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Caring profession



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Head in the clouds



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Be a good citizen

the newham mag

issue 397 // 24 Aug – 06 Sept 2018 // Every fortnight

Music under the stars

Dancing the night away (p8)



Look out for the next issue from **07 September 2018.**

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News

Students are making the grade

Provisional A-level results have shown that Newham students are performing above the national average at the top A grade.

More than 1,300 young people sat A-level exams in the borough this summer. There was a rise of six percentage points over last year in those who scored either an A* or A grade. The borough average of 34 per cent scoring either A* or A was above the England average of 26 per cent.

More than 60 per cent achieved A* to B grades, which is up 11 points on last year. Eighty per cent achieved A* to C, which is also up by 11. The provisional overall Newham pass rate (A* to E grade) was 98 per cent, which equals the England average.

Mayor Rokhsana Fiaz and Councillor Julianne Marriott, Cabinet member for education, visited Newham Sixth Form College (NewVIc) in Plaistow to see students collect their results for A-levels and Business and Technology Education Council (BTEC) vocational qualifications. They met:

- Hanson Anthony Fernandes, who will be going to University College London to study information management for business after receiving distinctions in his Level 3 Extended Diploma in Business BTEC.

- Ifeoluwa Oluwayomi, who will be going to Manchester University to study geology after obtaining an A and two Bs.
- Abed Mosa-Al-Refaei, who received an A* and two As and hopes to go to Cambridge's Trinity College to study engineering. He has only been in the UK for two years after growing up in Syria.

Councillor Marriott said: "Seeing all these talented students do so well is fantastic. Our education system and the support of our fantastic teachers gives our young people the chance to get ahead and succeed."

Students at St Angela's Ursuline School Sixth Form, Forest Gate, achieved 84 per cent A* to C grades; NewVIc students achieved 65 per cent A* to C grades; students at St Bonaventure's Catholic School Sixth Form, Forest Gate, achieved 64 per cent A* to C grades; students at Chobham Academy Sixth Form in Stratford achieved 61 per cent A* to C grades.

London Academy of Excellence in Stratford achieved 59 per cent A* to A grades; Brampton Manor Academy in East Ham achieved 93 per cent A* to B grades and Newham Collegiate Sixth Form Centre in East Ham achieved 90 per cent A* to B grades.



The Mayor, Cllr Marriott and students

Top mark scores on the up

News

Centre offers a hero's welcome

Mayor Rokhsana Fiaz visited Stratford Shopping Centre just days after it was forced to close due to flooding, to officially launch the centre's Superhero Summer Kids Club.

The shopping centre hosts a number of free events throughout the year, mainly focusing on its Makenna's Little Monkey kids club for younger visitors, but during Saturdays in August it has been welcoming super heroes Batman, Spiderman, Iron Man and The Hulk.

Mayor Fiaz launched the summer programme where activities have included mask and cape making, drawing your own comic strips and cupcake workshops. The centre had been closed for two days just before the launch because of a broken Thames Water sewer pipe outside.

The Mayor said: "It was great to be able to join so many local families to launch the summer programme – and I even managed to get a hug from Batman and sit in the Batmobile."



The Mayor with Batman and super hero fans



Cllr Tripp, second right, with the award

Pride over Green Flag

Plasht Park in East Ham has been recognised by the Green Flag Award Scheme as one of the very best in the country.

It is among 1,883 parks and green spaces to receive a prestigious Green Flag Award, which marks the quality of a park or green space and is a sign that it boasts the highest possible environmental standards, is beautifully maintained and has excellent visitor facilities.

Councillor Rachel Tripp, Cabinet member for environment, said: "We are absolutely delighted and very proud to receive a Green Flag Award for Plasht Park for the first time. We know how much quality green spaces matter to residents and this award celebrates the dedication that goes into maintaining it to such a high standard."

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

Park is among the best

...in brief

Park in tune with the Latin beat

Hundreds of residents got into the noisy and colourful spirit of Latin American carnival and culture during an afternoon of fun in the sun at Memorial Park in West Ham.

Mayor Rokhsana Fiaz and local councillors enjoyed activities that saw traditional costumes and music and dances from all over South America, plus international food, puppets, art and handicrafts each with a Latin American flavour.

The Mayor said: "There was lots of music, vibes, serenading and fun things to enjoy. It was great to see this borough's great diversity in all its glory."

It was the seventh year of the event. Organiser Juan Carlos Piedra, director of the Latin American community association MERU (Ecuador Movement in the United Kingdom), said: "We were very pleased to welcome the Mayor and thank you to all the local councillors for attending."



The Mayor at the carnival

Fire safety work approved

Members of Newham Council's Strategic Development Committee have approved plans to install new fire safe material to the exterior of three council-owned tower blocks.

Ferrier Point in Canning Town and Nicholls Point and Tanner Point, both Plaistow, have all undergone extensive fire safety work since the Grenfell Tower fire in June 2017. Aluminium Composite Material (ACM) cladding which covered the blocks has now been removed after it was identified as presenting a potential fire risk.

Councillors granted planning permission to install an External Wall Insulation (EWI) render system on Tanner Point and Nicholls Point. A slightly different system was approved for Ferrier Point consisting of EWI render and aluminium rain-screen panel cladding.

Consultation with residents will take place shortly at each of the blocks to decide the overall colour for each system.

Work is due to begin on installing the new material in October and is expected to be completed in May 2019.

Praise for Shared Lives scheme

A care service based in Stratford has received an overall rating of outstanding by the Care Quality Commission.

Newham Shared Lives Scheme, a business owned by Newham Council, was praised for being effective and well-led. It was awarded a rating of good for being safe, caring and responsive.

The scheme allows people with support needs to live as independently as possible by matching them to specially trained carers. They are supported by living in the home of their carer as part of their family.

Debbie Ivanova, CQC's Deputy Chief Inspector of Adult Social Care, said: "I commend the leadership team and all the staff at Newham Shared Lives Scheme for their hard work and dedication."

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 day is Saturday 1 September when West Ham United play Wolverhampton Wanderers at 3pm.

New cladding for three blocks



Put your hands up



Music to your ears

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

It was great to join students at Newham Sixth Form College in Plaistow to celebrate tremendous exam successes with their A-levels and BTEC results. I was impressed with all of them including Abed Mosa Al-Refaee, 19, who came to the UK with his family after fleeing the Syrian civil war in 2012. With focus he achieved a stunning set of results with an A* in maths, plus As in physics and further maths and now plans to study aerospace engineering at university.

There were many others achieving great results and not just in A-level subjects, but in BTEC subjects as well. It shows how our colleges in Newham are supportive places that offer academic, practical, technical and creative courses so that our young people can achieve their best. For me they all represent the determination and the talent our young people in our borough have, which is phenomenal to see!

Of course, this week has been GCSE results for our secondary school youngsters who have sat new-style exams, which are tougher than before. My message to them all is to remain proud whatever the outcome. GCSE results day is always a day of high emotions – and whether they achieved their best, or not quite made the grades they hoped for, it's important to remember that life offers new chances and possibilities to be a success.



Picnic at the park



Congratulations to Abed Mosa Al-Refaee



Your dancing Mayor

I spent four glorious summer nights last weekend having fun and dancing with residents at Under the Stars and getting a little star-struck watching the incredible range of artists who lit up East Ham's Central Park.

From ska, reggae and soul, to classical and bhangra and desi beats, I was blown away by the musical delights of The Skatalites, local boy Mumzy Stranger, Dr Zeus, the Royal Philharmonic Orchestra, and Soul II Soul, who were part of my sound-track growing up in Newham back in the day.

All four nights were energetic, eclectic and electric especially with the marvellous flag waving, old fashioned singalong and spectacular fireworks on Sunday which made everyone go wild!

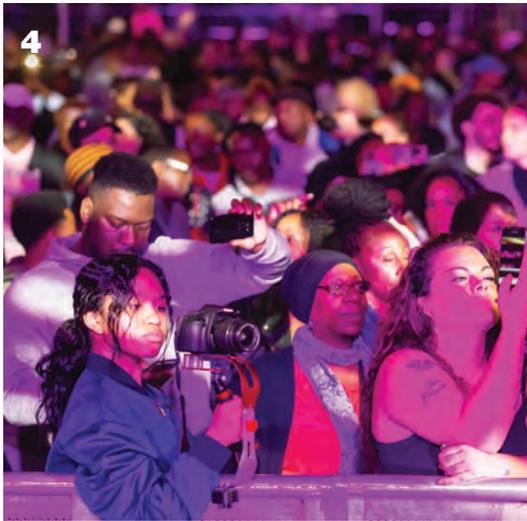
It was hard to pick out a favourite, but for me Saturday watching Jazzie B and Caron Wheeler (a massive shout out to them) from Soul II Soul and dancing amongst the crowd was best. Forget Dancing Queen, I was your

Dancing (or should I say raving) Mayor that night!

But of course my biggest stars were our residents who created an amazing atmosphere in response to the great musical performances. Music is a powerful tool in breaking barriers and promoting stronger ties between people, but also enabling us to understand the world and life.

My thanks to all who came and for the money you donated to the Magpie Project in Forest Gate that supports mothers and children aged under five with housing needs. A great cause indeed!

I'm really pleased that we've been able to offer you some summer enjoyment through music. I'm already looking forward to welcoming everyone to the Under The Stars extravaganza again next year. What with the Newham Show and Carnival plus all the events we have put on for young people over July and August I hope you've all had fun during my first summer as Mayor. You'll continue to be at the heart of everything we do. That's my promise to you.



Almost 32,000 residents danced the night away across four nights of Newham Council's music extravaganza Under the Stars at East Ham's Central Park. The event opened on Thursday with Levi Roots, Bitty McLean and The Skatalites with classic reggae, ska and lovers rock. Friday attracted some of the best of British Asian talent around including Dr Zeus, local boy Mumzy Stranger, H-Dhami and Rameet Sandhu. The crowd kept on moving on Saturday with classic dance tracks from Soul II Soul, Joel Culpepper and tribute band Ultimate Earth, Wind & Fire. Sunday rounded off the feast of music with a spectacular display of fireworks to the sound of the Royal Philharmonic Orchestra under the baton of John Rigby accompanied by soprano Sarah Redgwick and tenor Robyn Lyn Evans. Mayor Rokhsana Fiaz said: "It was a fantastic event with an incredible range of artists, but the biggest stars were our amazing residents who created such a brilliant atmosphere." A collection during the event raised money for the Magpie Project in Forest Gate, a charity that supports mothers and children under five with housing needs. For more pictures and video highlights visit www.newham.gov.uk/uts



Under the Stars in pictures



1 Reggae, reggae sauce: TV and radio star Levi Roots hits the stage. **2** Magical touch: Bitty McLean lights up Central Park. **3** I'm your Mayor: Warm welcome from Rokhsana Fiaz. **4** Stay focused: Capturing all the sights and sounds. **5** In the groove: Music from The Skatalites **6** Song with a smile: Side Partition proved a hit. **7** Sound of the crowd: H Dhami was popular with fans. **8** What a line-up: Mayor Fiaz with Dr Zeus and the Friday night acts. **9** Make some noise: Singer Rameet Sandhu. **10** Wave your hands: A young fan shows how it's done. **11** Don't be a stranger. Mumzy's the word.



Under the Stars in pictures



1 Smooth operator: Soulful sound of Joel Culpepper. **2** The ultimate tribute: Belting out tracks from Earth, Wind & Fire. **3** Shake on it! Thank you for the music! **4** All that Jazzie B: Soul II Soul's front man was a class act. **5** Put your hands up: Caron Wheeler was a joy. **6** Classical notes: The Royal Philharmonic perform. **7** Musical youth: a youngster in tune with life. **8** Ballet good show: Dancers Jasmine Takacs and Aaron Brown. **9** Out with a bang: Spectacular fireworks round off proceedings.

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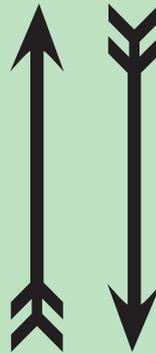


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Social workers can make a difference



Cecilia Moore

According to Cecilia Moore, Newham Council is a great place to be a social worker because it places children and families at the heart of everything it does. She is encouraging others with the specialist skills in dealing with young people to come and join her.

Cecilia came to Newham as a locum social worker, but the support and encouragement she received made her realise she had a future here. She said: "It's a diverse borough and social work is all about educating the people we work with about different values, and learning about their values too. I enjoy building relationships with families and their children and being part of their journey. That's what social work is about for me."

There are challenges when dealing with complex cases but being able to achieve good outcomes for families is what makes her job rewarding. Cecilia said: "The moment that reminded me why I got into social work was when I was working with a young woman who I was able to support to eventually realise that she was in an abusive relationship. I made such a difference in this young woman's life."

Training and support play a vital role in helping people reach their full potential and Newham offers its social workers opportunities to grow and develop. "I have recently completed a certificate in system practice and in September I begin educator training which will enhance my supervision skills," she said. "It's an exciting time to join Newham because it is an organisation that promotes staff well-being, growth and development."

"I've been able to achieve a good work life balance. I also have the technology to be able to work from anywhere in the community. These are the little things that make me want to stay here and continue my career."

To find out more about being a social worker in Newham, visit www.newhamsocialworkerjobs.com





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 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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Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 27 August	Tuesday 28 August
Tuesday 28 August	Wednesday 29 August
Wednesday 29 August	Thursday 30 August
Thursday 30 August	Friday 31 August
Friday 31 August	Saturday 1 September

To check recycling collection dates for your area please visit **www.newham.gov.uk/myneighbourhood** and enter your postcode into the search. Please note that most recycling collections are fortnightly.

recycle for Newham
 visit www.newham.gov.uk/recycling

CAREER THAT HAS TAKEN FLIGHT



Mark Manwaring

Youth cadet organisations offer young people opportunities to try fun, exciting activities while making friends along the way. Some, like Mark Manwaring, use the experience as the springboard into a brilliant career.

Mark, from East Ham, joined 338 (West Ham)

Squadron of the Royal Air Force Air Cadets just after his 14th birthday. He has now reached the rank of Group Captain and has flown some of the RAF's latest fastest jets and seen action in Bosnia and Afghanistan.

Mark had only been with 338 Squadron for a few months when he had his first opportunity to fly. He said: "At very short notice I found myself at Cambridge Airfield on a stunning September day in an RAF Chipmunk aircraft. I was hooked!"

He worked hard to get the exam results required to join the RAF as an officer, but it was his five years as a member of the 338 unit that gave him the communication and leadership skills required to be successful.

He said: "My career as a fast-jet navigator has been everything I could have wished for. I can honestly say that without my five years at 338 none of it would have been possible.

"Throughout my career I have tried to repay the organisation that gave me the head-start in my teenage years. I organise summer camps for around 1,500 cadets. Today, I am President of 338 Squadron."

Mark is currently working on a project called RAF Flight of the Navigator, which aims to break the world speed record for circumnavigating the earth in an aircraft built in a shed. Part of the project's legacy is to inspire the next generation of aviators, engineers, air traffic controllers and aircraft designers. For more details, visit www.raffotn.org.uk/

338 (West Ham) Squadron meets at The Cedars, Portway, West Ham, on Mondays and Thursdays from 7pm to 9.30pm. Call **020 8472 4525** or email **338@aircadets.org**

282 (East Ham) Squadron Royal Air Force Air Cadets meets on Mondays and Fridays from 7pm to 9.45pm at the Cornwell VC Cadet Centre, Vicarage Lane, East Ham. Call **020 8470 8422** or email **enquiries@282Squadron.org.uk**

Rooting out tooth decay



A survey by Public Health England shows that almost one in three five-year-olds in Newham have experienced tooth decay, with three or four teeth affected on average. It remains a serious problem, but it is preventable.

Tooth decay is when acid (plaque) builds up and starts to dissolve the tooth surface. It can cause toothache or tooth sensitivity. If untreated it can lead to holes in the teeth, gum disease or abscesses (pus in the teeth or gums).

Poor dental health impacts not only on a child's health and wellbeing but also on that of their family. Children may experience pain, infections and difficulties eating and sleeping. They may also be absent from

school and parents may have to take time off work to take their child to a dentist or hospital.

Tips for looking after your teeth

- reduce the quantity and frequency of food and drink that contains sugar
- help children brush their teeth with fluoride toothpaste twice daily. It should be done once when it suits your family routine and once before going to bed
- spit out after brushing, do not rinse
- for infants, introduce a cup or free-flow beaker from about six months. By 12 months, you should have stopped using the bottle for all drinks.

Ask your dentist or school nurse if your child is at primary school for more tips.

Getting treatment

Regular trips (once the first tooth comes through) to the dentist can help detect any issues including tooth decay. NHS dental treatment/check-ups are free for pregnant women, new mothers (had a baby in the past 12 months), children under 18 and students under 19 in full-time education. It is also free for adults receiving low income benefits including Universal Credit.

There are three bands of charges for NHS dental treatment (if you're not eligible for free treatment):

- Band 1: £21.60 - e.g. examination, X-rays, scale and polish
- Band 2: £59.10 - e.g. fillings and extractions
- Band 3: £256.50 - e.g. dentures and crowns.

Treatment will be easier and cheaper to treat if issues are found at an early stage. For out-of-hours urgent care dental services (Monday to Friday, 6.30pm-8am and all day at weekends and bank holidays) call NHS 111.

Promoting dental health in Newham

Newham Council and its partner organisations are:

- delivering oral health programmes in schools and children's centres. This includes training health visitors, school staff and carers
- implementing a fluoride varnish programme to prevent tooth decay in young children aged three to six. More than 5,000 children take part each year
- opening a new dental practice in Canning Town (due January 2019)
- participating in the national Starting Well programme to improve dental access for children aged two and under, starting in September
- working with researchers at Queen

Mary University of London to prevent the development of dental decay in primary school children.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "Fewer children and adults in Newham access dental services compared to the rest of London. Whilst the council has a lead role in improving the dental health of residents, everyone has a part to play. Looking after our teeth must be a priority, starting in early childhood so good habits continue into adulthood."

Find out more

For more information, including how to find your local NHS dentist, [visit www.nhs.uk](http://www.nhs.uk)





BE A GOOD CITIZEN AND HAVE YOUR SAY



When Mayor Rokhsana Fiaz was elected she promised a more open, transparent and accountable Newham Council with people at the heart of everything we do. When decisions are made, residents will be heard. A programme of Neighbourhood Citizens' Assemblies begins in September that will enable you to be directly involved in shaping priorities where you live.

An assembly is taking place in each community neighbourhood. You are invited to join the conversation to identify and discuss how best to address challenges in your area, giving you and your neighbours opportunities to shape its development and growth, set priorities for a local community plan, influence decision-making and have a greater say in local funding.

What are Neighbourhood Citizens' Assemblies?

These are large open meetings where you and others from your community neighbourhood decide how to improve your area.

The assembly is your chance to:

- Set priorities for the Community Neighbourhood Plan
- Discuss and work with others to solve local problems
- Connect with others and share knowledge
- Set up projects

- Find out what is happening in your area
 - Direct how funding available to your ward is spent
- There will be a daytime and evening assembly in each community neighbourhood which will last approximately three hours, including a break, light refreshments, and time to meet others.

How they work

Newham has eight community neighbourhoods, each covering two or three wards. The assembly will deal with making improvements to the whole area rather than a particular street or ward. Anyone who lives, works or learns in the community neighbourhood can attend. Each assembly will set the priorities for creating the Community Neighbourhood Plan and improve the area in general.

Guidelines during the assembly

- Listen to each other
- Be respectful when someone is talking
- You don't have to agree
- Be careful not to dominate - let others talk
- Don't worry if you don't have loads of ideas, your attendance is a great contribution
- Share what comes to mind
- Make connections and enjoy being part of your area's future!



The assemblies in each area will be followed by the creation of a working group that will consist of people who live, work or learn in the area, working alongside councillors and council officers. The group will take the priorities decided upon in the assemblies and put together your Community Neighbourhood Plan.

The draft plan will be put to a second Neighbourhood Citizens' Assembly in the autumn or early 2019 for comment and review. The plan will be finalised in March next year.

Session times

Beckton & Royal Docks

10am-1pm and 6-9.30pm, Tuesday 4 September
Beckton Community Centre, 14 East Ham Manor Way, E6 5NG

Custom House & Canning Town

10am-1pm and 6-9.30pm, Thursday 6 September
Custom House & Canning Town Community Neighbourhood Centre, 18 Rathbone Market, Barking Road, E16 1EH

Manor Park

6-9.30pm, Monday 10 September Froud Centre, 1 Toronto Ave, E12 5JF

Stratford & West Ham

10am-1pm and 6-9.30pm, Wednesday 12 September
Old Town Hall, 29 Broadway, E15 4BQ

Forest Gate

10am-1pm and 6-9.30pm, Thursday 13 September
Forest Gate Learning Zone, 1 Woodford Road, E7 0DH

Manor Park

10am-1pm, Monday 17 September
Old Manor Park Library, 835 Romford Road, E12 5JY

East Ham

10am-1pm and 6-9.30pm, Tuesday 18 September
Newham Town Hall, Barking Road, E6 2RP

Plaistow

10am-1pm and 6-9.30pm, Thursday 20 September
Barking Road Community Centre, 627-633 Barking Road, E13 9EZ

Green Street

10am-1pm and 6-9.30pm, Thursday 27 September
Katherine Road Community Centre, 254 Katherine Road, E7 8PN

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

Fostering

Make a difference

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

As a Newham foster carer you will receive:

- a weekly allowance of between £300 and £450
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Just what the doctor ordered

A programme at Newham University Hospital in Plaistow is proving a success in encouraging young people to become doctors.

Consultant Dr Hafiz Syed and colleagues in the stroke department have been running a work placement programme for sixth form students from East Ham's Brampton Manor Academy. More than 20 have been offered places at medical school this year.

The programme gives young people the chance to experience life on the

wards and shadow clinicians with in-patient and out-patient clinics.

Brampton Manor principal Sam Dobin said: "It provides an invaluable insight into what life is like as a medical professional and means students can be confident when making applications to medical schools."

Student Zalma Adbdi, 17, said: "It's given me good hands-on experience to study medicine." Dr Syed said: "I'm doing this to give a glimpse of what it's really like to be a doctor."

Mr Hadlow has written a book

Stories created by head teacher Geoff Hadlow for his own children have been turned into a book for others to enjoy.

Geoff, a teacher in Newham for 26 years and head at Forest Gate's Shaftesbury Primary School for 11 years, has written Mr Hadlow Has.

The book is about him and his five children who care for snakes, tarantulas, dogs and hamsters in a rambling house and garden near the sea. Together they get involved in suspense-filled and fun situations.



Mr Hadlow signed copies for pupils at Shaftesbury School and took his pet royal python Reg along for children to handle.

He said: "I wrote the book to inspire my own children but decided to enthuse other kids as well. They are fun short stories for children to read and for parents to read to their children." The book is published by Austin Macauley.

LADIES CAN GET TO TRY RUGBY

Budding female players who want to give the sport of rugby a try are invited to a taster session on Wednesday 5 September at Memorial Park in West Ham.

The East London Vixens ladies team together with coaches from the Rugby Football Union are hosting an Inner Warrior evening from 7pm to 9pm.

The Warrior session is a fun-packed, commitment-free way for females to get outside and experience the



East London Vixens

dynamic, exhilarating sport of rugby for the first time. Attendees will be introduced to the basics of the game – passing, kicking and tackling – coupled with some enjoyable fitness routines.

East London Vixens player Kat Salthouse said: "This is a chance for potential players to step out of their comfort zone and unearth their inner Warrior as well as giving rugby a try. All abilities and levels of fitness are welcome."



In the market for success

The Triangle Action Group (TAG) will be hosting the next in their popular series of community markets in West Ham on Sunday 9 September between 11am and 4pm.

The action group was set up to tackle issues of social cohesion and isolation and establish an active and inclusive community in and around the triangle shaped area close to Church Street, West Ham Lane and New Plaistow Road.

Triangle Market offers local vendors opportunities to sell goods without having to pay for a stall. As well as offering food and produce, art and handicrafts, curiosities, activities for children and more, the market also has regular music performances and exhibitions.

TAG were awarded £10,000 by the Big Lottery Fund's Awards for All programme to set up the market, working with Newham Council's markets team, to bring life and activity to the area and make it a meeting place for the community. For more information email triangleactiongroup@gmail.com or visit [@trianglemarket](https://www.facebook.com/trianglemarket) on Facebook



Artist Kurt Dowrich

RESIDENTS FLOCK TO ARTS FESTIVAL

More than 600 residents in total celebrated a rich mix of local talent and creativity during the five-day East Ham Arts Festival.

Activities took place in a range of venues including Central Park, East Ham Community Neighbourhood Centre, the Greenway, East Ham Nature Reserve, the Well Community Centre and Red Door Studios.

All events were free and included an exhibition by local artist Kurt Dowrich; a lego art challenge; be-bop jazz; clay, stencil and wire sculpture workshops; an exhibition of art by young and old; and music and word performances during the MAD 2 Inspire session which alone attracted almost 300 people.

The idea for the festival came from residents and members of Newham Council's community builders programme. It was supported by the council's East Ham community neighbourhood team and local councillors and may become an annual event. Contact anna.yusuf@newham.gov.uk if you want to get involved.

Kids' Corner



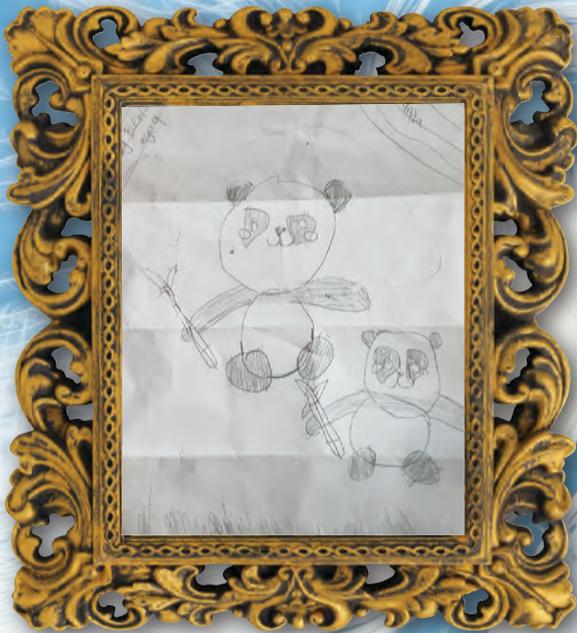
PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

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

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

GALLERY

Winner



Bushra Afzaal, 9



Sudar Nagarajah Jesurajah, 10



Chae Hughes Massicott-Siffet, 6



Rayan Amin, 9

Tickets to Stratford Picturehouse

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

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



Colour-me-in Word-Search

Jokes

- Q** Which letter is the coolest during the summer?
A Iced T.
- Q** What do sheep do on nice summer days?
A Go to a baa-baa-cue.
- Q** What do toads drink on hot summer days?
A Ice cold Croak-o-cola.
- Q** What do you say to a sweaty dachshund puppy?
A You are one hot dog!
- Q** Why don't oysters share their pearls?
A Because they're shellfish!
- Q** What did the beach say as the tide came in?
A Long time no sea
- Q** Where does a ship go when it's sick?
A To the DOCK!
- Q** Why should you never blame a dolphin for doing anything wrong?
A Because they never do it on porpoise!

Wordsearch

You must find the following words in the grid



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

Bedtime
Buttons
Covers
Feathers

Foam
Headrest
Jacket
Mattress

Pillow
Pyjamas
Sleeping
Trousers

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

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

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

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

Baby Yoga 🌟 A five-week course, registration required through Rebecca Cheetham Children's Centre on 020 8534 3136. Learn the benefits of baby yoga for babies aged 16 weeks to mobile. Weds, 1-2pm, Rebecca Cheetham Children's Centre, Marcus St, Stratford



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

Arts and Craft Workshop (6-12yrs) 🌟 Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC; Weds, 3.30-4.30pm, Manor Park 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

Let's Learn 🌟 Study support session for Key Stages 1 and 2. Join our fun learning class for English comprehension and Maths. Fortnightly, Sun, 2-4pm, Stratford

Code Club (7-11yrs) 🌟 Bring your laptop if you have one. Sat, 1.30-2.30pm, Beckton Globe

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

Dogs Trust Visit Come and meet friendly pets. Thurs 30 Aug, 2-3pm, Beckton Globe;

Arts and Craft Workshop (6-12yrs) Forest Gate CNC; Weds, 3.30-4.30pm, Manor Park CNC



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

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

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

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, 11.30am-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

Workplace Drop-ins Discuss job vacancies and training. Weds 5 Sept, 2-4pm, Stratford. Thurs 6 Sept, 3-5pm, Manor Park CNC. For information email rehana.b@newham.gov.uk



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](#)

Women only boxing [Mon, 9.15-10.15am, Katherine Rd C.C.](#)

Boxing (Over 55s) [Thurs, 1-2pm, Forest Gate CNC](#)

Modern Arnis and Self-Defence [Tues, 4-5pm, \(6 to 11 yrs\), Tues, 5-6pm, \(16yrs+\), Sat 11am-12pm, \(9-12 yrs\), Jack Cornwell C.C.](#)

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



GREEN

Greenway Orchard Volunteering [Thurs, 11am-2pm, Greenway access from Boundary Rd, E13](#)

Pit Stop Gardeners Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. [Sat, 1-4pm, East Ham CNC](#)

Newham Green Gym Conservation at East Ham Nature Reserve, Norman Rd, E6. [Weds, 10am-1pm and](#)

[last Sat of month. Visit \[www.newhamgreengym.org\]\(http://www.newhamgreengym.org\)](#)

Community Gardening [Thurs, 4.30-6pm, St John's Green, Albert Rd, E16; Tues 10.30am-12.30pm, Beckton C.C.](#)

Drop-in community gardening sessions 🌈 [Abbey Gardens, Bakers Row, E15, \(Next to Abbey Road DLR station\). Visit \[www.abbeygardens.org\]\(http://www.abbeygardens.org\) for more details. Tues, 1-3pm; Thurs, 4-7pm and Sat, 11am-4pm](#)

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

Salsa Dancing ★ Suitable for all levels of ability. Thurs, 12-1pm until 6 Sep, Jeyes C.C.

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

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.

Mon, 3 Sept, 7pm, Local Development Committee; **Tues, 4 Sept, 6pm, Cabinet; 6.05pm, Mayoral Proceedings**

CONTACT THE MAYOR

Mayor's Surgery **By appointment only. Limited slots available. Sat 8 Sept, 10am-12pm, Stratford Library, The Grove, E15.** Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone Surgeries **September 5 and 19. 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** 020 373 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

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.

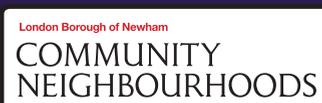
Categories include sports, creativity, courage,
community participation and making a difference.

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

📷 @ymnewham

🐦 @ym_newham

#TimeToShine



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