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the newham mag

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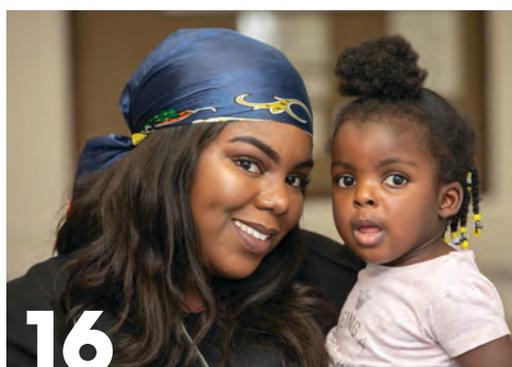


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News

Exam pupils are top class

Newham's Year 11 pupils have performed above the national average in the new English Literature, English Language and Mathematics GCSE qualifications.

Youngsters across England have been marked under a new number system. Instead of achieving A* to G grades, they go from a top grade of 9, to 1 at the bottom. A 4 is considered the equivalent of a C under the previous system.

Deputy Mayor Councillor Charlene McLean and Councillor Julianne Marriott, Cabinet member for education, visited Rokeby School in Canning Town as pupils received their results. The ten top scorers at Rokeby achieved more than 110, grade 9 or 8 (A* to A) GCSEs between them.

Hamza Abdurabi Sheikey achieved 13 GCSEs at grades 9 and 8 (A* and A). He wants to study biology, chemistry, maths and economics. Imtihan Sanim Alam achieved 12 GCSEs at grades 9 to 7 and plans to become a doctor or go into engineering. Twins Emmanuel and Eduardo Beltazar obtained more than 20 GCSEs at grades 9 and 8 as well as distinctions in Business and Technology Education Council (BTEC) vocational

qualifications.

Rokeby head teacher Charlotte Robinson said: "Our students have worked really hard and come away with fantastic results."

In Newham, pupils from 17 schools entered exams. Provisional results show in English, 81 per cent achieved grade 4 or higher, with 67 per cent achieving grade 5 or above. Nationally the figure at grade 4 or better was 62 per cent.

In maths, 69 per cent of Newham pupils achieved grade 4 or higher and 52 per cent achieved 5 or higher. Across the country it was 60 per cent and 40 per cent respectively.

Councillor Marriott said: "I am impressed by the results students across the borough have achieved. These are new GCSEs with more difficult content with the new grading system. Pupils have risen to the challenge and made outstanding progress.

"Our results have improved year on year and are well above national averages. This is down to the hard work of our students, teachers and the support of their parents. We wish them success in their next steps, whether that's an apprenticeship, further education, or into work."



Cllrs McLean (left), and Marriott (right) with Charlotte Robinson and Emmanuel and Eduardo Beltazar



Hamza Abdurabi Sheikey



Imtihan Sanim Alam

Better than national average

News

Wartime bravery is saluted



Bernard Cassidy

A second lieutenant awarded the Victoria Cross after he was killed in one of the final German offensives of World War I will be forever remembered in the community he called home.

A stone dedicated to the courageous action of Bernard Cassidy was laid in Canning Town on what would have been his 126th

birthday, near the street named after him and close to where he was brought up.

It was unveiled by Bernard's nephew Derek Cassidy, Deputy Mayor Charlene McLean, Canning Town North ward councillor Canon Ann Easter, Bernard's great great nephew Jack Cassidy, and Christopher Owens, chaplain to West Ham Sea Cadets. A similar stone was laid in East Ham's Central Park on 28 March to mark 100 years since Bernard died.

Bernard was born in August 1892 and was one of five brothers who signed up for military service in World War 1. He served with the 2nd Battalion of the Lancashire Fusiliers and was sent to the battlefields of France.

He died at Fampoux, east of Arras, where during a German offensive, he was ordered with his battalion to hold their position to the last. His remains were never recovered.

Bernard received the Victoria Cross for his "most conspicuous bravery, self-sacrifice and exceptional devotion to duty during a hostile attack." His death was recorded in the London Gazette, where he was praised for his efforts of clearing out trenches and rallying his men

while under continuous bombardment. His medal is on display at the Imperial War Museum.

Councillor McLean said: "It is essential we recognise the brave and selfless actions of people like Bernard. The stone at the heart of the community will inspire future generations, reminding us all what he and others gave up so that future generations could live."

There are memorial stones in Central Park dedicated to all of Newham's five gallant VC holders, including Bernard. The others are: Jack Cornwell (May 1916 – Jutland), George Drewry (April 1915 – Gallipoli), Harold Mugford (April 1917 – Monchy-le-Preux) and Edgar Myles (April 1916 – Mesopotamia).



The stone is unveiled

Stone marks heroic action

...in brief

Fun with village people

Mayor Rokhsana Fiaz and local councillors enjoyed some fun in the sun with residents who live in and around West Silvertown.

She attended a I Love Britannia Village summer fun day organised by the West Silvertown Foundation. The foundation manages the community hall which is at the heart of village life, offering activities for toddlers, children and young people and social and sports activities for everyone.



The Mayor enjoys the day

The day included food stalls and craft beers, bouncy castles, music, face-painting, badge-making, Zumba and a display of live snakes. There were also performances by young people from the village hall's summer schemes.

People were asked what are the best things about living in West Silvertown. They highlighted a sense of community and friendly family activities. Mayor Fiaz said: "I had a really enjoyable time with all the residents who came along."

Crossrail services are delayed

The opening of the Elizabeth Line rail services through Newham has been delayed until Autumn 2019, Crossrail Ltd has announced.

Services on the central tunnelled section between Paddington and Abbey Wood via Custom House had been expected to start in December. The delay is required to complete the final infrastructure and extensive testing to ensure a safe and reliable railway for customers from day one.

The focus remains on opening the full Elizabeth line, from Reading and Heathrow in the west to Shenfield and Abbey Wood in the east, as soon as possible after the central tunnels open. The construction timetable for the station at Custom House is not expected to be affected.

Cycle shelter is approved

Newham Council's Local Development Committee have approved plans for a secure cycle shelter at the communal car park close to Custom House & Canning Town Community Neighbourhood Centre and Library.

The shelter will have spaces for ten cycles to be stored by centre users. It will be built on a currently unutilised portion of the car park off Mary Street. It supports the council's objectives of encouraging sustainable modes of transport and healthy living.

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 Sunday 23 September when West Ham United play Chelsea at 1.30pm.

School library bus agreed

A proposal to refurbish and install a double decker bus in the playground of Central Park Primary School, East Ham, has been approved by Newham Council's Local Development Committee.

The bus will be used as a library with reading and quiet study space for pupils and staff during school hours. It will be colourfully painted and incorporate the school logo. The interior will be adapted and a new stepped and ramped access made from timber will also be introduced.

Hitch on Elizabeth Line



The proposed East Bank



Royal Docks regeneration

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 [@rokhsanafiaz](https://twitter.com/@rokhsanafiaz)

 [Rokhsana_Fiaz](https://www.instagram.com/Rokhsana_Fiaz)

 [rokhsanafiaz](https://www.snapchat.com/add/rokhsanafiaz)

Who says there is no such thing as a free lunch? Try telling that to the good people at the Carpenters Café in Stratford who hand out free food and drink to some of our most vulnerable street homeless every Tuesday at the community hall on Carpenters Estate.

I joined the volunteers of this wonderful resident-led support project last week, which has been running since 2007 and is backed by local businesses and church groups.

As well as a warm welcome in a friendly atmosphere plus a shower if wanted, they offer clothing, toiletries, and advice on a host of subjects including basic computer training, managing money and housing.

I've already announced that under my administration this council will adopt

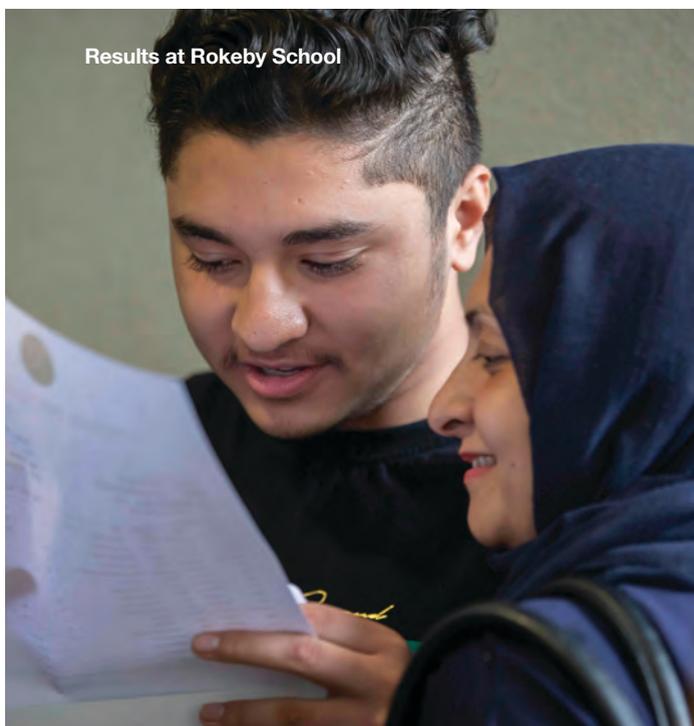
new ways of tackling the homelessness crisis, and that includes treating the most vulnerable with compassion and care. We will help them break the cycle of despair they find themselves in, if they want us to. And with people like the Carpenters Café working alongside us, it can't happen soon enough.

Later this month I will be speaking at a panel discussion hosted by the Evening Standard and developers ABP, about opportunities for businesses and residents from large scale regeneration, particularly in the Royal Docks.

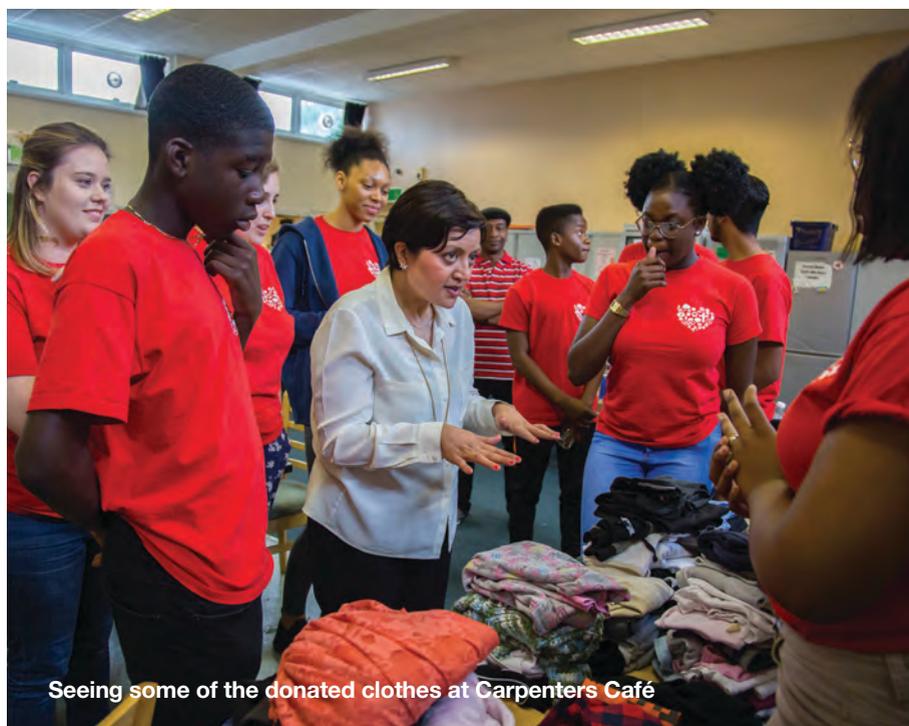
It's important that residents are part of our plans to unlock the full potential of the docks which are going through a renaissance and once again will become



Meeting some of the wonderful volunteers at Carpenters Café



Results at Rokeby School



Seeing some of the donated clothes at Carpenters Café

London's new gateway to the world.

Newham is a vibrant place that offers a home to British companies and others from around the world. My priority is ensuring our residents are at the heart of all the developments under way, reaping the benefits of new jobs and career opportunities, better transport links and genuinely affordable homes.

I'm going to work closely with all the businesses that plan to base themselves here and develop meaningful partnerships that offer real social value for our residents.

Another development site bringing some exciting opportunities is East Bank in Stratford's Queen Elizabeth Olympic Park, which I visited recently to see how plans for the new cultural and educational

district are progressing.

London is a vibrant global city famed for its art galleries, museums, theatre, fashion, music and all-round edginess. That's why I'm thrilled to see some of the world's leading creative, educational and artistic giants so enthused to be coming to East Bank to expand the capital's cultural eminence.

I'm looking forward to working with them to open up exciting career opportunities for residents, promote connections between people, and show how the renaissance of Newham in Queen Elizabeth Olympic Park will bring a multitude of cultural experiences, but also real social value that will benefit residents positively.

It's also important that we tap into the

creative talent that are Newham's young people. They are the ones that will help London maintain its global cultural dominance.

.....
 Young people in our secondary schools really are a talented and determined bunch. I was so impressed by their marvellous results in the new-style GCSE exams, which this year were tougher than before.

Our pupils performed well above the national average in English Literature, English Language and Mathematics. Well done to them and the staff for helping them to achieve their best. But don't despair if you didn't quite make the grades you wanted; there are always more ways and chances to do well in life.

“I learned how to knit and they remind me of my grandparents.”

“Because of this project I am more likely to talk to other elderly people.”

Children help bridge



Life can sometimes be lonely for older people, leaving them feeling isolated and alone from those around them. But pupils at Kensington Primary School in Manor Park are doing their bit to bridge the generation gap.

For the past two years a group of elderly residents have become regular visitors to the school as part of a project called Kensington Cares. The project is supported by Newham Council's Manor Park community neighbourhood team to bring together older residents and young people.

The visitors read stories to the pupils and have taught them to knit while sharing their own life experiences. In turn the children make them laugh with questions about their age. They also serve them lunches and teas and the older guests have been impressed by the manners of their younger hosts.

The school held a celebratory tea for the residents to

mark the continued success of the project. They invited Councillor Susan Masters, Cabinet member for health and adult social care, to join the fun. Councillor Masters said: “It was such a pleasure to see the children mingling with the older residents. It was clear to me that they have forged some wonderful friendships. It just goes to show what a difference it makes when we take time to talk and get to know each other.”

Teacher Tabassum Patel, a former pupil at the school, said the project is proving a great experience for the children. She said: “It's the connection; the bond between the children and the elderly that they have built. I have really enjoyed watching that.”

What the pupils said:

Ammar Muhamed Asick said: “I learned how to knit. The people remind me of my grandparents. There was a gentleman who told me about what it was like when he

the generational gap

“One of the ladies told me what it was like during World War Two.”

“It’s been really fun. I enjoy talking to old people and little kids.”



Cllr Masters enjoyed afternoon tea at Kensington Primary School

came here from Jamaica and when there was no Wi-Fi or internet and how he used to go down to the beach.”

Serina Morgan said: “Now, because of this project I am more likely to talk to other elderly people. When I was four or five, my gran passed away because she was really elderly. I never knew my grandad so it’s really great to be learning from them.”

Catalin Cristian said: “My mum always tells me that I am the kid that likes to talk. I enjoy talking to old people and little kids. One of the ladies told me what it was like during World War Two. I can’t believe I met someone who saw World War Two and is still alive.”

What the residents said:

Harbhajan Kaur Panesar has been coming to the school since last year and likes spending time with the children. She said: “We read books with them and they chat with us. They ask us lots of questions but the funny thing they all

ask us is how old we are.”

Surinder Lotay, whose own children went to the school more than 20 years ago, said she was very impressed. She said: “We have made some nice friends here. We taught them knitting and read with them.”





Neil Wakefield

Tackling the menace of addiction

Addiction, whether it is to drugs or alcohol, has a devastating impact on the lives it touches. But help is at hand for people who want to kick the habit – people like Neil Wakefield who began smoking cannabis occasionally for purely recreational purposes initially when he was 31.

Neil, 56, from West Silvertown, smoked cannabis for more than 20 years, but it was the loss of his mother that made him realise just how dependent he had become on the drug. By then he was spending £160 a week to feed his habit and suffering from severe depression and low self-esteem. He said: “I was in a dark place. At that point it was a case of either I’m going to get myself arrested or I’m going to top myself because I just could not see a way out of it.”

Cannabis, also known as marijuana, weed, pot, dope or grass, is the most widely used illegal drug in the UK. It can cause feelings of anxiety, suspicion, panic and paranoia. Regular use can make you demotivated and uninterested in other things going on in your life, such as education or work. It also increases the risk of developing a long-term mental health illness, such as schizophrenia or bipolar disorder, especially if used by teenagers and younger people, because their brains are still developing.

Neil realised he needed help after his mother died in 2016. As an only child Neil had to deal with all her financial affairs.

Although he was prescribed anti-depressants when he went to his GP last year, it was the one-to-one counselling and support he received at Change, Grow,

Live (CGL) in Canning Town that helped him address the issues that lay behind his drug habit.

Neil realised it was the grief and anger at the friends he had lost to drugs that fuelled his own use of cannabis. He gradually began to cut down his usage until one day he just stopped taking it and soon found he had kicked the habit. He says he has never been tempted to return to cannabis and now helps others in a similar position.

CGL, a service commissioned by Newham Council, supports residents who have substance misuse issues at hubs in Canning Town, Stratford and Manor Park. All three provide a range of services to help residents stop using drugs or alcohol and develop coping strategies to ensure they stay drug free and sober.

Residents aged 18 or over can access services depending on their level of drug or alcohol use. They will initially be seen by a recovery worker at assessment slots between 11am and 1pm, provided they arrive before 10.30am.

All assessment slots are based on a drop-in basis and do not need to be pre-booked although residents can contact CGL to add their name to a slot.

How do I get support?

If you or someone you know is struggling with drink or drugs, you can talk to your GP or contact CGL on 0800 652 3879 or newham.referrals@cgl.org.uk or visit www.newham.gov.uk/careinnewham for information on the range of support available.



Residents receiving support at CGL



Service users at CGL

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

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For more information contact CitizensAssemblies@newham.gov.uk

Putting Newham Residents at the Heart of Everything We Do.



Join us at your local Citizens' Assembly

Community Neighbourhood	Time	Date	Venue
Manor Park	6-9.30pm	Monday 10 September	Froud Centre 1 Toronto Ave, E12 5JF
Stratford & West Ham	10am-1pm 6-9.30pm	Wednesday 12 September	Old Town Hall Stratford, 29 The Broadway, Stratford E15 4BQ
Forest Gate	10am-1pm 6-9.30pm	Thursday 13 September	Forest Gate Learning Zone, 1 Woodford Road, Forest Gate, E7 0DH
Manor Park	10am-1pm	Monday 17 September	Old Manor Park Library, 835 Romford Road, Manor Park, E12 5JY
East Ham	10am-1pm 6-9.30pm	Tuesday 18 September	Newham Town Hall, Barking Road, East Ham, E6 2RP
Plaistow	10am-1pm 6-9.30pm	Thursday 20 September	Barking Road Community Centre, 627-633 Barking Road, E13 9EZ
Green Street	10am-1pm 6-9.30pm	Thursday 27 September	Katherine Road Community Centre, 254 Katherine Road, E7 8PN

BROADWAY IS...



CHANGING

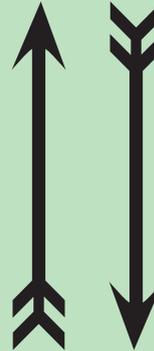


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River crossing will be transformed



Existing ferries will be replaced as part of the upgrade

The Woolwich Ferry has been a permanent part of the landscape for motorists and pedestrians heading across the Thames to and from North Woolwich for many years.

From 6 October Transport for London, which runs the ferry service, will be closing down the operation for three months so it can modernise the piers and replace the current fleet of ferries with two new modern vessels.

The new boats will make the service more reliable and comfortable for customers. They will also have more space for vehicles and foot passengers, 40 and 150 respectively. The new ferries will have a separate space for cyclists and step-free access while also being more fuel efficient, less noisy and kinder to the environment with fewer emissions.

The boats will carry the names of Ben Woollacott, after a former deckhand who died working on the ferry, and the Dame Vera Lynn, after the legendary singer from East Ham. They will use a new high-tech mooring system which will be

installed at the piers in North Woolwich and in Woolwich, south of the river. Some of the work began in June while the existing ferries were in use. The Woolwich Foot Tunnel will stay open while work on the piers continues.

The Woolwich Ferry has operated across the Thames since 1889. Today, it carries around 34,600 passengers weekly, which adds up to more than 1.8 million passengers a year.

Further information on the project will be posted on TfL's website so visit: <https://tfl.gov.uk/travel-information/improvements-and-projects/woolwich-ferry-upgrade>

Residents with questions, concerns or complaints regarding these works, can contact BAM Nuttall on Woolwichferryberths@bamnuttall.co.uk or Transport for London's Contact Centre on 0343 222 1234. You can also write to TfL Customer Service, 4th Floor, 14 Pier Walk, London, SE10 0SE.



Free childcare

Some children in Newham qualify for 15 hours of free early education from the age of two. Many families already take advantage of the offer, but more could be seeing the benefits.

Children and toddlers who attend nursery before they start school develop valuable skills so they are not just ready to learn but also know how to get along with their peers.

If your child qualifies you can use the 15-hour allowance flexibly in a way that suits you, at approved nurseries, day care and pre-schools or at a professionally-qualified childminder.

Newham has more than 150 approved providers to choose from. If your two-year-old qualifies for free early education, they will usually start in the term after their second birthday.

Children benefit from playing, socialising and having fun with other

two-year-olds while getting ahead with learning and development. The free early education entitlement lets children try new activities, develop social skills and independence from an early age.

Mohammed A. Uddin is manager at Zikora Day Nursery and Pre-school Limited in Stratford, which provides funded early education for two-year-olds, with a focus on disadvantaged children. He said: "Our activities are carefully planned to support individual needs. We have a dedicated sensory room which is an asset, particularly to those with special educational needs or disabilities."



Mohammed A. Uddin

Zara Raynold's daughter Kaia attends Zikora. Zara heard about the childcare offer from nursery advertising and has seen benefits for Kaia and herself. She said: "Kaia has been exposed to opportunities to enrich her skills and gain confidence. She is used to routines and has more time in a nursery setting. The scheme helps financially and allows me the opportunity to work."

The scheme saves parents around £3,000 a year compared to a fee paying childcare place.



Zara and Kaia



Jacqueline and Eden

Jacqueline Dom's daughter Eden also attends Zikora. Jacqueline said the scheme "provides advanced learning opportunities and is great for Eden's social development."

As well as preparing children for the learning environment of school and contributing to their educational development, the free childcare offer benefits two-year-olds in terms of their early language skills and physical, social and emotional development. Parents can also be confident that their children are receiving high quality care which will benefit them in later life.

Once children start on the scheme they will be able to continue until they start their universal entitlement after they turn three. This is true even if circumstances change, for example if parents start work or earn more.

to help tiny tots

Who qualifies:

Your child will qualify for a free place if you get:

- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Universal Credit - if you and your partner are on a low income from work (this usually means a combined income of less than £15,400 a year after tax)
- Tax credits and you have an annual income of under £16,190 before tax
- The guaranteed element of State Pension Credit
- Support through Part 6 of the Immigration and Asylum Act
- The Working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)

Children qualify in their own right if:

- they are looked after by Newham Council
- they have a child protection plan
- they have a disability living allowance
- they have a current statement of special educational needs (SEN)
- they have an education, health and care plan
- they left care through special guardianship or an adoption or residence order.

Check if you are eligible for free early education for your child at
www.newham.gov.uk/twoyearold

Standards Advisory Committee independent member vacancy

The London Borough of Newham is seeking an independent member for its Standards Advisory Committee. The Committee has a role to promote and maintain high standards of conduct by Members of the Council, co-opted members and church and parent governor representatives.

Independent Members, must not, during the last five years, have been a member or employee of the Authority or a member or employee of any other authority, nor must they be a relative or close friend of a member or employee of Newham.

Ideally Independent Members should represent a range of different skills and knowledge (e.g. the community, voluntary, professional and business sectors). Independent Members should live or work/study in Newham.

The Committee is scheduled to meet four times a year. Relevant training will be provided. You will be paid an allowance and can claim the reimbursement of travel and subsistence expenses. The term of office will be for four years.

For further information or for an application form, please contact Joy George:
Joy.George@newham.gov.uk, 020 3373 1256.

Closing date for applications is **Sunday 30th September 2018**



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

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Community groups and charities across Newham are being invited to apply for a share of a £25,000 fund run by Silvertown-based sugar makers Tate & Lyle.

The Lyle's Local Fund was launched last year and received 77 applications from a range of charities, community groups and schools, of which 15 were awarded with cash for projects ranging from £900 to £2,000.

Following on from the success of last year Tate & Lyle has set up another £25,000 community fund which will be administered in partnership with Newham Council to support projects that help create safe, prosperous and healthy communities in the borough.

Grants of up to £2,500 will be available, and the community fund is open to not-for-profit organisations, such as social enterprises, schools, charities and community groups, who are based in Newham and whose work benefits the residents of Newham.

Tate & Lyle Sugars, which has been making sugar and

syrup in Newham for almost 140 years, has a long history of supporting the local community, dating back to the 19th Century through the philanthropy of co-founders Henry Tate and Abram Lyle.

Today, The Lyle's Local Fund complements the company's existing community engagement programme of support for local charities, volunteering and in-kind support.

This year's Lyle's Local Fund will be open for applications from 13 September with a launch event supported by Newham Mayor Rokhsana Fiaz. The deadline for applications is 12 October and grants for projects will be awarded before Christmas.

Projects supported last year included yoga classes, a British sign language after-school club, a community café, art workshops and a church kitchen refurbishment. To apply, or for more information, visit www.newham.gov.uk/lyleslocalfund or email lyleslocalfund@newham.gov.uk or call Newham Council's community grants team on 020 3373 1460.



The Mayor and a young guest were among those who attended the awards

Learning is a life

Young people have gone back to their classrooms this month at the start of another school year, but the old adage is that you are never too old to learn. Newham Council's adult learning service (NALS) signs up almost 5,000 people for 11,000 part-time or evening courses every year.

Lifelong learning opportunities mean that students aged 19 and above can continue to gain qualifications that might support them into new employment or further education, but also help them to develop self-confidence and improve their health and mental well-being.

The achievements of older learners were celebrated during an annual awards event held at the Gainsborough Learning Centre in West Ham. Mayor Rokhsana Fiaz and Councillors Julianne Marriott, Shaban Mohammed and Canon Ann Easter

joined more than 150 learners, tutors, staff and guests for the occasion that included awards, music and song.

The Mayor said: "We have some amazing students who have achieved great things this year."

Angelique Grygorcewicz, head of adult learning at NALS, said: "These awards represent dedication, determination and the ability to balance personal life and work commitments with study. They also show a high level of accomplishment; outstanding progress; overcoming barriers and challenges; having a

passion for learning and the desire to share that passion with others; team work and support.

"All of our learners have amazing stories and are examples of the spirit and will to overcome adversity. One of the award winners completed their course of study and sat public examinations while also undergoing treatment for cancer, another has had to contend with dyslexia but battled on to complete their learning programme and gain a distinction in one element of their public examinations."



The Mayor presented the Young Student of the Year award for Emelia Frimpong to her tutor Fatema Desai



Councillor Ann Easter was among the guests



Young guests were part of the celebrations



The evening included music

long experience

The awards were presented by the Mayor and councillors, Angelique, and Terry Reynolds, Newham Council's director of education and skills.

Recipients were:

ROLE MODEL AWARD:

Tanya Greenwood – special commendation
Tom Stocker – winner
Emmanuel Adatsi – winner

ENDEAVOUR AWARD:

Marlene Smith – winner
Nabila Safi – winner
Dee Krongchai – winner

OUTSTANDING ACHIEVEMENT AWARD

Maybelle Trani – winner
Mariama Soho – winner
Gina Regan – winner

GROUP OF THE YEAR

Newham Pause Group – special commendation
Cake baking Wednesday GLC –

winner
ESOL Level 1 Little Ilford Learning Zone – winner
ALDD English Forest Gate Learning Zone – winner

STUDENT OF THE YEAR

Emelia Frimpong

Newham Adult Learning Service works with Newham College to offer a wide and diverse range of learning opportunities ranging from non-accredited short courses in subjects including cake decorating, cookery, arts and crafts and music through to GCSEs in Maths and English and professional qualifications up to and including Level 3+ in subjects such as teaching assistant, early years educators and business administration.

There are four main purpose built adult education centres, one in each geographical quarter of the borough,

where students can receive advice and guidance before enrolling on a course. You can talk to someone before you enrol about:

- finding the right course for you
- where your studies can lead you
- what support is available to help you succeed

Please contact the area office nearest to you and we can arrange an appointment for an interview:

Forest Gate (NW), Forest Gate Learning Zone. Tel: 020 8257 4680

Little Ilford (NE), Little Ilford Learning Zone. Tel: 020 8522 5770

Beckton Globe (SE), Beckton Globe. Tel: 020 8430 4041

Canning Town (SW), Gainsborough Learning Centre. Tel: 020 3373 1290

For more information visit: <http://adult-learning.newham.gov.uk/>

Sign up to see shrouds project

Schools in Newham are being urged to sign up to visit a powerful piece of art that represents the thousands of casualties who died at the Battle of the Somme, the bloodiest battle of the First World War.

Queen Elizabeth Olympic Park in Stratford will feature more than 72,000 small shrouded figures, each of them representing one of the men killed at the Somme. Artist Rob Heard has spent the past five years hand stitching the figures as part of The Shrouds of the Somme project

to commemorate the centenary of the end of the First World War. The project will be at Queen Elizabeth Olympic Park from 8 to 18 November.

Schools already signed up to visit include Earlham Primary, Curwen Primary, Park Primary, St Winefride's Catholic Primary, Ranelagh Primary. Other schools interested in taking part can register here: <https://shroudsofthesomme.com/schools-programme/school-visits/>



The shrouds have been hand-stitched

Heartfulness Meditation



Councillors were among those who attended the launch

Book is a guide to meditation

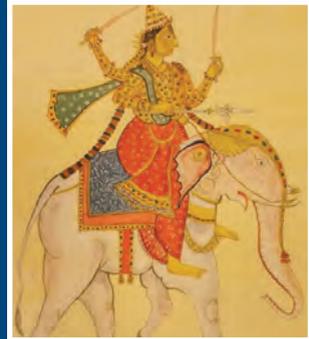
Newham councillors were among residents invited to attend the launch of a book devoted to relaxation and meditation.

The launch of The Heartfulness Way took place at the Heartfulness Meditation Centre in Rick Roberts Way, Stratford. The book has been written by Joshua Pollock in collaboration with Kamlesh D. Patel. Mr Pollock has been a meditation trainer and meditator for 16 years. He is also a renowned classical western musician and violinist.

The book is a guide to the Heartfulness movement and provides a step-by-step guide to the practice. Heartfulness UK, a registered charity based in Stratford, offers sessions teaching people the simple and effective method of meditation.

Councillors Mas Patel and Pushpa Makwana attended the launch. Councillor Patel spoke of the importance of unity and said the practice is open to people of all faiths or none. To learn more about the practice visit www.heartfulness.uk

ART CELEBRATES DIVERSITY



A group of local artists will be showing off their work at an exhibition at The Gate Library next month.

The artists created their work in classes held at Forest Gate Learning Zone under the guidance of tutor Jonathan Waller. The exhibition, made possible with a Go For It grant from Newham Council, will feature paintings and drawings that reflect the diverse community the artists come from. It will run from 3 to 27 October and most of the works will be for sale.

The artists will also lead workshops on Tuesday and Thursday afternoons throughout October, culminating in a closing event where prizes will be awarded to adults and children who have produced their own art pieces in response to the exhibition.

For more information contact artists Richard Meyer at richardpmeyer@hotmail.com or call 0208 503 5982, or Emma Davies at daviesemma204@gmail.com or call 07944 853796.



Pearly King Bob with Shahz Hussain, hospice community and events manager

Pearly King raises money for hospice

Children and families at Beckton's Richard House hospice gave a warm welcome to Forest Gate's Pearly King Bob Paice when he visited to present a cheque for £300.

The hospice provides specialised care, treatments and therapy for children who may also need end of life care, as well as support for their families. It relies on donations and fundraising by supporters in order to continue its vital work. This year the hospice needs to raise £3.5million.

Bob, from the London Pearly Kings and Queens Society, said: "Seeing the joy and happiness that Richard House brings to the children and their families is the reason why I continue to support them year on year.

"It is a cause that is very dear to me and seeing the children with smiles on their faces makes my work all worthwhile." To find out more about the hospice visit www.richardhouse.org.uk



If you are a Newham resident and have ideas about improving health and social care services then the National Health Service wants to hear from you.

The East London Health and Care Partnership wants to set up an online panel that will give people an opportunity to make their voice heard on proposals for local NHS and social care services.

The partnership wants to involve a range of people in shaping services to meet local needs. Anyone over the age of 16 can register with the citizens' panel. Signing up is simple and you will only need to give up 20 minutes of your time every four to six weeks. You will receive updates on the results of your involvement and how feedback has been used.

To join the panel visit <https://bit.ly/2wd2u4h> and complete the online sign-up form by 21 September.

Kids' Corner

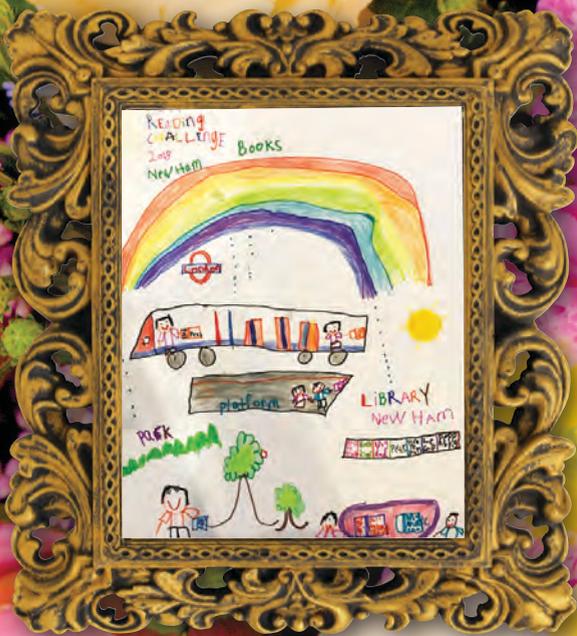


PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

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



Kai Yun Wong, 5



Aya Salih, 7

Winner



Krishang Bharadwaj Naveen, 5

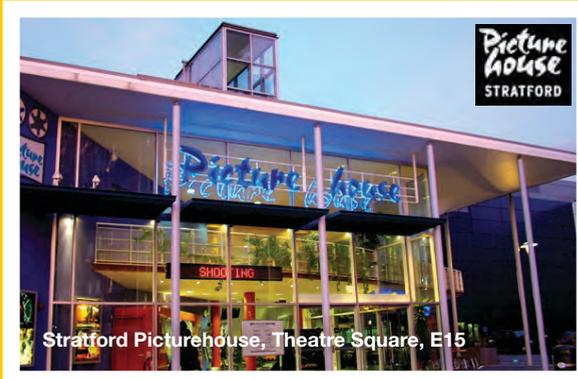


Zainab Anjum, 9

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.



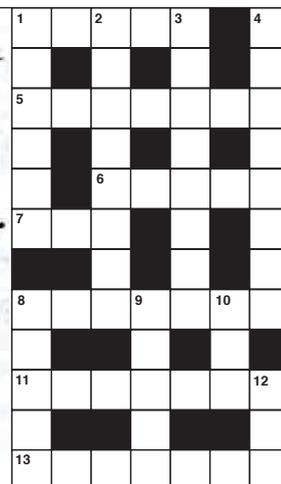
Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword

Jokes

- Q** What did the little boat say to the yacht?
A Can I interest you in a little row-mance?
- Q** What did the American Indians call a vegetarian?
A Bad Hunter.
- Q** Did you hear about the hungry clock?
A He went back four seconds.
- Q** How did the phone propose to his girlfriend on Valentine's Day?
A He gave her a ring.
- Q** Why did Mickey Mouse become an astronaut?
A So he could visit Pluto.
- Q** Why did the skeleton climb up the tree?
A Because a dog was after his bones.
- Q** Why would you go to a paint store while on a diet?
A Because you can get thinner there.

Crossword



Across

- Beautiful summer flowers (5)
- Comfort (7)
- Strip of plastic used for drawing a straight line (5)
- Purpose or intention (3)
- Country ruled by a king (7)
- Large monkeys (7)
- It is put into a radio to give it power (7)

Down

- This country hosted the 2018 FIFA World Cup (6)
- Superhero known as The Man of Steel (8)
- Edinburgh is this country's capital city (8)
- Room which usually has a washbasin and a toilet (8)
- Pieces of meat grilled on a skewer (5)
- Apparition of a dead person (5)
- Possess (3)
- Secret agent (3)

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, 10.30-11.30am, 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

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

Book Club and Creative Writing Group 🌐 Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

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 Free singing sessions. 2nd Mon of the Month, 2-4pm, Stratford

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

Knitting Course (16+) Registration required through Newham Adult learning 020 8257 4680. 10-week course, course fee applies, Weds, 1-3pm, Stratford

Sewing Skills (16+) Registration required through Newham Adult learning 020 8257 4680. 10-week course, course fee applies. Weds, 10am-12pm, Stratford

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, Mon, Thurs, 10-11.30am, Stratford; ESOL Entry 3, Tues, Fri, 9.30am-12pm, Stratford; Tues, 10am-2pm, Plaistow

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](#)

COMMUNITY ACTIVITIES

Newham Super Choir All ages. [Tues, 10.30am-12pm, Beckton C.C.](#)

Health is wealth Women's health based group. For more information, contact healthiswealthproject@outlook.com [Last Mon of the month 12-2pm, Beckton Globe](#)

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](#)

International Lunch Club Dishes from around the world. £4 per person. [Tues, 12-2pm, Beckton C.C.](#)

Social Media in Everyday Life Age 18+ [1st Sat of month, 11am-12pm, Custom House & Canning Town CNC](#)

Beckton Women's Group Sewing, fruit decorating and dancing. £2. [Tues, 10.30am-12.30pm, Beckton C.C.](#)

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://sifudaidsingh.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

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](#)

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, 10-12pm. 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; Mon, 12.30-1.30pm, Jeyes C.C; 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

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.

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

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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

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**

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.

Tues, 11 Sept, 3pm, Newham Partnership – Employment and Enterprise; Tues, 11 Sept, 7pm, Strategic Development Cttee, Council Chamber, Old Town Hall, Stratford **Weds, 12 Sept, 7pm, Audit Board** **Mon, 17 Sept, 6.30pm, Council, Old Town Hall, Stratford** **Tues, 18 Sept, 7pm, Overview and Scrutiny Cttee** **Weds, 19 Sept, 7pm, Health and Audit Social Care Scrutiny Commission**

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Limited slots available. **Sat, 8 Sept, Stratford Library (1st Floor) – fully booked. Surgery on 22 Sept at Forest Gate Library is also fully booked.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries **Weds, 19 Sept. 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

Top tips for healthy teeth

change
4 life

Dental health is vital to our wellbeing, but our teeth can be damaged by poor food choices and infrequent brushing.



Tip 1

Be sugar smart

High sugar intake is linked to tooth decay. Limit sugary food and drink by consuming them less often and only at mealtimes.



Tip 2

See the dentist

Dental care is free for pregnant women, new mothers (have had a baby in the last 12 months), children under 18 and students under 19 in full-time education.



Tip 3

Brushing twice is nice

Help children brush their teeth with fluoride toothpaste, once when it suits your family routine and once before bed.



Download the Change4Life Food Scanner app to find out what's in your food and drink.



ANDROID APP ON
Google play

Download on the
App Store

Ask your dentist or school nurse for more top tips.

Newham London

Newham Youth Achievement Awards 2018

**Celebrate the achievements
of Newham's inspirational and
talented young people.**

Nominate young people, aged 11-25,
who have personally achieved or made a difference
to the lives of others.

Categories include sports, creativity, courage,
community participation and making a difference.

**Nominate from Thursday 16 August
to Thursday 13 September.
Visit www.newham.gov.uk/youngmayor
and select **Newham Youth
Achievement Awards.****

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🐦 @ym_newham

#TimeToShine

