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Voice for elders

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Citizens' Assemblies (p16)



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News

Raid uncovers horror conditions

A young family with a six-month-old baby were among five people found by Newham Council to be living in terrible conditions in an unlicensed property in Plaistow.

Officers from Newham's Private Rented Sector Housing Team were joined on a visit to the property by Mayor Rokhsana Fiaz, Cabinet member for housing Councillor John Gray, Lord Young of Cookham and Lord Kennedy of Southwark.

In addition to the over-crowded conditions, the house was infested with mice and bed bugs. The young family, who were paying £650 to rent a first floor room, were also being threatened with illegal eviction by the landlord after they complained about conditions.

The Mayor said: "I was appalled to see the conditions this greedy and immoral landlord is forcing people to live in.

To charge £650 for three people to share a single room in an infested, dirty and unsafe house is beyond a disgrace."

The council's Private Rented Sector Team advised the tenants of their rights because threats had been made to illegally evict them. They also warned the landlord about his conduct and the consequences of illegally evicting or harassing tenants, which could result in a fine or imprisonment for up to two years.

The PRS Team is also taking action against the landlord to address the serious health hazards found at the property and for failing to obtain a property licence, which could also result of a financial penalty of up to £30,000.

Landlords operating in Newham without a property licence are advised to apply online for their licence or face a fine and/or prosecution. To apply visit www.newham.gov.uk/propertylicensing



Outside the property



Conditions in the property

Cleaning up private sector homes

News

Park is one of the best

A prestigious Green Flag is now flying at Plashet Park in East Ham after it was recognised as one of the very best in the country.

It has been celebrated under the Green Flag Award scheme, which marks the quality of a park or green space and is a sign that it boasts the highest possible environmental standards, is beautifully maintained and has excellent visitor facilities.

Councillor Rachel Tripp, Cabinet member for environment, said: “We are absolutely delighted and very proud to be able to fly a Green Flag at Plashet Park for the first time. Quality green spaces matter to residents and this award celebrates the dedication that everyone puts into maintaining it to such a very high standard.”

The Green Flag scheme is run by the environmental charity Keep Britain Tidy, under licence from the Ministry of Housing, Communities and Local Government.



Cllr Tripp and Cllr Zuber Gulamussen with park users



The Mayor and Cllr Julianne Marriott with students

Mayor shares her “inspirational journey”

Mayor Rokhsana Fiaz was invited by students at the London Academy of Excellence in Stratford to give the keynote speech at their annual prize giving ceremony.

The Academy hosts a Review of the Year at the Old Town Hall in Stratford for current year 13 students and those from the previous year. Members of the School Council nominate a guest speaker and this year chose the Mayor. The students said they were keen to hear about her “inspirational journey” because it was one they could relate to.

The ceremony included performances of classical music and poetry. There were awards for outstanding academic achievement, Duke of Edinburgh schemes, awards from governors to students who embodied values of respect, humility, independence, excellence, kindness and resilience, and another for contribution to the local community.

The Mayor said: “I was inspired by the achievements of such a talented bunch of students.”

Green Flag flies for first time

...in brief

Reclaiming streets for play

Newham celebrated World Car Free Day last month with four roads closed to traffic to allow children to play in their own street.

Councillor Rachel Tripp, Cabinet member for environment and highways, joined the fun at Cecil Road in Plaistow. Play Streets were also created in Sidney Road and Tylney Road, Forest Gate, and Mafeking Road, Canning Town.

Councillor Tripp said: "I'm proud that Newham has marked World Car-Free Day in conjunction with the campaign group London Play. Creating play streets is a brilliant way for all of us to reclaim our outside spaces from the motor car. It gives children and grown-ups the opportunity to get active, play together, make new friends and enjoy the environment they live in."

Newham Council has given the green light for a scheme which makes it easier to create play streets up to 24 times throughout the year. For details visit www.newham.gov.uk/PlayStreets



Cllr Tripp with Cecil Road residents

Check on Freedom Passes

London Councils, the organisation that manages the Freedom Pass free travel scheme on behalf of Newham Council, is writing to some older residents asking them to submit evidence that they are still eligible to receive a pass.

Residents who receive such a letter and are still eligible will need to go online and upload proof that verifies you still live in Newham. Alternatively the form and proof (a copy, not the original document) can be returned by post. You need to reply by 17 October to ensure that your pass continues to work as normal.

If you have any queries contact the Freedom Pass team at London Councils on review@freedompass.org or call 0300 3301433.

Come to Conversation Café

Residents who have used health services in Newham are urged to share their experiences with Healthwatch Newham at a Conversation Café.

Healthwatch Newham wants to hear both positive and negative feedback about GPs, hospitals and clinics in the borough. It will then compile a report for review.

The Conversation Café will be held at Bryant Street Methodist Church, Stratford, on Thursday 11 October from 12pm to 2pm.

Stadium parking restrictions

Parking restrictions are in place around the 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 on signs at the entrance to each of the RPZs. On event days visitors are encouraged to use public transport. The next event day is Saturday 20 October when West Ham United play Tottenham Hotspur at 3pm.

Fun on Car Free Day

FUTURE PROOF YOUR BUSINESS



Addressing the panel



With George Osborne, Nancy Xu and Rajesh Agrawal

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

I am determined that people are at the heart of everything we do, so that's why a motion we agreed at our recent Council meeting strengthens our commitment to the fight against modern slavery.

We were all in agreement that modern slavery is one of those great evils of our time and it is happening right under our noses in places like fast food restaurants, factories, car washes and nail bars.

I have friends and family members that have been exploited through being paid woefully below the living wage, but slavery also covers a whole range of other things from sexual exploitation, forced labour, human trafficking, criminal exploitation, organ removal, forced begging, forced benefit fraud, forced marriage and illegal adoption.

As a council we already recognise that we must have a robust approach to tackling it and we are absolutely committed to preventing it within our business activities and to ensuring our supply chains are free from it.

By agreeing to endorse and sign the Cooperative Party's Modern Slavery Charter we have now committed to champion the issue and ensure we go above and beyond our statutory duties to fight it and encourage other public bodies, our partners and our sub-contractors, to do the same.

As a council we will continue to have a resolute focus on changing behaviour, but as individuals, if we see something that we think isn't right and where someone is being exploited, it is also absolutely morally incumbent on us to help.

I hope our motion can be the start of a



Festivities in Canning Town



Festivities in Canning Town



Agreeing the Modern Slavery motion

social transformation in this borough where we diminish all the ways in which people are exploited and rid this scourge from modern society. As the council that owns the Buxton Table, around which William Wilberforce MP and others including its owner Thomas Buxton MP, discussed and drafted the Bill for the Abolition of Slavery in the British Dominions in 1833, it is the right thing to do.

Regeneration has to involve local people and must bring real and lasting benefits for local residents and businesses. That's what I told Evening Standard editor and former Chancellor George Osborne at a panel discussion hosted by his newspaper and developers ABP London.

It was important to stress to an

audience that included businesses, potential investors and local residents, and included London's Deputy Mayor for Business Rajesh Agrawal and ABP London's chief executive Nancy Xu, that we must work together to bring jobs, new opportunities for our existing local companies, and real opportunities and skills training for our young people.

We have a young and diverse population and some of the best schools in the country with an unrivalled pool of talented, ambitious and creative young people. And we have fantastic infrastructure and transport connections, both to Central London and internationally. I am determined to make the most of that potential.

Amongst all the official mayoral stuff to be done, and there's loads of it,

there's still some time to enjoy doing fun things with you all.

I had a great time celebrating the first anniversary of the Custom House and Canning Town community neighbourhood centre at Rathbone Market. More than 300 people came along to be entertained by local music and dance acts including kids from nearby Star and Rokeby schools. There was yummy food and laughs a plenty with the children's games. I had the honour of cutting the anniversary cake – and you know how much I love eating cake! Naughty but nice! A great time was had by all.

STOP PRESS: Thank you to everyone who contributed some brilliant ideas during our citizens' assemblies. See more on page 16.

Make a difference by fostering



Children and young people sometimes need to go into care because of a parent's ill health, family problems or because they have been neglected or abused. Newham Council recruits people, both individuals and couples, to become foster carers and provide children and young people with the care and attention they need.



Bernie and Donal Lynch, both in their 50s, have been foster carers for the last four years. The couple, who live in Manor Park, first considered fostering when Bernie became aware that there was a huge need especially for foster carers for teenage children.

Initially Donal had reservations but changed his mind after they looked after a teenage relative for several months. Once they decided to foster, they went through an in-depth assessment process. When they were formally approved, they provided respite care for a young teenager for a week. Three weeks later they were asked to take in a teenager for a few days but she stayed with them for two-and-a-half years.

Bernie said: "She was 15 and very shy. We would go to the supermarket and she would just stand by the trolley and wouldn't leave my side. Within a year she had gained enough confidence to go to the supermarket on her own, buy ingredients and cook meals. She developed a huge amount of self-assurance and just blossomed.

"We see her as being our first placement and she became a part of our family. She was a 15-year-old and we were very concerned about making mistakes because here you are, worrying about someone who wasn't even in your life a few weeks ago."

Donal said: "It was a learning curve and I had to think of it in terms of the person that was placed with us, to prepare her for adulthood and to keep her safe."

Bernie added: "You need to be an honest person who cares about other people. I don't think you need to be

special; I think anyone can be a foster carer. I think the assessment process really helps because the external assessors are very upfront with you and explain exactly how the process works.

"You have to want to help young people, have the right mindset and know that there are support groups and training available continuously. You get a dedicated social worker - our social workers have been fantastic - and you get support so you are never alone and there's always a team behind you."

Donal said: "Fostering has given me a better understanding of the challenges facing young people and I find I have become a better listener and definitely more patient."

Who can foster

Lots of people can foster. However to foster you must:

- enjoy looking after children
- have the time to care for a child – for example if fostering a younger child, this will mean taking them to and from school
- be able to offer a secure home with a spare room - you don't have to own your own home, you could be renting
- live in or within a reasonable commuting distance of Newham.

If you are interested in becoming a foster carer or adopter, call our recruitment line on 0800 0130 393 or visit www.newham.gov.uk/fostering

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"I don't have time"
"I'll start tomorrow"

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Friday 12 October 2018



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The Mayor with Claire Crill, first left, and representatives from organisations that received funds last year

Sweet charity up for grabs

Community projects, charities and schools in need of support have just days to apply for funding from a £25,000 fund run by Tate & Lyle Sugars.

The Silvertown-based firm launched Lyle's Local Fund last year, administered in partnership with Newham Council. Fifteen projects received cash ranging from £900 to £2,000. Yoga classes, a community café, art workshops and a church kitchen refurbishment were among the projects and organisations that received money from the fund.

This year's fund was launched at a breakfast gathering attended by Mayor Rokhsana Fiaz and representatives from groups which benefited from last year's awards.

The Mayor said: "It was wonderful to meet people from last year's recipients who all work to improve the lives of Newham's residents and make the borough healthier, safer and more prosperous.

"It's important that we sustain solid relationships with long-standing institutions that make up the backbone of what Newham is about. What Tate & Lyle is doing makes it thrilling to be here, celebrating your successes.

It's really important to have positive links with significant employers so we can sustain a vibrant and democratic local economy."

Tate & Lyle Sugars has a long history of supporting the local community of Newham, dating back to the 19th Century and the philanthropy of co-founders Henry Tate and Abram Lyle.

Claire Crill, corporate affairs manager at Tate & Lyle Sugars, said: "The successful organisations from last year – schools, churches, charities, clubs, and social enterprises – represent the diversity of the amazing work that is going on in Newham to make it a better place."

The deadline for applications for this year's fund closes at 5pm on 12 October and grants will be awarded before Christmas.

To apply or for more information, visit www.newham.gov.uk/lyleslocalfund or email lyleslocalfund@newham.gov.uk

You can also call Newham Council's community grants team on 020 3373 1460.

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Celebrating Older People's Day Event

FREE

Come along to celebrate the UN International Day for Older People and recognise the 'Champions' of older people's participation in the borough.

Thursday 18 October, 10.30am-2pm

**Stratford Circus Arts Centre
Theatre Square, Stratford E15 1BX**



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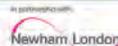


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Age is no barrier to giving back



Hazel Watson

The United Nations International Day for Older Persons earlier this month raised awareness of issues affecting older people, including loneliness. It also celebrated the contribution they make to society. Newham Council's community neighbourhood link workers are hosting an event that will recognise the champions of older people's participation in the borough. Hazel Watson, who is in her 70s and a Newham resident for 54 years, is one of them.

Hazel retired in 2004 after a long career in general nursing, during which she worked in various London hospitals including Newham University Hospital.

She said: "After retiring, I wanted to continue giving something back to the community so I started volunteering to help older people. I became a member of various community forums including the London Older People's Strategies Group, the Retired Caribbean

Nurses Association and Newham's Older People's Reference Group where I'm currently the Vice-Chair and a representative at the Newham Co-Production Forum (Adults). I have also been a Newham governor for East London Foundation Trust since 2016.

"I can listen to older people's views especially if they have any problems and pass them onto the relevant organisation. I can make a real difference to their lives."

Hazel strongly advocates older people taking part in activities or joining a community group. She said: "It helps keep people open minded as they socialise and share their experiences with people from different cultures and backgrounds. It helps you stop feeling so isolated and you realise how important it is to have a support network."

For more information about activities, events and volunteering opportunities for older residents in Newham, email chsocialcare@newham.gov.uk or call 020 8430 2000 (option 2).

Celebrating Older People's Day Event
Thursday 18 October, 10.30am-2pm

Stratford Circus Arts Centre
Theatre Square, Stratford E15 1BX



Richard House Children's Hospice



Carpenters Café



Elevated Aspirations



282 (East Ham) Squadron



Age Well Singers



Alternatives Trust



Newham All Stars Sports Academy



Rosetta Art Centre



Fight For Peace

The groups who have received funding are:

Living Song CIC	£6,750	282 (East Ham) Squadron	£4,500
Newham All Stars Sports Academy	£6,750	Sheba Project	£4,500
Fight For Peace	£6,525	Elevated Aspirations	£3,839
Richard House Children's Hospice	£6,512	Rosetta Art Centre	£2,456
Social Action for Health	£6,444	Ingenium	£1,710
Skills Enterprise	£6,238	Alternatives Trust	£1,000
PALACE	£6,084	Carpenters Café	£1,000
Salmagundi	£5,835	Newham Natural Crafts	£1,000
Basic Sports & Fitness	£5,400	Age Well Singers	£990

GOOD CAUSES CELEBRATE WINDFALL

Eighteen community groups and projects that provide a range of support for the under-fives, teenagers, the over-60s, the unemployed and new mums, are among those to benefit from this year's Aspers Good Causes Fund.

The fund was set up in 2012 by Aspers Casino in Westfield Stratford in conjunction with Newham Council to support community projects in the borough that help residents develop skills and confidence through supported activities. The first grants were awarded a year later.

Community groups, charities, clubs or projects that provide a wide range of inclusive activities including dance, arts, music and sports can apply for a share of the funding.

This year's grants range from £990 to £6,750 to 18 groups for a range of projects including providing sensory storytelling, a flight simulator for air cadets, dance sessions, creative workshops, tackling youth violence, digital technology training sessions and rehearsals for an over-60s choir.

Representatives from the groups were presented with their cheques at a special event held at Aspers Casino by Mayor Rokhsana Fiaz and Deputy Mayor, Charlene McLean. The evening also celebrated the energy and commitment shown by volunteers involved in the not-for-profit organisations. This year's awards total £77,533 and the remainder have yet to be allocated.

The Mayor said: "The Aspers Good Causes Fund provides vital funding for community groups and projects that provide many of our residents with the skills and confidence they so badly need. I'm delighted that the fund is continuing to support such vital work in the community."

Richard Smith, Group Operations Director at Aspers Casino, said: "We are proud to be able to show our support for the local community through the Good Causes Fund, every year the allocation of funding is always challenging and I would like to extend our thanks to Newham Council for their input, insight and guidance, which has proved invaluable throughout the process."

This year's awards bring the total number of projects that have benefited from the scheme to 99 since it was launched. The total value of grants awarded to community projects since the programme began is now more than £534,000.

The Good Causes Fund also supports educational visits by Newham schools to the Aspinall Foundation Wildlife Park in Kent, as well as other occasional community initiatives in partnership with the council.



Basic Sports & Fitness

Skills Enterprise

PALACE

Social Action for Health



GOOD CITIZENS ARE

When she was elected in May, Mayor Rokhsana Fiaz said her administration would listen and put people at the heart of everything it did. She invited residents to be part of conversations about how council services are delivered. The first of those conversations has taken place during a series of Citizens' Assemblies, offering people opportunities to shape priorities in their communities.

The assemblies were held in nine venues across eight community neighbourhoods in September. Hundreds of residents listened to each other, shared concerns and discussed ways of solving local problems.

Some have joined working groups so they can work with local councillors and council officers to work on priorities that will form part of their Community Neighbourhood Plan.

Andy Atkinson, who has recently moved to the area, took part in the Plaistow Citizens' Assembly. He said: "There are things I have concerns about and I'm here to

see if other people have similar concerns and to see if they can be resolved."

Paul Leslie, director of Rights and Equalities in Newham, a charity that works to eliminate discrimination, said there was a good cross section of views. He added: "I would like to see more of these. It's a good opportunity to do something different around community engagement."

Linette Baker, a Plaistow resident for 28 years, came to the assembly to find a solution to fly-tipping near her home. She said: "It is a brilliant idea to start listening to the grass roots. It's also an opportunity to get to know my local councillor and speak to her."

Magdalene Titolie, a resident for 50 years, said: "I think these opportunities are important because the council can get a one-to-one about the issues we face."

The Mayor said: "The assemblies have been well attended and have captured the imagination and creativity of our residents. I've been mightily impressed by some



SPEAKING UP

of the great ideas people are coming up with to support the development and growth of their neighbourhoods. It's important that we listen and then jointly address their challenges and shape the opportunities where they live. If you have been along to put your views across, thank you."

Residents will be able to download slides from the September assemblies and responses given by visiting www.newham.gov.uk/CitizensAssemblies

A second round of assemblies in November will focus on identifying activities and solutions to achieve the outcomes prioritised by local people for their areas.

NOVEMBER SESSIONS

Beckton & Royal Docks

Wednesday 28 November, 6-9pm, Beckton Community Centre, 14 East Ham Manor Way, E6 5NG

Green Street Tuesday 13 November, 6-9pm, Katherine Road Community Centre, 254 Katherine Road, E7 8PN

Plaistow Thursday 8 November, 6-9pm, Barking Road Community Centre, 627-633 Barking Road, E13 9EZ

Manor Park Wednesday 21 November, 6-9pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12 5NN

East Ham Thursday 22 November, 6-9pm, Newham Town Hall, Barking Road, E6 2RP

Custom House & Canning Town

Monday 12 November, 6-9pm, Canning Town Library, 18 Rathbone Market, Barking Road, E16 1EH

Forest Gate Thursday 29 November, 6-9pm, Forest Gate Learning Zone, 1 Woodford Road, E7 0DH

Stratford & West Ham Tuesday 20 November, 6-9pm, Old Town Hall, 29 The Broadway, E15 4BQ

You can just come along on the day or register and get more details at www.newham.gov.uk/

[CitizensAssemblies](http://www.newham.gov.uk/CitizensAssemblies) or for more information contact CitizensAssemblies@newham.gov.uk

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Stunning Royal Docks is new home for **Guy Fawkes**

The extraordinary architecture of Millennium Mills and historic splendour of the Royal Docks will provide the backdrop to Newham Council's Guy Fawkes Night as it moves to a new location this year.

The event is organised in partnership with the Greater London Authority Royal Docks Team and will take place on Saturday 3 November. Residents are invited to Silvertown Quays in West Silvertown to view the awe-inspiring display which will feature a scintillating series of fireworks set off from the top of the post-industrial Millennium Mills building, one of Newham's architectural gems.

In addition to the firework display, there will also be a number of children's funfair rides and a range of different food stalls plus a bar selling mulled wine and your favourite tippie!

The display will open to the dramatic soundtrack of *As One* by pioneering electronic musician and composer Jean Michel Jarre with samples from *Come Together* by Primal Scream.

The track has been specially chosen to mark 30 years since the composer's Destination Docklands event of two

concerts accompanied by fireworks and a light show on the Royal Victoria Dock in October 1988.

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

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.

Gates will open at 6pm followed by the display at approximately 7.30pm. Make sure you arrive early to enjoy the other attractions. There will be a number of performances on site which are still to be announced plus DJ Roberto from HEART FM to keep you entertained.

Entrance is FREE.

For more details, visit www.newham.gov.uk/fireworks

London Borough of Newham

Members Allowance Scheme 2018 / 2019

At the Annual Council Meeting on the 24th May 2018, the Council approved amendments to the Members' Allowance Scheme which resulted in a significant reduction in the number of Special Responsibility Allowances (SRAs) and the cost of the scheme overall. The following details the basic and SRA Members Allowance Scheme, with full details of the Members Allowance Scheme available on the council's website. It should be noted, the local government pay settlement for 2018/19 was 2 per cent, and the increase will be applied to member's allowances stated below:

Basic allowance

All Councillors and the Mayor are entitled to a basic

allowance to cover all travel on council business within the borough, subsistence costs and incidental costs such as the use of their home including telephone rental costs. The approved basic allowance as at 24 May 2018 was £10,842.

Special Responsibility Allowances

Councillors who hold certain positions, such as a portfolio within the executive or being the chair of a committee are paid a Special Responsibility Allowance (SRA) to cover their expenses in carrying out their extra duties. Councillors are paid the SRA in addition to their basic allowance. If a councillor holds more than one position, they are only paid the higher SRA.

BAND	NEWHAM BASED ROLES IN BAND	PAYMENT PER ANNUM (£)
1	Directly elected Mayor	81,000
2	Cabinet Member (2 to 9)	34,000*
3	Chair of Overview and Scrutiny; Committee Scrutiny lead member / chair of Scrutiny sub-committee; Chairs of major regulatory committees (e.g. Strategic Development & Licencing); Chair of Health & Wellbeing Board	15,000
4	Chief Whip of Majority Group; Other Committee Chairs (e.g. Local Development, Investment & Accounts, Audit Board); Chair of Council; Leader of Principal Opposition Group	7,000
5	Vice Chair of Council; Majority Party Group Secretary	3,500

(*additional supplement of £5,000 for the Cabinet member appointed as Deputy Mayor)

Co-opted members' allowances

Some committees are required to have non councillors among their members known as co-opted members. These co-opted members are entitled to an allowance to cover out-of-pocket expenses.

COMMITTEE/SUB-COMMITTEE/COMMISSION	ANNUAL ALLOWANCE (£)
Committee Member	500
Standards Advisory Committee, Chair	1,200

Additional allowance

Full details of additional allowances for childcare/dependents, travelling allowances and subsistence allowances are available on the council's website:

<https://www.newham.gov.uk/Pages/Services/Councillors-allowances-and-expenses.aspx>

BLACK HISTORY NEWHAM.

Events across Newham throughout October. Pick up a leaflet in any Newham library or go to www.newham.gov.uk/blackhistorymonth

People At The Heart Of Everything We Do



NEWHAM HERITAGE WEEK 2018

Thursday 8 November -
Sunday 18 November

Discover Newham's rich history through exhibitions, heritage bus tours, films, walks, talks, children's activities, open houses and more. Look out for the full programme **coming soon** - www.newham.gov.uk/heritageweek or pick up a copy in any **Newham Library**

In the market for fun



Residents at last year's festival

Residents can look forward to a host of fun, family activities at this year's Green Street Festival.

On offer will be an afternoon of free entertainment at Queens Market in Upton Park on Wednesday 24 October from 12pm to 4pm. The fun includes creative learning and making workshops, music and dance performances, sports and outdoor games, stalls with goods for sale and a whole lot more.

There will also be a dedicated children's entertainment area and the event will feature family fun activities. The event has been organised by Newham Council's Green Street community neighbourhood team working

in partnership with residents and the Applegart Arts charity.

For more information please contact the Green Street community neighbourhood team on 020 3373 0857 or email CN.GreenStreet@newham.gov.uk



The Mayor with guests at the celebration

Photo credit: Sharon Gaspard 2018

Church marks anniversary

More than 200 guests and speakers attended a thanksgiving service to commemorate the 11th anniversary of the creation of a church in Beckton.

Mayor Rokhsana Fiaz and the Jamaican High Commissioner Seth George Ramocan were among those at the Old Town Hall in Stratford for a formal service, speeches, lunch, and a question and answer session.

The gathering was organised by Pastor Audie Cummings who set up The Name of the Lord Jesus

Christ Church Apostolic Ministry in September 2007 together with his wife Diane. They provide support for people experiencing domestic violence, addiction and mental health issues.

Pastor Cummings also set up the Stop Series project after he was involved in an acid attack at his barber's shop. He has since opened a series of hair salons but is still heavily engaged in helping young people stay away from knife crime, steering them towards trimming hair instead.

Councillor's mountain trek for charity

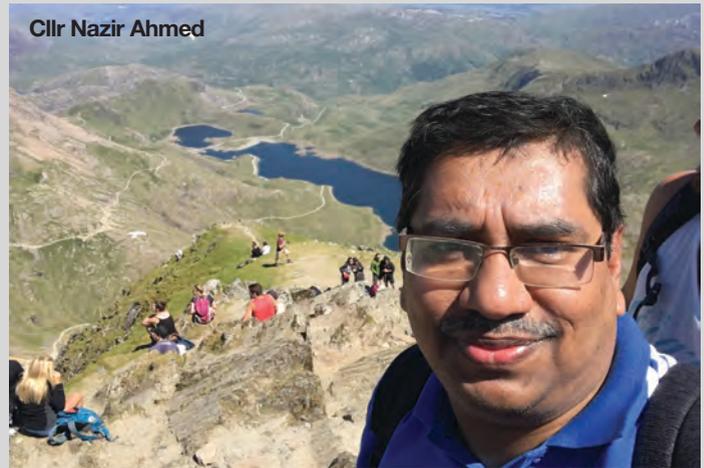
A Newham councillor has raised almost £500 for charity after taking part in a trek on Mount Snowdon.

Deputy Chair of Council Nazir Ahmed, who represents Little Ilford ward, took part a charity project called Mount Snowdon Trekking Trip with a group of 30 people. Snowdon is the second highest mountain in the UK at a height of 1,085 metres.

Councillor Ahmed said: "I was really thrilled when I

reached the summit of this mountain. I climbed around 4.5 miles in four hours to reach the top and then it took three hours to come down to the bottom. It was an excellent and amazing experience."

He said although he found it challenging, he would be more than happy to do it again for a good cause. He is also keen to encourage other people to get involved in helping good causes.



Support for new mums and mums-to-be

New and expectant mums who need support or just someone to talk to can go to a variety of locations around Newham as part of an initiative launched by the local branch of the National Childbirth Trust.



The Parents in Mind service will offer free peer support for women who are feeling low, anxious or alone during pregnancy and up to two years after the birth of their child.

The sessions are led by trained volunteer mums who have lived through similar situations themselves and will offer a non-judgemental listening ear to others who are having similar experiences.

Belinda Ngugi from Parents in Mind Newham said: "Sometimes knowing that you're not alone in your thoughts and feelings can make all the difference. Parents in Mind provides a friendly group or one-to-one safe space to talk, gain information and support."

Women can refer themselves or via a health professional by email parentsinmind.newham@nct.org.uk or by phone on 07525 403673.

Photographers win boat event



Ten local residents who won a photo competition are looking forward to spending time on a boat with family and friends.

Three hours on the River Princess boat from Cody Dock in Canning Town was the prize for winning Cody Dock's River Lea photo competition. The winning entries are all on show at the dock's gallery until 27 October and are also featured in the new Cody Dock 2019 calendar.

Their prize is worth £250 and means they will be among the first to enjoy their own event on board the 60-person capacity, newly renovated floating venue.

Simon Myers, chief executive at Cody Dock, said: "The aim of our photo competition, calendar and exhibition was to share Newham's wonderful River Lea with as many people as possible and to get them involved in learning about and protecting its rich heritage and incredibly diverse ecology."

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



Rudra Patel, 13



Kartik Manoj, 8



Aysha Haque, 7

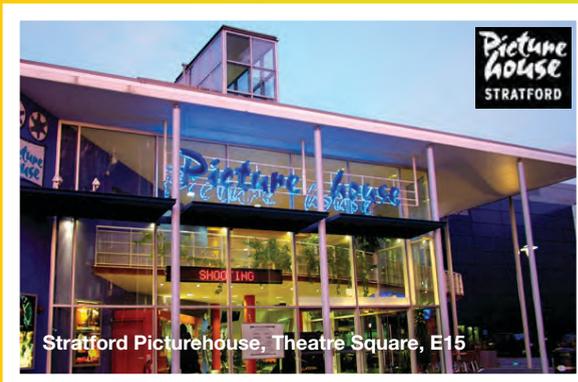


Bansi Kunwardia, 9

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newham.mag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Jokes

Q Where do pencils go on holiday?

A Pencil-vania.

Q Why did the girl smear peanut butter on the road?

A To go with the traffic jam.

Q What kind of lion never roars?

A A dandelion.

Q Why do bananas have to put on sunscreen before they go to the beach?

A Because they might peel.

Q Why couldn't the pony sing himself a lullaby?

A Because he was a little hoarse.

Q Why didn't the zombie go to school?

A Because he felt rotten.

Q What do witches ask for at hotels?

A Broom-service.

Wordsearch

You must find the following words in the grid



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

Acorns
Autumn
Colour
Crops

Fruit
Harvest
Leaves
Nut Stall

Russet
Season
Squirrel
Trees

WHAT'S ON



UNDER-FIVES

Storytelling 🌈 Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 11am-12pm, Mon, 10.30-11.30am, Manor Park CNC; Thurs, 10.30-11.30am, 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

Bubble Time and Nursery Rhymes 🌈 Interactive session for children. Sat, 12.30-1pm, 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 Thurs, 9.30am-12pm, at NCT Milk Bar @ Space, Stratford Salvation Army, 1 Paul Street, E15 4QB.



YOUNG PEOPLE

Chatterbooks (7-12 yrs) 🌈 A new book club to inspire young children to read for pleasure. Sat, 2.30-3.30pm, Plaistow; Tues, 4-5pm, North Woolwich; Sat, 3-4pm, Canning Town & Custom House CNC; Mon, 3.30-4.30pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC; Chatterbooks Reading Club, Weds, 4-5pm, East Ham CNC Chatterbooks Family Arts and Crafts, Fri, 5-7pm, East Ham CNC; Chatterbooks Express Yourself imaginary play (5-12yrs), Sat, 11am-12pm, East Ham CNC

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

Youth Activity PS4 (13-17yrs) Come along with your friends to play PS4. Mon, 4.30-5.30pm, Plaistow

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; Fri, 4-6.30pm, Green St

Chess Club ♣ Tues, 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

Life in the UK Classes ♣ 12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Tues, 12-2pm, Stratford; Tues, 10am-12pm, Beckton Globe; Weds, 10am-12pm, East Ham CNC, Mon, 10.30am-12.30pm, Manor Park

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

Knit & Natter (16+) Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC

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

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



ACTIVITIES AND SUPPORT

Green Street Mural Project Get creative and explore themes, techniques and concepts to create a mural celebrating everything that is great about the area. Open to all ages and abilities, would suit families with young children. [Sat, 5-7pm, Green Street](#)

Retro Board Games Group Play some retro board games with a mix of some new ones. [Fri, 10am-12pm, Green Street](#)

Writers Group Last Thurs of month, 5.30-7.30pm, Forest Gate CNC; Thurs, 6.30-7.30pm, Canning Town & Custom

House CNC

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 OPE](#)



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. [Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16. Contact 020 7476 5023](#)



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](#)



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](#)



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

Stroke Club (18+) 🌈 For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

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+) 🌈 Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Tues, 10-11am

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)

Salsa Dancing (18+) Mon, 3.15-4.45pm, Beckton C.C; Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe; Fri, 6.15-7.15pm, East Ham CNC

Nordic Walking Contact 07787 731809 for details.

Weds, 9.15-10.15am, Forest Gate CNC

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

Zumba Weds, 7-8pm, at The Tamil Sangem Centre, Manor Park. £5 per session, call 0772 0805505 for more details

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

Stratford Walk Meet at Stratford Library, Fri, 6-7pm

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

Smart Project Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C.

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

Walking Football Slow paced version of the game. Tues, 10-11am, Priory Park. Email dgheerawo@westhamunited.co.uk or call 07803 201299

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 Starts Weds, 3 October 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

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, 8 Oct, 7pm, Local Development Cttee;** Tues, 9 Oct, 6.30pm, Investment Accounts Cttee; 7pm, Strategic Development Cttee, Old Town Hall, Stratford; 7pm, Regeneration, Housing and Environment Scrutiny; **Mon, 15 Oct, 6pm, Cabinet; 6.05pm, Mayoral Proceedings**

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Limited slots available. **3 Nov, 10am-12pm, Stratford Library, The Grove, E15** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries **Weds, 17 Oct.** 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

QUITTING SMOKING IS EASIER WITH THE RIGHT **SUPPORT**

There's lots of support available to quit smoking, **talk to your local pharmacy or visit www.newham.gov.uk/stopsmoking**

Search **Stoptober** for your free **Personal Quit Plan**



BECAUSE THERE'S ONLY **ONE YOU**

Save time when you do it online

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

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

www.newham.gov.uk/doitonline



www.newham.gov.uk/schooladmissions
020 8430 2000

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

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



Fostering

Make a difference

We are currently recruiting foster carers for children and young people aged between 3 - 18 years.

As a Newham foster carer you will receive:

- a weekly allowance of between £300 and £450
- a one-off grant of £750 to set up your home
 - 24 hour support
- ongoing training throughout your fostering career
 - your own supervising social worker

We are looking for people who have the time and passion to care for a child. You also need to have a spare room available.

Want to find out more? Call us on
0800 0130 393
 or visit www.newham.gov.uk/fostering

