



08

Reduce waste, recycle



10

Deadline approaching



14

Black History Month

the newham mag

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Dancing queen is 100

Edna still stepping out (p16)

Look out for the next issue from **5 October 2018**.

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News

Chance to come out and play

Residents have been given an opportunity to bid from a £100,000 a year fund to create traffic free Play Streets in the roads outside their homes.

Newham Council will support parents, guardians and neighbours to who want to close their roads to traffic for up to four hours during daylight, allowing children to enjoy supervised play.

Councillor Rachel Tripp, Cabinet member for the environment said: “Children playing outside their homes used to be at the heart of street life in the East End before cars and traffic came to dominate the environment.

“Our Play Streets scheme aims to redress the balance, get children active and enjoying a life beyond computer screens, and bring people who share a street together as a community.”

Play Streets have been taking place in the borough since 2015 under rules designed for street parties. Mayor Rokhsana Fiaz and the council’s Cabinet have now agreed a new process that allows for up to 24 play street dates to be arranged per year, compared to the two per year allowed under street party rules.

Councillor Susan Masters, Cabinet member for health said: “Play streets allow both children and adults to get active where they live, bringing improvements in physical and mental health that come from feeling fitter and more connected to your community.”

The first phase of the new scheme will allow communities to create up to 15 Play Street events. If particular streets are not suitable, the council will work with neighbourhoods to find nearby alternatives.

Once the council agrees a Play Street, a traffic order will be created to allow the road to be closed during daylight hours for up to four hours. Residents will need to show that they have secured the support of a majority of their neighbours. They will also need to appoint volunteer traffic marshals and play supervisors to make sure the events run safely.

The council will arrange basic training for volunteers, issue high-visibility clothing, and provide traffic cones and road closed signs as required. Residents will be supported through the process by their community neighbourhood teams. For more information visit www.newham.gov.uk/PlayStreets



The first Play Street in Tylney Road, Forest Gate, in 2015



A Play Street in Kingsland Road, Plaistow, in 2016

£100,000 fund for schemes

News

Bids for cash to build new council homes

Ambitious plans have been approved by Mayor Rokhsana Fiaz and Newham's Cabinet to bid for up to £150 million of Greater London Authority (GLA) and Government funding to support the council in building approximately 1,000 homes.

The first bid is for £108 million from the GLA's Building Council Homes for Londoners fund with potential to increase this to up to £150 million. This will be submitted together with a parallel request to use up to £62 million of receipts from homes sold under Right to Buy regulations.

Mayor Rokhsana Fiaz said: "With more than 24,000 people on our waiting list and 6,000 homeless households in temporary and emergency accommodation, it is critical that we maximise all funding opportunities available so that we can build as many new genuinely affordable homes as possible including at social rent levels. I will do all I can to accelerate home building in Newham so we can tackle the housing crisis facing our borough and the rest of London."

The Mayor of London has set the capital's highest ever target for building new homes in the draft London Plan – 65,000 new homes each year of which 50 per cent should be affordable. Newham's share of this target is 3,850 new homes per year.

The council will also be asking the Government and GLA for additional Housing Revenue Account (HRA) borrowing headroom. A Newham bid of up to £53m is also being prepared to supplement the new build ambitions.

If successful, these bids would provide a significant and critical proportion of the funding required to achieving Mayor Fiaz priority to deliver 1,000 new homes at social rents over the next four years.

The council's submission to the GLA identifies 46 sites in Newham within council ownership which would attract around £108 million of grant. The proposed sites will deliver 2,100 new homes of which 1,056 will be at or below London affordable rent levels, with a further 94 homes being shared ownership.



The funding will support Newham Council in building 1,000 homes

46 build sites identified

...in brief

Councillor has stepped down

Newham councillor Veronica Oakeshott has stepped down as an elected member for Boleyn ward for family reasons.

Veronica, who was first elected to the ward in December 2015 in a by-election, is moving to Oxfordshire. She said:

“New Mayor Rokhsana Fiaz has an exciting agenda ahead and I have every confidence that this young, talented borough will go from strength to strength. It has been an absolute pleasure to work for the people of Boleyn ward.”

The Mayor said: “Veronica has shown great tenacity in representing residents passionately across a range of issues. Her concerns about genuinely affordable housing on West Ham United’s former Boleyn Ground, alongside the campaign she started to keep the Champions sculpture in the ward is a tribute to her excellence as a local representative.” Arrangements for a by-election are being made.



Veronica, right, and sculpture campaigner Cecilia Welsh

Have say on healthy neighbourhood

Newham Council want to hear residents’ views before submitting a funding bid to Transport for London (TfL) in November to deliver a Liveable Neighbourhoods scheme along Freemasons Road in Custom House.

Up to £10m is available for projects that encourage walking, cycling and the use of public transport. Any project must deliver attractive and healthy neighbourhoods for residents and businesses while improving air quality.

Newham’s bid will focus on what local people want prioritised. You can comment online at www.newham.gov.uk/consultations/freemasons by 10 October or visit a drop-in session at Cundy Community Centre, Hartington Road, Custom House, on 26 September from 7pm to 9pm.

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 give 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 days are Sunday 23 September when West Ham United play Chelsea at 1.30pm, Wednesday 26 September when the Hammers play Macclesfield Town at 7.45pm, and Saturday 29 September when Manchester United visit at 12.30pm.

Plea to help save lives

Newham Council has encouraged residents to help save lives by signing up to the NHS Organ Donor Register.

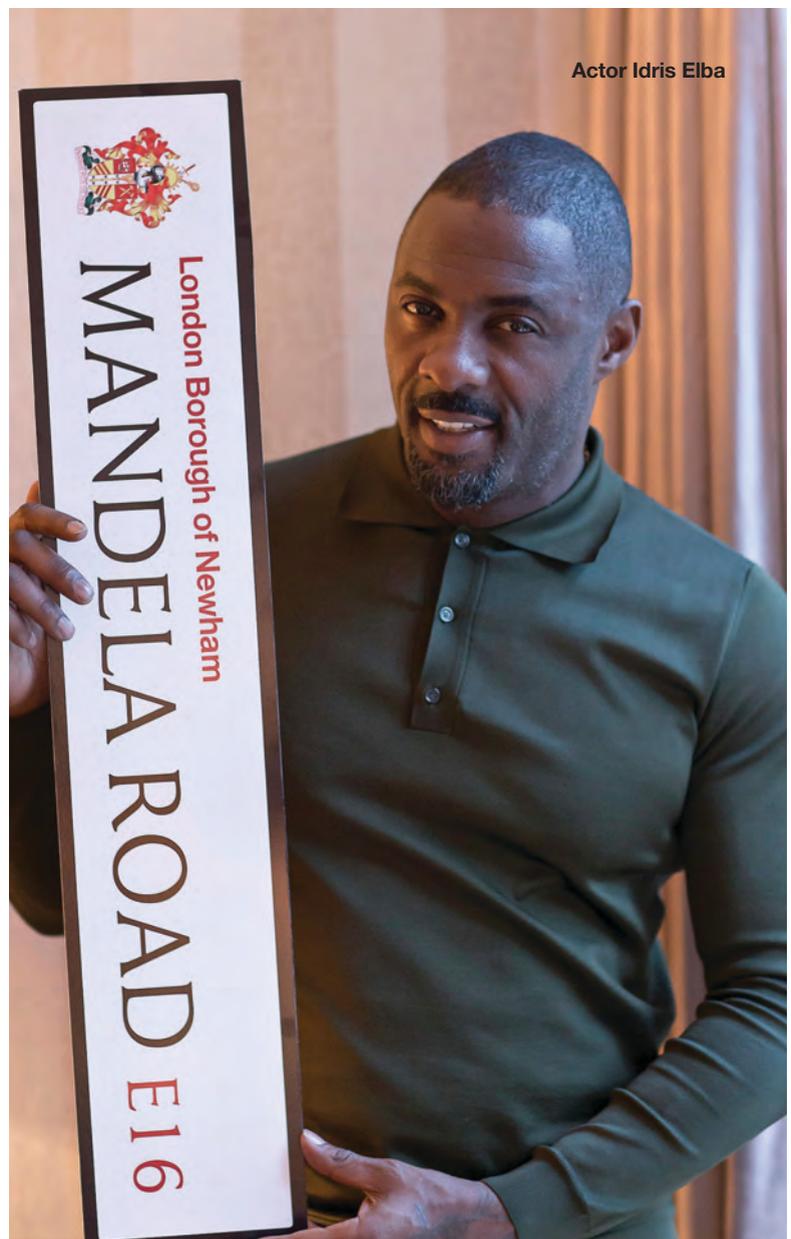
There are 55 people in Newham on the transplant waiting list in need of an organ. There are 56,780 residents already on the donor register. People need to tell their family they want to donate. Families will always be approached about donation and knowing what their loved one wanted may support their decision at a difficult time.

Mayor Rokhsana Fiaz gave some of her bone marrow in 2016 to a young girl in need of a transplant. She said: “We need more people to talk about organ donation to increase the number of lifesaving transplants. Only 16.3% of adults in Newham have registered to donate organs in the event of their death.” If you want to join the NHS Organ Donor Register, join at www.organdonation.nhs.uk



The Mayor and Councillors Charlene McLean and Susan Masters encourage donation

55 residents need donor organs



Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz

I'm really pleased that for the first time in many years, Newham Council will be celebrating Black History Month!

It'll be a chance for us to acknowledge the significant contributions, past and present, to our borough's rich heritage of people like Frank Arthur Bailey, the first full-time black firefighter in England who joined West Ham Fire Brigade in 1955 and served at Silvertown; or actor Idris Elba from East Ham; or gold medal winning Olympian Christine Ohuruogu from Stratford. There's a plethora of amazing black British talent that has emerged from Newham whose contributions are as equally important and I'm really looking forward to seeing what happens during Black History Month through the range of talks and events taking place! We're also asking how can Black History Month be 're-imagined' so that in the future it features in what we do

throughout the year.

As the most diverse borough in the country, it's important that we celebrate the contributions that all members of our community bring each and every day, as valuing and understanding each other helps us to thrive as a family of people from all corners of the world.

Next month, I'll be discussing the first part of our new housing delivery plan with my Cabinet colleagues, which will help us deliver my election promise to you: to start building 1,000 council-owned homes at social rent levels by 2022, with 100 getting under way in my first year. I'm determined to work towards ensuring 50 per cent of homes built in Newham are genuinely affordable for our residents too, and the housing delivery plan will set out details around that too.

My goal is to make sure every resident in Newham who needs a home will be



At the launch of the fashion district



Designing my T-shirt with Stephen Timms MP

able to stay in the borough because the strain of the housing crisis in Newham and across London is unsustainable. We need homes that our residents can afford to live in, that's why its crucial that we keep the pressure on house builders to deliver homes that are affordable for regular people. Regular people like you, me, your friends, and your family members.

That's also why the strong relationship between me as the Mayor of Newham and the Mayor of London matters: because through the range of initiatives, including the Homes for Londoners programme funding that we are bidding for, Mayor Khan and James Murray, his Deputy Mayor for Housing, are helping me unlock the housing potential in Newham including Canning Town and the Royal Docks.

I'm also working with them to ensure all the benefits of the 2012 Games are maximised; so Mayor Khan's recent

announcement about additional housing on Queen Elizabeth Olympic Park is another sign of the strong partnership we have forged which will help with the delivery of my housing pledge.

.....
That's not all that's happening with the Olympic Park! As a child growing up I spent time during the summer in the garment factory my dad ran in Aldgate, fascinated by the craftsmanship involved in clothes manufacturing. So I'm thrilled with the prospect of a wonderful new Fashion District setting up shop in and around Stratford.

It promises 15,000 jobs and the London College of Fashion will be relocating here, so I'm really excited about the opportunities for our residents and young people who have an ambition to follow in the footsteps of the late great Alexander McQueen who learned his trade while growing up and going to college in Newham.

The launch of the district took place at the studio of award-winning designer Christopher Raeburn (who also did a recent 'pop-up' in Westfield Stratford). While I was there I got to make my own T-shirt, with 'Mayor Rokhs' emblazoned on the back, so I can now call myself a dedicated follower of fashion!

.....
I supported the recent national NHS Organ Donation Week to get people talking to their families about organ donation. We must tell our families if we wish to donate. It will make any decision they are asked to make that much easier.

Two years ago I gave some of my bone marrow to a young girl in need of a transplant. I felt so proud and so privileged to have been able to help someone with hopefully their whole life in front of them. If you want to join the donor register, join at www.organdonation.nhs.uk



**Recycling is
everyone's
responsibility**

Sorting out your rubbish and recycling has never been easier and last year Newham residents recycled more than 6,600 tonnes of rubbish.

But we must do better! Our environment is precious and it's our job to help save it – and recycling is a great place to start. As a rule of thumb, start with recycling paper, cardboard and tin, making sure that anything you put in your recycling bins is not wet or dirty because these items will contaminate the rubbish, causing it to be rejected.

Like many things, it is about turning it into a habit and before you know it, it has become second nature and you will be doing it without even thinking about it.

Councillor Rachel Tripp, Cabinet member for environment and highways, said: "We all know how important it is to recycle and how good it is for the environment but the beauty of it is that it is so easy to do and everything we do, no matter how small, makes a difference."

National Recycle Week 2018 takes place from 24 to 30 September. The aim of the week is to encourage everyone to recycle more, by demonstrating the benefits of recycling items from all around the home. Three Newham residents are keen recyclers and say it is now just a part of their everyday lives.

Do you want to know more about recycling in Newham?

For further information about recycling locations close to where you live, put Newham Recycling into the search bar of your web browser.

You can also visit the Reuse and Recycling Centre in Jenkins Lane, Beckton. Don't forget to join in Recycle Week 2018 by using [#NewhamDoes](#)

To help you sort the items that can be recycled from those that go into your rubbish bin, Newham Council has an online resource called the Newham Recycleopedia that you can find on our website.

If you are still in doubt, visit www.newham.gov.uk/recycling

NEWHAM DOES

Do you Recycle?

Zahava Pattison does!

For Zahava, from Plaistow, recycling is a family affair. Her mum has always recycled and Zahava has followed her example. She said: "I recycle because it's good for the environment, it's better to reuse things than throw them away. Plus my mum shouts at me if I put things in the wrong bin! Recycling is second nature to me and my mum, we just do it."

Peter Crump does!

Peter, who also lives in Plaistow, recycles because he cares about future generations and his grandchildren. He said: "I remember to recycle because I keep my bins in my kitchen, which reminds me to throw my rubbish in the right bin. I'm definitely the best at recycling in my family. My advice to other residents is to try and keep it simple, though I would prefer it if I didn't have to rinse the recyclable items."

Hannah Ali does!

Hannah lives in Manor Park. She said: "I recycle because it causes less rubbish in the domestic bin. I remember to recycle as we have a reusable bag in the kitchen, so that when I'm disposing of rubbish it reminds me to look for the recycling logos on boxes, bottles, packets and containers. My family have been recycling for so long it has just become a normal routine in my house, every member of the family does it. If people need a reminder to recycle I think having a small recycling bag or box in the kitchen can help."



Log on to apply for school places



Starting school is an important milestone in every child's life, whether they are entering primary or secondary education. If your child is starting primary or secondary school in 2019, Newham Council wants to make the process as smooth and easy as possible for children, parents and carers.

Those applying for Year 7 secondary places have until 11.59pm on 31 October while applications for reception classes at primary school must be received by 15 January 2019.

The easiest way to apply for your child's school place is to go online at www.eadmissions.org.uk and create a password to start your application.

- It's quick, safe and secure – your child's details are safe
- There is no risk of your application getting lost or delayed in the post
- If you want to change your application, it's easier and quicker to do this online

- You will be sent an email confirming that we have received your application (you do not get a confirmation with paper-based forms)
- You can view or change your application 24 hours a day until the closing date.

Councillor Julianne Marriott, Cabinet member for education, said: "Going to primary or secondary school is a huge step not just for our children but for their parents who need to make sure they submit their applications on time."

Applying for your child's school place online will also automatically enter you into our prize draw to be in with a chance to get help in buying your child's school uniform (terms and conditions apply).

Mayor Rokhsana Fiaz said: "We want to encourage as many parents as possible to use the online service. The prize draw is a lovely incentive for them to do so."

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



**Libraries
Week**

8-13
OCTOBER
2018

MY TIME.

MY SPACE.

MY LIBRARY.

Bringing libraries to life

Nowadays libraries can mean so much more than books. In Newham they are hubs for community and culture and places where residents can learn skills, meet new people and make friends – as well as finding an amazing selection of books, music and films to borrow.

To celebrate the wonderful and varied things they bring to our lives, Newham Council's libraries have organised fun activities during Libraries Week from 8 to 13 October, including school visits, a mindfulness event, a robotics lab, author visits and more.

The Gate Library in Woodgrange Road, Forest Gate, is hosting a Gatsby Evening on 13 October from 8pm to 10.30pm, based on the novel by F. Scott Fitzgerald that will bring one of Jay Gatsby's infamous parties to life with an eight-piece swing band The Art Deco Night Owls. Learn how to do the Charleston with professional dancer Nikki Santilli or make an art deco accessory.

Also on 13 October, Canning Town Library in Rathbone Market has partnered with Ingeenium for a children's event from 5pm to 7pm based on David

Walliams' novel Gangsta Granny. Children aged five to 12 are invited to get involved with theatre, storytelling, arts and crafts and games. There will be a light tea available for all.

And the fun of the circus comes to Beckton Globe from 12pm to 7pm also on 13 October. There are circus skills workshops run by professional circus performers as well as a singalong of hits from The Greatest Showman film at 2.30pm with a live cabaret at 6pm. Of course no circus event would be complete without some face painting and a clown or two! This is a family event.

If you love books but don't have the time to read, audio books are a great way of listening at home or on the move. The BorrowBox Roadshow tour will be visiting various libraries during the week. Take your smartphone or tablet to help you get listening.

All of the events during Newham Libraries Week can be booked on Eventbrite. For more information visit <https://www.newham.gov.uk/libraryevents> or email library.activities@newham.gov.uk



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London Borough of Newham
COMMUNITY
NEIGHBOURHOODS



Celebrating Older People's Day Event

FREE

Come along to celebrate the UN International Day for Older Persons 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



East London
ageUK

Newham London

Newham London

HOW WILL **YOU** QUIT THIS STOPTOBER?

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

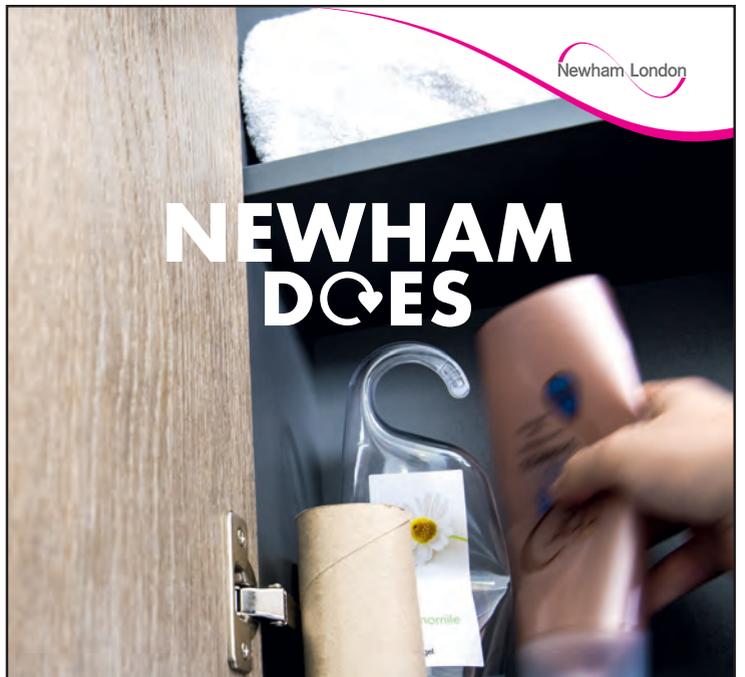
Search **Stoptober** and get your free
Personal Quit Plan

STOP TOBER

BECAUSE THERE'S ONLY
ONE YOU

Newham London

NEWHAM DOES



Last year Newham residents checked whether
their waste could be recycled 29,795 times!

Search "What can I recycle in Newham?"
for more information.

Newham recycles

Stub out for Stoptober



Smokers across Newham are being urged to give up the habit next month as part of Stoptober – the national 28 day campaign to help people quit smoking.

Now in its seventh year, the Public Health England initiative supported by Newham Council, aims to encourage smokers to kick the habit. Research has shown that people who stop smoking for 28 days are five times more likely to quit for good. They are also more likely to quit with some form of support rather than on their own.

Smokers signing up from 1 October can use a new web-based tool to find the most suitable support to help them quit for 28 days and beyond. The range of free support available includes email, Facebook Messenger and the Smokefree app.

In Newham, any resident aged 12 and over can receive one-to-one stop smoking support from a selection of community pharmacies. This can include a personalised treatment plan working towards a set quit date, access to NHS approved medications including nicotine replacement therapies like patches, gum and lozenges, and follow-ups for at least the first four weeks after stopping.

Councillor Susan Masters, Cabinet member for health and adult social care, said: “Stoptober is an excellent way of encouraging residents to take that first step towards giving up for good. There is a wide range of free support available either online or via community pharmacies.

“By giving up smoking you will have a greater chance of leading a longer and healthier life and protecting your family

from the harms of smoking. You will also save yourself thousands of pounds a year as well!”

For more information on stop smoking support and services in the borough, visit www.newham.gov.uk/stopsmoking





BLACK HISTORY NEWHAM.

A month of poetry, talks, film screenings, exhibitions, oral history, singing and author events to explore Black History Month.

Join us at events and tell us how you would like to remember, celebrate, and recognise future Black History Months.

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS

Newham is a borough that is proud of the diversity and heritage of all its communities. Film screenings, exhibitions and talks celebrating black history and culture are just some of the events being staged in October as the borough marks Black History Month.

Newham Council has organised a programme of more than 50 art and cultural events across the month with something for every taste. Alongside public events, there are activities in schools, and libraries will focus on books by black authors and writers, and about black history.

There will be poetry, talks, film screenings, exhibitions, oral history, singing and author events to help people explore and celebrate Black History Month. Residents are invited to attend the events and tell us how you would like us to remember, celebrate, and recognise future Black History Months.

Deputy Mayor Councillor Charlene McLean said: "I'm really glad that we have revived Black History Month as a key council event to showcase the contribution that the black community has made to this country. These events are for everyone and are also about challenging prejudice and bias. It is really important that our residents get involved and we hear their feedback so we can continue to deliver programmes that provide an insight into the history and culture of the black community in Newham."

For full details visit www.newham.gov.uk/blackhistorymonth

Some highlights of the month are:

GRACE JONES: BLOODLIGHT + BAMI **3 October, Plaistow Library**

The film features the larger than life performer and includes her unique performances singing iconic hits such as Slave To The Rhythm, Pull Up To The Bumper, as well as the more recent autobiographical tracks Williams' Bloods and Hurricane. The songs also link to Grace's family life, as the film takes viewers on a holiday road trip across Jamaica, where her family roots and the story of her traumatic childhood are uncovered.

Sisters in Sound...A Hidden Picture **(Photographic Exhibition)** **3 October to 31 October, Stratford Library**

From pioneer veterans to the new wave of female DJs and sound systems, this exhibition of intimate portraits by London photographer Sharon Douglas will shine a light

on the history and contribution of females within sound system culture.

Heroines and Heroes **3 October to 31 October, Stratford Circus Arts Centre**

An exhibition of Jacqui Cooke's portraits of black heroines and heroes.

Black Female Authors in Conversation (Jay Lopez & Trina Charles, Chimmy Lawson, and Yomi Adegoke & Elizabeth Uviebinené) **17 October, Stratford Library**

The authors of Kink, The Little Pink Book, and Slay in Your Lane will discuss their motivations and the stories behind their works and read extracts from their books, followed by a question and answer session and book signings.

The History of the African and Caribbean Communities in Britain **24 October, Rabbits Institute** **(Old Manor Park Library)**

Newham resident, Professor Hakim Adi will present a children's workshop on his book, The History of the African and Caribbean Communities in Britain. Children will have an opportunity to discuss and question him on the histories in his book.

Celebrating the 70th anniversary of Windrush with music and dance **28 October, Old Town Hall, Stratford**

The event will include music spanning 70 years of the Windrush generations in the UK - Lovers Rock, Steppers, Rock Steady, Dance Hall and Reggae.

THE WOUND (subtitled) **30 October, Stratford Picturehouse**

In this South African film, Xolani joins the other men of his community on a journey to the mountains to initiate a group of teenagers into manhood. His entire existence starts to unravel when a defiant initiate from the city discovers his best-kept secret, a forbidden love.

Dancing queen in the groove at



Edna Jones is a regular face at the tea dances put on by Newham Council every month at the Old Town Hall in Stratford. Even at the ripe old age of 100, this dancing queen shows no sign of slowing down.

"I love dancing; it is part of my life and I'll carry on doing it as long as I can," says Edna less than a month after reaching her milestone birthday.

Even as she sat in her armchair she jiggled about, illustrating her dance moves, as she described how her love of moving to the sound of her favourite tunes began in faraway Jamaica.

It was a 16-year-old Edna, also known as Lee, who began climbing out of her bedroom window in the thick of night to go dancing. Recalling how she paid her sisters to keep her secret, Edna admits that out of her 12 siblings she was "the naughty one".

More than 80 years on, she continues to dance although nowadays it is once a month and she has to make allowances

for her arthritis.

The council's Stratford & West Ham community neighbourhood team staff and her dancing colleagues helped Edna celebrate her birthday in style with cake, champagne and plenty of music and dancing. Deputy Mayor Councillor Charlene McLean also attended the celebrations.

Edna was born in August 1918. She married a local boy but although the relationship didn't last, she gave birth to a daughter, Beryl, in 1941. Edna moved to the United Kingdom in 1958 and lived in North London.

She remarried a "beautiful man", Norvil Jones, in 1968 and the couple lived in Stratford. Edna worked as an auxiliary nurse until she retired at 60.



She said: "In those days we had no central heating so we had paraffin heaters. And if you wanted to make a jelly you left it by the window to set because we had no fridge."

In 1966, after working for many years and saving her money, Edna went travelling "all over the place" as she puts it, including St Lucia, Barbados, America, Canada and Holland. She also went to In Trinidad where she dressed in a colourful costume and took part in a carnival in which she danced to her heart's content.

She said: "I wanted to see what was going on in the world so I travelled. I went to places where I couldn't speak the language but people always helped me because I was nice to them. That's why I'm so happy now because I have done a lot."

Edna reveals her secret to a long and happy life She said: "Respect, honesty, good food, sleep and dancing. And I do what my doctor tells me – I take my blood pressure tablet."

Tea dances are held once a month at the Old Town Hall in Broadway, Stratford, from 1.30pm to 4.30pm. They cost £3 for residents (bring proof of address) and £5 for non-residents.

Your entry fee includes three hours of ballroom dance music, refreshments including hot and cold beverages and sandwiches and cake. The next dances take place on:

- Monday 15 October
- Friday 9 November
- Monday 10 December

For more information For further information and to book dance lessons email **CN.Stratfordwestham@newham.gov.uk** or call 020 3373 0826.

Edna at St George's Day tea dance



100th Birthday Party





Some of the young people who will benefit from the programme were at the launch

Supported to get into work

National retailers John Lewis, Waitrose and ASDA are among new partners that have pledged to work with Newham Council to help young people develop skills vital for employment.

The council has been running the Newham Supported Internship programme since 2014 in partnership with Newham University Hospital, Newham College of Further Education, and Barts Health NHS Trust.

The new partners include externalised council business Good Support Group and national retailers John Lewis, Waitrose and ASDA. It will run for ten months from now until July 2019, providing more than 50 young people with special educational needs and disabilities (SEND) the skills to move into paid employment.

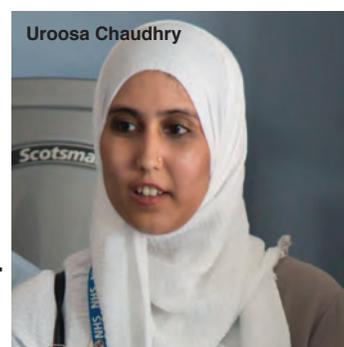
They will receive training and support to develop their confidence, communication, teamwork and problem-solving skills as well as functional skills in Maths, English and ICT. They will have opportunities to learn and develop these skills in a work environment.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "This programme is an example of

excellent partnership working in the borough that supports our local young people with special educational needs and disabilities. The programme is part of the council's commitment to support vulnerable residents across the borough."

Uroosa Chaudhry, 26, from Forest Gate, who graduated from the programme in 2016/17 said: "I really enjoyed it. It helped build my confidence and gave me the experience to get a job. I now work at Newham University Hospital as a pharmacy assistant and it means the world to me. I'm independent. I can go out to meet my friends and spend my own money."

For more information on the Newham Supported Internship programme, contact Gerry O'Kello on **Gerry.Okello@newham.gov.uk** or 020 3373 1273 or Joseph Kunyeda on **Joseph.Kunyeda@newham.gov.uk** or 020 3373 1101.



London Borough of Newham

Members' allowances – Publication of allowances paid to members and co-opted members in the 2017/2018 financial year

As part of the legislation that sets out the arrangements for the payment of allowances, details of amounts paid to each Member of the Council and each Co-opted Member of a Committee must be published within the local authority's area. This notice sets out the relevant information for the 2017/2018 financial year.

During the 2017/2018 financial year, the Council operated the following allowance scheme:

Basic Allowance per Councillor: £10,842 per annum

Mayor's Allowance: £81,839 per annum

Deputy Mayor's Allowance: £38,401 per annum

Special Responsibility Allowances (in addition to the basic allowance) for posts with different levels of responsibility attached to them:

Band	SRA Allowance 1 April 2016 – 31 March 2017 £	SRA Allowance 1 April 2017 - 31 March 2018 £
1	6,747	6,747
2	13,494	13,494
3	20,241	20,241
4	26,988	26,988
5	33,735	33,735

Special Responsibility Allowances (in addition to any other allowance) for Members appointed to represent the Council on the following Bodies:

External body	SRA £
East London Waste Authority	1,045

Annual Allowances for non-elected Co-opted/Independent members serving on the following:

Committee/Sub-committee/Commission	Annual Allowance £
Overview and Scrutiny Committee	502
Scrutiny Commissions	502
Chair of Standards Advisory Committee	1,212
Standards Advisory Committee	808

Childcare/dependants Allowance – £7.27 per hour up to 10pm and £9.70 per hour after 10pm irrespective of the number of people cared for.

Travelling Allowances – The reimbursement of actual travel costs incurred whilst undertaking duties outside Newham.

Subsistence Allowances – The reimbursement of actual subsistence costs incurred whilst undertaking duties outside Newham. This allowance is limited to a maximum daily rate of £28.99 for meals and a maximum overnight rate of £116.15 for accommodation.

The Council is required to publish details of the payments made to each Member of the Council and each Co-opted Member of a Committee in respect of the following allowances:

- Basic Allowance
- Special Responsibility Allowance
- Travelling Allowance
- Subsistence Allowance
- Dependants' Carers' Allowance
- Co-optees' Allowance

Details of the amounts paid to each Member in the 2017/2018 financial year are set out in two schedules. The amounts shown are before the deduction of tax and National Insurance. Schedule 1 details the payments made to each elected Member under the scheme. Schedule 2 details payments made to Co-opted Members.

Details of the Member allowance scheme for 2018/19 are available at www.newham.gov.uk.

SCHEDULE 1 – Members of the Council serving from 1 April 2017 to 31 March 2018

Initials	Name	Basic Allowance £	Special Responsibility Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £	Telephone Allowance £
R	WALES	0	81,834.04	0	0	0	0
H	ABDULMUHIT	10,842.00	33,735.00	0	0	0	0
O	AKIWOWO	10,842.00	0	0	0	0	0
A	ALARICE	10,842.00	0	0	0	0	0
J	ALEXANDER	10,842.00	0	0	0	0	0
A	BAIKIE	10,842.00	33,735.00	0	0	0	0
J	BECKLES	10,842.00	0	0	0	0	0
F	BOURNE	10,842.00	0	0	0	0	0
S	BRAYSHAW	10,842.00	13,494.00	0	0	0	0
A	CHOWDHURY	10,842.00	6,747.00	0	0	0	0
D	CHRISTIE	10,842.00	13,494.00	0	0	0	0
F	CLARK	10,842.00	38,977.60	0	0	0	0
F	CLARKE	10,842.00	6,747.00	0	0	0	0
B	COLLIER	10,842.00	0	0	0	0	0
I	CORBETT	10,842.00	33,907.50	0	0	0	0
J	CORBETT	10,842.00	0	0	0	0	0
R	CRAWFORD	10,842.00	33,735.00	0	0	0	0
U	DESAI	10,842.00	0	0	0	0	0
A	EASTER	10,842.00	6,747.00	0	0	0	0
R	FAIZ OBE	10,842.00	13,494.00	0	0	0	0
C	FURNESS	10,842.00	33,735.00	0	0	0	0
J	GRAY	10,842.00	0	0	0	0	0
A	GRIFFITHS	10,842.00	0	0	0	0	0
Z	GULAMUSSEN	10,842.00	0	0	0	0	0
P	HOLLAND	10,842.00	0	0	0	0	0
L	HUDSON	10,842.00	33,735.00	0	0	0	0
F	HUSSAIN	10,842.00	33,735.00	180.14	0	0	0
I	IBRAHIM	10,842.00	33,735.00	0	0	0	0
A	ISLAM	10,842.00	0	0	0	0	0
O	KHAN	10,842.00	0	0	0	0	0
J	LAGUDA	10,842.00	13,494.00	0	0	0	0
J	MARRIOTT	10,842.00	0	0	0	0	0
S	MASTERS	10,842.00	13,494.00	0	0	0	0
A	MCALMONT	10,842.00	26,988.00	0	0	0	0

SCHEDULE 1 – Members of the Council serving from 1 April 2017 to 31 March 2018

Initials	Name	Basic Allowance £	Special Responsibility Allowance £	Travelling Allowance £	Subsistence Allowance £	Dependants' Carers' Allowance £	Telephone Allowance £
C	MCAULEY	10,842.00	0	0	0	0	0
C	MCLEAN	10,842.00	0	0	0	0	0
P	MURPHY	10,842.00	21,190.45	0	0	0	0
F	NAZEER	10,842.00	0	0	0	0	0
F	NEKIWALA	10,842.00	0	0	0	0	0
A	NOOR	10,842.00	0	0	0	0	0
V	OAKESHOTT	10,842.00	0	0	0	0	0
Mas	PATEL	10,842.00	26,988.00	0	0	0	0
M	PATEL	10,842.00	6,747.00	0	0	0	0
S	PATEL	10,842.00	20,241.00	0	0	0	0
T	PAUL	10,842.00	26,988.00	0	0	0	0
Q	PEPPIATT	10,842.00	0	0	0	0	0
R	RAHMAN	10,842.00	0	0	0	0	0
T	RAHMAN	10,842.00	13,494.00	28.24	0	0	0
P	SATHIANESAN	10,842.00	0	0	0	0	0
K	SCORESBY	10,842.00	0	0	0	0	0
L	SHAH	10,842.00	20,241.00	0	0	0	0
A	SINGH	10,842.00	0	0	0	0	0
E	SPARROWHAWK	10,902.00	0	0	0	0	0
S	THOMAS	10,842.00	0	0	0	0	0
R	TRIPP	10,842.00	6,747.00	0	0	0	0
W	VAUGHAN	10,842.00	0	0	0	0	0
H	VIRDEE	10,842.00	0	0	0	0	0
M	WALLS	10,842.00	0	0	0	0	0
J	WHITWORTH	10,842.00	0	0	0	0	0
N	WILSON	10,842.00	0	0	0	0	0
T	WILSON	10,842.00	13,494.00	1,998.00	0	0	0

Notes

- All Members who are provided with a computer at home to support their work as a Councillor and use the computer for personal use are required to make a payment of £60 per year. This contribution is taken from the basic allowance (Column 3).
- All Members are required to pay fees (£35 per annum) to the Data Controller in respect of Data Protection Registration. This contribution is taken from the basic allowance (Column 3).
- The SRA (Column 4) paid to Councillor I Corbett, Councillor F Clark and Councillor P Murphy included an additional payment of £1,045 pro rata permitted under the allowance scheme as the Council's representatives on the East London Waste Authority for the period they were respectively appointed to the ELWA.

SCHEDULE 2 – Co-opted Members serving on a committee from 1 April 2017 to 31 March 2018.

Initial	Surname	Basic Pay £
E	Kemp	993
R	Glazzard ¹	0
A	Hussain	800
T	Robinson	800
J	Van Bussel	800

Notes

- R.Glazzard has elected to forego her allowance as Chair of the Standards Advisory Committee.

Conversation about care offer



Newham Council is having a conversation with carers about the quality of services they receive, as well as the support offered to the person they care for.

The survey results will not only help shape services for carers nationally, but will also allow the council to ensure it is continuing to offer suitable support. A carer is somebody who provides 'unpaid' support or who looks after a family member, partner or friend who needs help due to their age, physical or mental illness, or disability.

The survey will be sent to a random sample of carers, aged 18 and over, who have received support. It will run from 1 October until 30 November, with the results available online from next April.

For more information call 020 3373 1520 (Monday to Friday, 9.30am to 4.30pm). For any other enquiries, contact William Middleton at William.Middleton@newham.gov.uk

Young take centre stage

Talented youngsters can join Stage Studio

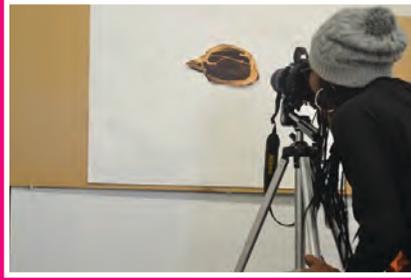


A theatre school that has helped young people win performing roles is looking for new talent to join it during the autumn term.

Stage Studio, at Theatre Royal Stratford East, takes place on Sundays. It was launched in 2013 as a weekly part-time theatre school offering classes in acting, singing and dancing. It was the brainchild of actress and director Shelley Williams who is best known locally for her many performances on the Theatre Royal stage.

She said: "Since launching in 2013 ten of our students have earned places at the prestigious Brit School for Performing Arts and many have won roles in theatre, TV and film. It's so rewarding to see students realise their potential and watch their confidence soar."

Young people can join for a free taster class. Book a place or find out more on 07907 477135 or email info@stagestudio.co.uk or www.stagestudio.co.uk



An arts studio has launched a new programme to celebrate creative work produced by female artists living and working in Newham.

Rosetta Arts Centre in Stratford is running a three-part programme involving creative workshops led by local female artists exhibiting work in its Humble Gallery. The sessions will include workshops around healthy eating principles and gentle physical activities.

The arts centre has been running an exhibition in the Humble Gallery since International Women's Day in March, called A World Away. It commemorates the work of local women and has inspired the centre to use the space as a place for women in the community to connect with each other.

The new programme is one among many run by Rosetta Arts, which is a fully functioning visual art centre. It includes painting, pottery, a Saturday school for children, mosaics and more. For further information visit www.rosettaarts.org

Female artists can get

CREATIVE



A new table tennis group set up with the help of a grant from Newham Council is appealing for new members to join.

Nigel Brook, project lead for South Plaistow Table Tennis, is keen to spread the word about the mixed ability group based at the Swift Centre in Barking Road, Plaistow. The table tennis sessions, which are held on Monday evenings during term time from 6.30pm to 8.30pm, are free and open to people of all abilities. Youngsters aged under 16 must be accompanied by a responsible adult.

The club has four competition standard tables made possible with a council Go For It grant. There will be bats available to use during the sessions. For more information contact Nigel Brook on 07986 258087 or email Nigel.Brook12@icloud.com

If you have any questions about applying for a Go For It grant, call 020 3373 6019 or email communitygrants@newham.gov.uk

Kitchen cooks up master chefs



Paul Stephen with Angela Mitten, executive director for estates and operations

Students are benefiting from a £340,000 renovation project that has transformed hospitality and catering course facilities at Newham College.

The renewed kitchen space at the East Ham campus has state-of-the-art equipment to provide students with an ultra-modern training environment.

Having modern facilities is important because the college works closely with employers to let students experience best practice within the modern workplace. In recent years students' dishes have featured on the menu at Café Football in Stratford. Successful students have also gained recognition in national cookery competitions.

Newham College Principal and Chief Executive Paul Stephen said: "The renovation will give our students a chance to work with excellent facilities before they start gaining experience within the modern sector. They will become familiar with equipment that is just as good as what they can look forward to working with as qualified professionals."

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



Adele Dosalieva, 7



Haoxuan Zhou, 8



Aditi Ashok, 8



Sarah Malik, 7

Tickets to Stratford Picturehouse

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

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



Colour-me-in Word-Fit

Poem

Football

Yeah!

Football is the best,
Scoring goals and beating the rest,
Winning every game in Division One,
Me and my friends are going to have
some fun.

Conceding for us,
Doesn't matter the fuss,
Because goal difference is
one hundred -nil up,
Champions League will be our cup.

Football is my heart and soul,
Every time I score a goal.

Junius Majmuder, 10

Word-Fit

You must fit all the words into the grid

3 letters

COS
JAR
JUT
ODD
ROT
RYE
THE
TOP
YEN
YOU

4 letters

CUTE
DUST
EVER
HUSK
OAST
ONCE
ONLY
OVEN
UNIT
STYX
TYPE
WENT



C	U	T						

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; Tues, 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, 8.15-11.15am, 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



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

Science Club (5-12 yrs) Join our interactive Science Club. Conduct experiments, watch demonstrations and record the results. Thurs, 4-5pm, Forest Gate CNC

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 Knit and Natter's McMillan Coffee Morning Join us with friends and family to help raise funds for cancer over a cuppa and cakes. Open to all. [Fri, 28 Sept, 10am-1pm, Plaistow](#)

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](#)

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 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, 11am-12pm**

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, 6.30-7.30pm, The Well C.C, Vicarage Ln, E6. £2. Call 07741 292893; 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

Senior Programme Division 2 women and division 3/4 men. Rokeby School, E16. Mon, 7.30-9.30pm Call 07947 401616

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.

Thurs, 27 Sept, 7pm, Audit Board

CONTACT THE MAYOR

Mayor's Surgery

By appointment only. Limited slots available. Sat, 13 Oct, 10am-12pm, East Ham Library, 328 Barking Road, E6 – fully booked. Surgery on Sat, 27 Oct, Canning Town Library, Rathbone Market, Barking Road, E16, fully booked. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries

Weds, 3 Oct. Call 020 8430 2000, 10-11 am. 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

"It's expensive"
"It's getting late"
"I don't have time"
"I'll start tomorrow"

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Atherton Leisure Centre, 189 Romford Road, London E15 4JF
Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

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To find out more call 0300 124 0123[†] or visit
www.activeNewham.org.uk/so

[†]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.

Fostering

Make a difference

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

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Newham London



SECOND PUBLIC CONSULTATION FOR MSG SPHERE LONDON

Come and see our updated plans for a new live music and entertainment venue in London

The Madison Square Garden Company (MSG) is back with a second public exhibition on its plans for MSG Sphere London – a state-of-the-art music and entertainment venue – in Stratford.

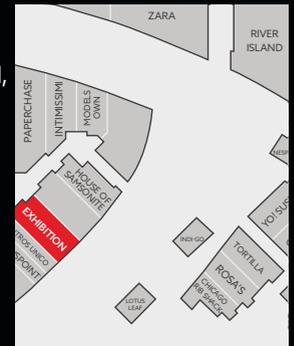
Following an initial exhibition roadshow in July, which was attended by nearly 1,500 people, a second public exhibition is being held at Westfield Stratford City – giving us an opportunity to share the feedback we received, and you a chance to view our updated plans. If approved, MSG Sphere London will bring investment, jobs and some of the world's best acts to the area, adding to Stratford's reputation as a world-class entertainment and cultural destination.

Please join us to find out more about what MSG has planned for this new venue and share your comments before we finalise our proposals and submit our planning application.



The exhibition will be taking place on Level 1, next to the World Food Court, Westfield Stratford City, Montfichet Road, London, E20 1EJ (see map) on:

Saturday 29 September	10am-6pm
Monday 1 October	10am-9pm
Tuesday 2 October	10am-6pm
Wednesday 3 October	10am-9pm
Thursday 4 October	10am-9pm
Friday 5 October	10am-6pm
Saturday 6 October	10am-6pm



More information about MSG Sphere London and our exhibition at Westfield Stratford City is available on the website: www.msglondonconsultation.com. You are also welcome to contact us via email at consultation@msg.com or freephone **0800 307 7994**.



MSG SPHERE LONDON

STRATFORD EAST

FRI 07 SEP – SAT 06 OCT

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