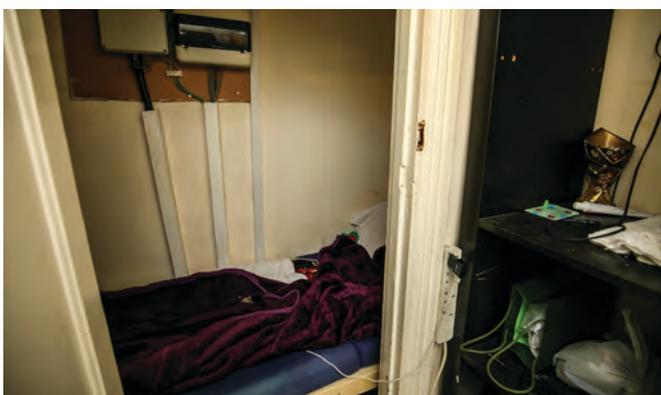
to £30,000 or a criminal prosecution and unlimited fines.

In addition, from 1 October this year, new regulations mean properties, no matter how many floors they are arranged over, which are rented to two or more households, and/or five or more occupants, require a mandatory HMO licence.

The new legislation won't affect most Newham landlords as they are already required to get a licence to rent out to three or more individuals through Newham's Additional HMO Licensing Scheme. The exception is some landlords in the E20 part of Stratford and New Town ward who will now be required to obtain a HMO licence where previously they were not required to.

Councillor Gray said: "I would urge any landlords to engage with our team especially if they are unclear about the new regulations. We genuinely want to work with landlords to create a fair rental market for them, and for all our residents. Together we can work to drive the rogues out of the market and improve the lives of tenants."

If you are a landlord and are unsure about any aspect of the Newham licensing scheme, or you want to apply online, visit: [www.newham.gov.uk/propertylicensing](http://www.newham.gov.uk/propertylicensing)



The scheme will tackle properties like this



Conditions found in unlicensed properties

## Scheme recovers £5 million

# News

## Young people are keen to help

Mayor Rokhsana Fiaz was invited to be the special guest at a community fun day to see some of the activities on offer to young people in Canning Town.

The CanningFEST event was organised by FindX Community Initiatives, a partnership made up of young people from all walks of life with a desire to contribute positively to the continued transformation of the borough.

Among the activities that the group of volunteers offer is youth mentoring, after-school clubs, holiday camps, GCSE revision classes, fitness sessions for young people, organising activities for older people, street cleaning projects, cyber awareness training and computer coding classes.

The fun day, which took place at The Hub centre in Star Lane, was also attended by Canning Town North ward councillor Canon Ann Easter. The Mayor said: "It was inspiring to see the lengths that some young people are going to, to support others."



The Mayor and Cllr Easter at the fun day



Cllrs McLean and Masters at the event

## Promoting wellbeing in the workplace

Businesses and local employers took part in a series of workshops to learn about promoting mental health and wellbeing in the workplace.

Deputy Mayor Councillor Charlene McLean and Councillor Susan Masters, Cabinet member for health and adult social care, attended the event organised by Newham Council's employment service Workplace to mark World Mental Health Day.

Other organisations that contributed included the Department for Work and Pension, the National Health Service, and the Shaw Trust, a national charity which helps disabled and disadvantaged people into employment and independent living.

Councillor Masters said: "Mental health problems can affect people at work and those trying to find employment. It is imperative that employers work to ensure those affected receive the relevant support."

For information about supporting employees to deal with mental health issues, contact Joseph Kunyeda at Workplace on [joseph.kunyeda@newham.gov.uk](mailto:joseph.kunyeda@newham.gov.uk)

# Support for mental health at work

## ...in brief

### More changes to town centre



The next stage of the transformation of Stratford town centre comes into effect on 22 October when the whole of Great Eastern Road and The Grove will have two-way traffic.

Plans for an improved town centre were developed by Newham

Council over a two-year period in consultation with residents and local businesses. Traffic on Stratford Broadway, between High Street and Romford Road has been two-way since last month. The improvements include separated cycle lanes, new crossings, wider pavements, trees and shrubs, and better lighting.

Councillor Rachel Tripp, Cabinet member for environment and highways said: “The former one-way system was frustrating for many residents. The changes will make it easier and safer for pedestrians and cyclists to make their way around Stratford.”

The whole town centre transformation is expected to be complete by next Spring. More details on the project can be found at [www.newham.gov.uk/Stratford](http://www.newham.gov.uk/Stratford).

### Health centre plan

A new multi-million pound health centre is proposed for the Royal Docks after Newham Council together with East London Foundation Trust (ELFT) and Newham Clinical Commissioning Group (NCCG) agreed a 999-year lease on a property in Royal Wharf.

GP services are set to be offered at the Pontoon Dock Health Centre alongside a range of community health, social care and a variety of clinical services. The site for the centre has been acquired by the newly established Health & Care Space Newham, set up by the partners to deliver new health facilities and keyworker housing. Royal Wharf is the first acquisition for HCSN.

### 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 31 October (Tottenham Hotspur) and 3 November (Burnley).

### Opinions on housing services

Newham Council is carrying out surveys with tenants and leaseholders to gauge opinions on housing services and discover 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) between October and December.

### Information exchange

An information exchange day will take place on 1 November at the Old Town Hall in Stratford for parents and carers of children with special educational needs and disability. Residents can find out what is available from local and national organisations as well as teams from Newham Council, from 10am to 2pm. For more details contact [susan.gowans@newham.gov.uk](mailto:susan.gowans@newham.gov.uk)

## Multi-million pound health centre



Cllr Tripp and the Mayor and residents at the fly-tip workshop



# Mayor Rokhsana Fiaz

**Mayor Rokhsana Fiaz OBE**  
**Mayor@newham.gov.uk**

 **@rokhsanafiaz**

 **Rokhsana\_Fiaz**

 **rokhsanafiaz**

**“What has the Council ever done for us?” It’s a phrase I heard often before I became Mayor. That’s why I’ve invested in our citizens to put residents at the heart of what we do as a council and to make sure we become open and transparent about the services we deliver for you.**

There are a number of other really important things I want to do for the people of Newham such as making our young people safe, building genuinely affordable homes and tackling fly-tipping. I also want to invest in citizens’ assemblies.

But I can only do that if we are able to set a balanced, deliverable budget where we look closely at every penny we spend and are clear about the positive outcomes we want to see for residents. That was the promise

I made when I was elected, which is why I called in outside experts to help me go through everything the previous administration spent money on so that we can really start tackling the many challenges facing our borough which for too long had been neglected.

Part of that means looking at all the options, including potentially raising Council Tax, which hasn’t been done for the past ten years. Freezing Council Tax for this long has cost us £82 million which could have been spent on services for residents, genuinely affordable homes for families, tackling homelessness and activities for our young people.

So the time has come to look at this again and whatever we decide, we’ll make sure we have an open conversation with our residents around

On the Carpenters Estate with John Healey, Shadow Secretary of State for Housing



Investing in citizens' assemblies



Council Tax including the options available to us to ensure the right support is available for residents and families on low-incomes.

.....

Recently I saw a play called Legacy about the impact of the 2012 Games on communities, focusing on the lives of residents on Stratford's Carpenters Estate. Proposals for the estate have appeared in different forms over many years and I'm aware of the turmoil this has caused those living there.

Since becoming Mayor I've paid several visits to the estate to meet residents and understand some of their issues. I've listened to their concerns and can understand why they feel they haven't been listened to. They've lost confidence and trust in the council and I intend putting

that right.

I will continue to have meaningful and honest conversations with them and I have promised they will play a significant role in its redevelopment with a proper resident-led masterplan that includes the largest proportion of social rent homes as possible, aiming for fifty per cent. We cannot ignore the opportunity the estate presents to increase the number of homes in the borough, however it's important that we get this right. That means listening to residents

.....

One of my other commitments is to deal with fly-tipping and keep our borough clean. That's why I get angry when I see our borough being disrespected by others who think throwing rubbish or dumping waste in

our streets is acceptable. Each year 75,000 fly-tips are collected and did you know that household rubbish is the most common type? That's why working together to resolve this is really crucial! So I was really pleased to spend time at East Ham Town Hall recently with a committed group of residents from across the borough at our first ever #TacklingFlytipping workshop with the help of Keep Britain Tidy.

We've begun the conversation with them, developing a plan of action plus creating a ton of ideas to deal with fly-tipping that has increased in the borough.

Working with our residents is crucial because we all know that dumping rubbish in Newham is not ok, but together we can crack this!



# Helping families

**Living in a home with domestic abuse can be a frightening, lonely and isolating experience for anyone, but particularly for children. Help is available from a team of professionals who support parents through difficult times and work with them to make the changes so they can live free from abuse.**

The team of social workers, family therapists and teachers, collectively known as NewDAy, is operated by Newham Council's children's services department and works with partner organisations to support families with children and young people.

Shema Begum, programme manager at NewDAy, said: "Witnessing domestic abuse is a form of abuse itself and can have a serious impact on a child's wellbeing and development, especially their emotional and mental health.

"Many families feel ashamed or reluctant to talk to

anyone about what is happening in their homes. We want them to know that they can come to us for support for anything that is happening in their homes which is harmful.

"Although we can't guarantee to solve everyone's problems, with the help of professionals connected to families, we can offer parents the opportunities to make changes that can help them live free from abuse."

The support the team provides varies from family to family and depends on their particular needs.

Some examples of their work are:



**NewDAy**  
 Improving lives with  
 children & families



# change

## Improving inter-parental relationships - Family A

A father and mother were often arguing and there was a serious incident of physical violence where the mother and ten-year-old son were hurt.

The parents asked professionals to help with their relationship. NewDAy worked with both parents for six months, supporting them to talk about what happened and how they would deal with these types of situations in the future.

After receiving support, the mother said she felt safe around her husband and that she could have honest conversations about their problems without it resorting to violence. Both parents said they felt the approach taken was respectful and supportive and that they didn't feel judged.

The NewDAy team also worked with their son in one-to-one sessions to build his resilience and help him manage his emotions. Towards the end of his sessions, he said he felt happier and less worried about his parents arguing.

## Supporting children in education - Family B

A family were informed about the NewDAy education support offer, but initially they were worried that there would be too much involvement from professionals in their lives. Because education was very important to them, they didn't want their children to be treated any differently at school. After a conversation with a NewDAy teacher over the phone, they felt reassured and thought it could be helpful.

Their son was behind in Maths and English and had been having trouble with friendships at school. A NewDAy teacher spoke to the boy, the school and his parents and came up with a plan that supported his emotional wellbeing in school through play therapy as well as help with Maths and English.

For more information visit [www.newham.gov.uk/newday](http://www.newham.gov.uk/newday). In an emergency call 999. For support visit [www.newham.gov.uk/domesticviolence](http://www.newham.gov.uk/domesticviolence)



This year's awards recipients

# Charlie and the chocolate factory

Newham Council believes in the dynamism of its local businesses and the contribution that young entrepreneurs make to the local economy. They all bring fresh ideas and are the reason why Newham Council sponsored the Young Entrepreneur of the Year award for the third year running at the Newham Business Awards which celebrate the success of our companies.

The event was organised by Newham Chamber of Commerce, a membership organisation that supports local businesses to thrive in the face of tough competition in the world of commerce.

The awards ceremony was held at the Old Town Hall in Stratford where more than 250 guests attended. Among them was Newham Mayor Rokhsana Fiaz, who spoke with passion about her interest in supporting small businesses, the important contribution they make to the area, and her community wealth building agenda. Newham councillors Josh Garfield and Gen Kitchen also attended.

A total of 13 awards were handed out by representatives from sponsors. The awards included the

council-sponsored Young Entrepreneur of the Year award, a category open to a young business owner or employer who has demonstrated vision and creativity.

The winner was Charlie Claydon, founder of the Well-Bean Company, a limited company based in Beckton, established in January 2017. It produces luxury plant-based chocolates that are handcrafted from cocoa beans. Profits help support mental wellbeing projects in the UK. Charlie was inspired to launch the company after experienced problems with his mental health.

The Well-Bean Company also won the Sole Trader/Micro Business and the Business of the Year awards.

Charlie said: "We were just so grateful to be nominated but I am still coming to terms with winning three awards.



Charlie Claydon



Cllrs Kitchen, left, and Garfield, with Charlie



The Mayor spoke at the awards

The awards mean that now we know we are on the right path and that's really important when you are starting out.

“The awards have also given us a platform that we have not had the opportunity to build until now because we have just been so busy making chocolate.” His aim is to promote the positive relationship between good food and wellbeing.

Mayor Rokhsana Fiaz said: “Businesses, both new and old, put in a great deal of effort to deliver products and services that make a big difference to our lives and awards like these give us the opportunity to give them the recognition they deserve. It takes a great deal of effort to get a new business off the ground and it was a real privilege to meet the people behind some of our budding businesses. In my book they're all winners so well done to each and every one of them.”

**The award winners were:  
Business of the Year**

Winner: Well-Bean Company  
Sponsor: Aspers Casino

**Young Entrepreneur of the Year**

Winner: Well-Bean Company  
Sponsor: Newham Council

**Business Person of the Year**

Winner: Zulfiqar Somji  
Sponsor: Canary Wharf Group

**Customer Service – Large Business**

Winner: McDonalds  
Sponsor: Ankh Service

**Green Business**

Winner: A13 Steel  
Sponsor: McDonalds

**Training and Development**

Winner: Ixact Limited  
Sponsor: Newham College

**Civic and Community Engagement**

Winner: Sports Academies  
Sponsor: University of East London

**Corporate Social Responsibility**

Winner: Barking Enterprise Centre  
Sponsor: London City Airport

**Sole Trader/Micro Business**

Winner: Well-Bean Company  
Sponsor: Alan Patient

**Best Innovation**

Winner: Infertile Life  
Sponsor: Tate & Lyle Sugars

**E-Business of the Year**

Winner: Infertile Life  
Sponsor: Gallions Reach Shopping Park

**Small/Micro Customer Service**

Winner: Enabled Living Healthcare  
Sponsor: Stratford Original

**Business Growth**

Winner: A13 Steel  
Sponsor: East End Community Foundation

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To find out more call **0300 124 0123**<sup>†</sup> or visit  
**www.activeNewham.org.uk**

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

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# Look after your sexual health



**Whoever you are, and whatever your concern, a new service has been launched to support you with practical and independent advice with all matters to do with sexual health.**

All East, a new integrated sexual health service provided by Barts Health NHS Trust, was formally launched at the Sir Ludwig Guttman Health and Wellbeing Centre in Stratford earlier this month.

It covers the boroughs of Newham, Tower Hamlets, Waltham Forest and Redbridge and offers free, confidential sexual health services covering everything from sexual health screenings and HIV testing to contraception as well as general advice and support.

The new centre of excellence is one of the largest sexual health clinics in the country and expects to see 30,000 to 40,000 service users a year.

Mayor Rokhsana Fiaz and Councillor Susan Masters, Cabinet member for health and adult social care, attended the launch event together with the lead members of Tower Hamlets, Waltham Forest and Redbridge councils and the Chief Executive of Barts Health NHS Trust.

As well as the new centre, residents can also access a number of local satellite health clinics across the borough, including:

- Shrewsbury Road Health Centre, Forest Gate, (appointment only)
- Blakeberry Pharmacy, High Street South, East Ham, (opposite Newham College of Further Education)
- West Ham Lane Health Centre, West Ham.

People can just walk in to most of the clinics to use the service or book a slot online, with results provided as quickly as possible, sometimes on the same day.

Councillor Masters said: "It is wonderful that our residents will have access to fast, professional and discreet sexual health services at this centre of excellence which is not only based in Stratford but is being used every day by those who need it. On top of that, our residents can access the same amazing services across the borough at local clinics and that can only be good for their health and wellbeing."

For more information about the new service or to book an appointment visit [www.alleast.nhs.uk](http://www.alleast.nhs.uk)



Amarachi Uzowuru

**Lots of us love chocolate but Forest Gate entrepreneur Amarachi Uzowuru has taken her passion for it to a whole new level by making her own.**

Amarachi, 35, known as Ama, began her journey as a chocolate maker in 2014 when she began looking closely at the ingredients listed on the wrappers of her favourite bars.

The amount of sugar, preservatives and other ingredients, spurred her to find out more about how chocolate is manufactured and she soon discovered there were very few people who made it from scratch.

Despite knowing next to nothing about making chocolate, Ama and her husband Andy Clarke,

embarked on a steep learning curve to find out about sourcing cocoa beans, importing them, roasting them and using coconut sugar as a sweetener.

Ama, who originally planned on becoming a computer programmer, wanted to source the beans ethically thanks to the political background she gained as Vice-President of the National Union of Students after studying at Coventry University and Queen Mary University in London. She studied computer science and engineering project management respectively.

She was also determined to stay away from white, refined sugar. Ama said: "I really started questioning chocolate – it is supposed to be the food of the gods but where has all this other stuff come from? We knew it was going to be a hard sell to make a chocolate without sugar, but I just couldn't make chocolate with white sugar. It's something I don't even have in my house."



# Chocolate that's not naughty, just nice

Although she was working full-time at a tech start-up company called Propagator, Ama decided to focus on making chocolate after attending a chocolate festival in September 2014. She and Andy were so excited that they decided to create their chocolate in time for an upcoming show in March 2015.

They began roasting various cocoa beans for different lengths of time to gauge flavour and trying to figure out how to sweeten the chocolate. Ama said: "That was in December 2014 so Christmas that year was cancelled. We spent the whole time trying out recipes and trying to source the beans as well."

There were hiccups and obstacles, not least the fact that they had to import sacks of cocoa beans even though neither had any experience of importing.

However, they managed to get their chocolate, called Lucocoa, to the show on time where it sold out. Ama

then refined her recipe and sold the chocolate at Brick Lane market in Whitechapel. She also came up with a milk chocolate variety and branched out into Primrose Hill Market, while still working full-time for UNICEF.

Ama said: "Our cocoa beans are ethically sourced from local co-operatives and farms in Guatemala, Haiti, the Dominican Republic and Belize, so we know that the money is used to support the local community and community projects. For us, ultimately, it is about ethical sourcing and the flavour.

"Our chocolate is ethical and has no refined sugar. It is bean to bar over three days a batch and we are London's first bean to bar chocolate maker."

The Lucocoa Chocolate brand is now sold at a range of specialist stores, including the restaurant Arch Rivals in Winchelsea Road, Forest Gate. For more details visit [www.lucocoachocolate.com](http://www.lucocoachocolate.com)



# FIGHTING FLY-TIPPING



Cllr Tripp and enforcement officers examine a flytip at Lower Lea Crossing

**Mayor Rokhsana Fiaz has promised to put residents at the heart of decision-making, to listen to them and to have conversations with them on issues of concern. The recent Citizens Assemblies held across the borough have flagged up how people's lives are being blighted daily by fly-tipping on street corners, next to trees or by bins. That is why Newham Council worked with Keep Britain Tidy to host an event to look in more detail at this specific issue.**

Thirty of Newham's most ardent campaigners against fly-tipping – where waste, both domestic and commercial is dumped on the borough's streets and green spaces – were invited to East Ham Town Hall to discuss how this environmental crime can be tackled by the council and residents.

Working with council officers, the campaigners took part in a day of workshops led by Keep Britain Tidy, to define, challenge and work on solutions to the problem.

The Mayor and Councillor Rachel Tripp, Cabinet member for the environment and highways, joined them. Councillor Tripp said: "This is the first time we've come together in this way to really look at the problem of fly-tipping.

"It's about really listening to people, doing things together to make things better, feeding back honestly about the changes we can make, the challenges we face and what the outcomes are. It's also about increasing our, and residents' understanding of the problem of fly-tipping, by looking at our experiences and Keep Britain Tidy's extensive research to work towards meaningful solutions.

"This is a fundamental change in the way the council now wants to work under the new administration headed by the Mayor."

Attendees were asked to define fly-tipping and examine the drivers which lead people to dump waste on the streets. They were then challenged to come up with solutions.



# WITH YOUR HELP



Cllr Tripp and the Mayor and residents at the fly-tip workshop

Among the most popular suggestions were for the council to create a welcome pack to be distributed to private landlords to give to new residents explaining their responsibilities. It would contain information about bin collection times, dates and pick-up points.

Other ideas included educating children in schools about taking responsibility for disposing of waste, a buddy system to encourage neighbours to share bulky waste collections, community spruce-ups, and introducing love your ward weekends to bring communities together dispose of waste together.

Newham Council will work with Keep Britain Tidy to pilot some of the ideas generated from the discussions, and measure their effectiveness. If the ideas turn into schemes that work, they could be rolled out across the borough.

Resident Karl O’Keefe said: “The one thing I’ve always wanted from the council regarding fly-tipping was to have a conversation. For years a lot of people wanted to have

that conversation, and for years we weren’t getting that back. Since Rokhsana Fiaz has become Mayor and having events like this, where we are having that conversation, and feeling like the things we are saying are going to be acted upon, I think is really, really positive.”

To report fly-tipping, visit  
[www.newham.gov.uk/flytipping](http://www.newham.gov.uk/flytipping)

You can also use your  
**My Newham** account to tell us about the problem or use our  
**Love Newham app.**



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.

**STAYWELL  
THISWINTER**

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nhs.uk/flu vaccine



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## 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](mailto:Mikayl.Mehtab@newham.gov.uk) or 020 3373 8272 / 07812 675 213.



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You can catch flu all year round, but it's especially common in winter. Getting the flu vaccine as soon as possible is one of the most effective ways to help protect yourself, your friends and family against it.

---

Flu is a highly infectious disease that anyone can catch. It can lead to serious complications such as bronchitis, chest infections and pneumonia, and in some cases, even death.

The vaccine is available from all GP surgeries, many pharmacies and if you're pregnant, from your midwife. The vaccine is free for people who are at increased risk from the effects of flu including those aged 65 and over, pregnant women, carers, children aged from two to nine, and those with a long-term health condition.

Flu can lead to serious complications if you are pregnant or have a long-term health condition such as asthma, bronchitis, diabetes and heart, kidney or liver disease or have suffered a stroke. This year a more effective vaccine will be given to those aged 65 and over, to offer better protection.

It can be particularly nasty for children who, if they catch it, are likely to infect more vulnerable older family members. For most children, the flu vaccine is given as a quick and easy nasal spray. Children aged two and three receive it from their GP while those in reception classes and years 1 to 5 receive it in school.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "Getting the flu jab can help keep you safe this winter and reduce the chance of it spreading to others. Although many eligible residents in Newham take up the offer of a free vaccine, lots of people still miss out each year. Make sure you're not one of them."

If you are eligible for the flu vaccine, get it now by contacting your GP, pharmacist or midwife. If you're not registered with a GP, visit [www.nhs.uk](http://www.nhs.uk) to find your nearest practice. For more information, visit

[www.nhs.uk/flu vaccine](http://www.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.

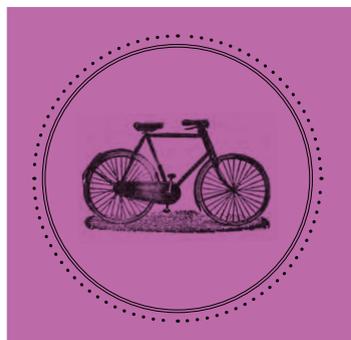
Opinion Research Services (ORS), an independent research agency, will invite council tenants and leaseholders on a random basis between October and December to carry out the annual surveys on your doorstep. We will use this information to improve the services you receive.

For more information contact  
[Thomas.Wilkinson@newham.gov.uk](mailto:Thomas.Wilkinson@newham.gov.uk)



# GREAT EASTERN ROAD & THE GROVE ARE...

✿ CHANGING ✿



Visualisation of Great Eastern Road

CARS, BUSES, CYCLISTS AND OTHER VEHICLES  
 WILL BE GOING IN BOTH DIRECTIONS.  
 PLEASE LOOK BOTH WAYS WHEN CROSSING.

A previous event run by the charity



## Community showcase of black history

A charity committed to working with women experiencing conflict in the home is celebrating Black History Month with an event highlighting the contribution of the local community.

Our Community Cares, based in Plymouth Road in Canning Town, will mark the occasion with a showcase on 27 October featuring a talent show,

African drumming and dance, a fashion show as well as poetry and a collection of designs from the community.

The charity offers services and support to women and their families going through conflict at home. It also supports people who are experiencing isolation or mental health issues or poverty.

Volunteer Rose Small said: "Although it is our mission to support women, their families or people going through difficult times we wanted to take this opportunity to celebrate the wonderful and creative things that our communities are capable of achieving. I hope many people will come and celebrate Black History Month with us."

## Cast are on the ball



Actors picked up football skills. Photo credit: The Other Richard

The cast of Theatre Royal Stratford East's new production of *The Wolves* have been joining football coach Dave Green at West Ham United's community training ground in Beckton to get into character for their next roles.

The play by Sarah DeLappe, which was nominated for the Pulitzer Prize in America, follows a group of teenage girls as they warm up for their weekly football matches. It will make its European premiere at Theatre Royal Stratford East

from 24 October following glowing reviews in the States.

Director Ellen McDougall wanted to incorporate football training into the rehearsal process to give the play a sense of authenticity. She said: "The play sees a soccer team preparing for their matches, so it's been a great way to nurture convincing performances as well as bond as a team. The cast have described it as the ultimate trust exercise which has fast tracked their intimacy as a company."

# Creative workshops for over-65s



Older residents keen on discovering their creative side can take part in a series of workshops in Beckton.

They are part of a project called I Know This to be True run by artist and educator Poppy Green who has organised a number of free, artist-run, creative workshops at RAW Labs in Gallion's Reach for those aged over 65. The workshops will be held on Fridays, from noon until 3pm, until 16 November.

Poppy's aim is to help older adults learn new skills and share their experiences. Although the workshops will not be filmed, Poppy will be using them to recruit people to take part in a film addressing questions around creativity.

She said: "People don't need to have had a creative career; perhaps they rediscovered their creativity in their retirement. They just need to be keen to talk about their creative experiences."

For more information call 0774 3797382

## Making waves in poster competition



The three winners, l to r, Iustina, Alexandra and Barbie

Pupils from Gainsborough Primary School in West Ham beat off competition to take the top three spots in a design poster competition.

The competition was launched to celebrate the launch of the community boat, The River Princess, at Cody Dock in Canning Town.

Alexandra, a Year 4 pupil, was crowned the winner and her painting of the river and nature has been used to promote the restored community boat. Iustina, a Year 5 pupil, drew the boat making its way down the estuary and Barbie, also a Year 5 pupil, drew the boat moored up.

The school in Gainsborough Road has been rewarded with a trip for 100 students along the River Lea. Head teacher Deborah Strain said: "I was very impressed by the calibre of artwork that all our pupils entered into the competition and it's wonderful to see just how many talented young artists we have in our school."

## Activities for young refugees

Young refugees keen to make friends, take part in sports and improve their English can go to sessions run by the Dost Centre for Young Refugees and Migrants.

Two free sessions are run on Tuesdays and Fridays from 6pm to 8.30pm at Newham Leisure Centre in Prince Regent Lane, Plaistow. Activities for young refugees aged 13 to 19 include outdoor trips, volleyball, cricket, football and boxing coaching, table tennis, pool and badminton and art projects such as film making and dance.

Anyone who has come to the UK as a refugee or has been in the country for the past five years can attend the centre which has been funded by various organisations including the BBC's Children in Need and the Jack Petchey Foundation.

If you are interested in attending, call Marian Spiers on 07852 855 711 for more information or just come along to the centre although there are no sessions during the in school holidays.



Refugees can look forward to trips

# 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](mailto: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**



*Sarah Mohideen, 12*



*Shiv Shanmuga Sundaram, 6*



*Manoghna Alagum, 5*



*Chrisann Fernandes, 5*



## Colour-me-in Crossword



1	■	2	■	3	■	4	■
5	■	■	■	■	■	■	■
6	■	■	■	■	■	■	■
7	■	■	■	■	8	■	■
9	■	■	■	10	■	11	■
12	■	■	■	13	■	■	■
14	■	■	■	■	■	■	■

### Across

5. Gathering in of crops in Autumn (7)
6. Imaginary line drawn around the earth (7)
7. Ability to stay upright and steady (7)
9. Stays behind (7)
12. Tree that bears acorns (3)
13. Tool used to chop wood (3)
14. Person who carries our medical operations (7)

### Down

1. Small carts used by gardeners to carry material (12)
2. Person who causes bother in school (12)
3. It is used as a setting agent in jams and jellies (6)
4. Go hungry (6)
8. Metal container (3)
10. Very angry (5)
11. Rear part of a ship (5)

## Jokes

**Q** Why did the tomato blush?

**A** Because it saw the salad dressing.

**Q** Why do dragons sleep during the day?

**A** So they can fight knights.

**Q** What's a vampire's favourite fruit?

**A** A neck-tarine!

**Q** How do you organise a

space party?

**A** Planet early.

**Q** What did the father tomato say to the baby tomato while out for a walk?

**A** Ketchup!

**Q** Why was the chef sent to prison?

**A** Because he beat the eggs and whipped the cream.

## 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](mailto: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](http://www.picturehouses.co.uk) to see what's on.



# 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**; **Tues, 1-2pm, Green St**; **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. **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, 10-11am, Plaistow**;

**Thurs, 1.30-2.15pm, East Ham CNC**

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

**Sensory Storytelling** Run by St 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**

**Little Rhymers** 🌈 Fun, interactive rhyme time session for younger children. **Thurs, 10-10.45am, East Ham CNC**

**Baby Feeding Support** For baby feeding support at other locations check the Facebook page: Newham NCT, or email: [branch.newham@nct.org.uk](mailto: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**



## 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, 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**

**The Chill Spot (11-19yrs)** 🌈 Initiative to bridge the gap of after-school provision with activities including table tennis, discussions, workshops and much more. **Mon, Weds, 3.30-6pm, Stratford**

**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**

**Sharpen Your Mind** Learning exercise for children aged 4yrs to 8yrs. **Sat, 11am-12pm, Custom House and Canning Town 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** All young people can get free study support at their local library on the days and times below. Most of the 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

**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 based on the theme of words. £5 charge. Ten places available. To book, call Chris Wong on

0750 691 3032. Mon, Tues, 10.30am-3.30pm, Beckton C.C

**Monthly Movie Matinee** See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm. Last Fri of the month, 12.30pm. Forest Gate CNC

**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

**Jazz Night** Special live music performance for Black History Month. Free and open to all. No booking needed. Sat, 5.30-7pm, 27 Oct, Beckton Globe

**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 Globe

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.

**Plaistow Youth Market** Browse quality goods crafted and  
sold by young people. Everyone welcome. The Greenway,  
stretch between Prince Regent Lane and Barking Road,  
E13. Fourth Sat of each month, 11am-3pm

**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

**Fine Art in Forest Gate** An exhibition of artwork from  
Forest Gate Learning Zone's fine art classes. Workshops  
run Tues, Fri during the exhibition which runs until 27 Oct.

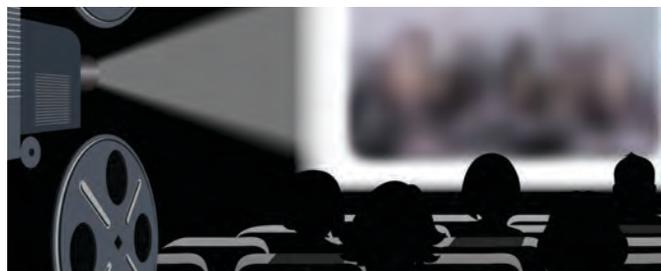
Contact Forest Gate CNC for details.

**Black Ink Programme** Poetry workshop celebrates Black  
History Month through poetry. Thurs, 11am-12.30pm, 25  
Oct, Canning Town & Custom House CNC

**Dance For Fun** Community dance sessions. Sat, 3.15-  
4.30pm, Canning Town & Custom House CNC

**Black History Month Workshops** Explore black history  
and heritage through interactive workshops. Sat, 1-3pm, 27  
Oct; Mon, 12-5pm, 29 Oct; Tues, 12-5pm, 30 Oct, Canning  
Town and Custom House CNC

**Black History Month Movie** Black History Month Film  
evening. Weds, 5-8pm, 31 Oct, Canning Town & Custom  
House 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](http://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.



GREEN

**Greenway Orchard Volunteering** Thurs, 11am-2pm,  
Greenway access from Boundary Rd, E13

**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](http://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](http://www.abbeygardens.org) for more details.  
Tues, 1-3pm; Thurs, 4-7pm and Sat, 11am-4pm

**Community Garden – Forest Gate** Thurs, 2-5pm; Fri,  
1-5pm; Sat, 10am-4pm. 136 Earlham Grove, E7 9AS

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

**Quadrille Dancing** ★ Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

**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.

**Ballroom Dancing** Join Stratford Latin and ballroom dance classes. Thurs, 12.30-2.30pm, all levels, Carpenters & Docklands Centre

**Fitness Exercise for men** Thurs, 2.30-3.30pm, Katherine Road 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

**Singing for Health** ★ Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

**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 the 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

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, 11.30-1pm, 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](http://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](http://www.newhamandessexbeagles.co.uk) for more details

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Mon, 29 Oct, 7pm, Council, Old Town Hall, Stratford;** Weds, 31 Oct, 6pm, Newham Partnership – Health and Wellbeing Strategy

CONTACT THE MAYOR

**Mayor's Surgery** By appointment only. Limited slots available. **3 Nov, 10am-12pm, Stratford Library, The Grove, E15** Sat, 24 Nov, 10am-12pm, Forest Gate Library, Woodgrange Road, E7. Good availability 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

[www.newham.gov.uk/  
schooladmissions](http://www.newham.gov.uk/schooladmissions)  
020 8430 2000

Newham London

# Is your child starting Primary or Secondary school in 2019?

Secondary applications deadline: 31 October 2018  
For children born 1 September 2007 to 31 August 2008

Primary 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

**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](http://www.newham.gov.uk/fireworks) #NewhamFireworks**

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