



15

High flyers



18

Ward councillors



21

Learners graduate

# the newham mag

issue 396 // 10 Aug – 23 Aug 2018 // Every fortnight



We will entertain you

Under the Stars line-up (p8)

Look out for the next issue from **24 August 2018.**

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# News

## Uniform pupils are a class act

**Ten lucky children and their families will be celebrating the first day at their new schools in September kitted out in new uniforms courtesy of Newham Council.**

The youngsters landed their new look after being selected in a prize draw that encourages parents to apply for school places for their children online.

All online applications received for 2018 Newham school admissions at reception class in primary school and year 7 level at secondary school level were automatically entered into the draw.

Five recipients from each category chosen at random were offered a choice of trousers or skirts, short and long sleeved shirts and polo shirts, or a blazer, for their selected school.

Mayor Rokhsana Fiaz presented the uniforms to eight of the lucky recipients. She said: "It's always a pleasure to see

children proudly wearing their smart new uniforms on their first day at either primary or secondary school.

"We want to encourage as many parents as possible to use the online service to apply for school places for their children. The prize draw is a lovely incentive for them to do so. Applying online is quick and secure – as easy in fact as sharing with us on social media pictures of your child's first day at school in their bright new uniform."

The prize draw will be running again for people applying for school places starting in 2019. To apply online go to [www.eadmissions.org.uk](http://www.eadmissions.org.uk) after 1 September 2018 to create a password to start your application.

Those applying for secondary places have until 11.59pm on 31 October 2018 to complete your application and be eligible for next year's draw. All on time applicants are automatically entered. The deadline for reception class places is 15 January.



The Mayor presents the uniforms

## Apply online for school places

# News

## Summer fete supports hospice

Mayor Rokhsana Fiaz joined residents of all ages for some fun in the sun at Royal Wharf in North Woolwich.

A summer fete took place in Royal Wharf Park hosted by developers Ballymore & Oxley who have so far completed more than 1,300 new homes in the area.

The fete raised money for Richard House children's hospice in Beckton, which helps children and their families lead positive and happy lives while dealing with life-limiting health conditions.

Activities included a traditional sports day with children's races, outdoor lawn games including a hula-hoop workshop, yoga classes and balloon modelling, face painting, live music including a brass band and singer-songwriter Robbie Boyd, plus artisan street food and drink.

Mayor Fiaz said: "It was great to support the fundraising efforts for Richard House as well as meet residents having fun in the sunshine."



The Mayor joins the lawn games



The dumped waste

## Caught out by rubbish con

Newham Council has warned residents not to pay others to take away your rubbish – because you could be the one hit in the pocket.

One resident who in January paid a man with a van £20 to dispose of a fridge and freezer, ended up paying £1,690 after being found guilty of failing in his duty of care to make sure the waste was disposed of legally.

Thames Magistrates Court heard last month that the driver the resident paid dumped the waste in the borough. The council's fly-tip task force investigated and found evidence leading back to the unfortunate resident.

The council offers a bulky waste collection service for £20 for up to six large items. If you catch someone fly-tipping or have evidence to show a person is responsible for fly-tipping, report it by calling 020 8430 2000. If you want to report a fly-tip to cleaning teams use the Love Newham App or visit My Newham at [www.newham.gov.uk](http://www.newham.gov.uk)

# Report rogues who fly-tip

## ...in brief

### Party marks sweet birthday



The Mayor at the event

Mayor Rokhsana Fiaz joined youngsters in cutting a birthday cake to help sugar firm Tate & Lyle celebrate its 140th birthday in style.

The Mayor

joined 1,500 guests at the Thames Refinery in Silvertown for a family fun day party that included live music and fairground games and rides.

Mayor Fiaz said: "It was the first time I've been to a 140th birthday party. It was an enjoyable event and I'd like to thank Tate & Lyle for their continued presence in Newham. They are a significant employer of many of our residents and long may the company continue to thrive."

Among the activities was a sugar cane juice stand, an old Tate & Lyle van, and an exhibition of artefacts connected to the company. The refinery was opened in 1878 by Henry Tate, a shopkeeper from Liverpool. In 1921 it merged with Abraham Lyle's factory in Plaistow.

### Nominate young achievers

Residents are being urged to celebrate the achievements of young, talented people in Newham who have been successful through their own hard work.

Newham Council's community neighbourhood teams and the Young Mayor's office, working with the Voluntary Sector Youth Service, is running the Newham Youth Achievement Awards for people aged 11 to 25.

There are 16 awards with categories including sport, creativity, courage, community participation and making a difference. Each category is supported by a local business.

You can submit nominations between from 16 August to 13 September at [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor) and select Newham Youth Achievements Awards. The awards will be presented on 9 November at Newham Town Hall in East Ham.

### Flood response criticised

Mayor Rokhsana Fiaz has demanded answers from Thames Water on the way they responded to a burst water main which closed Stratford Shopping Centre for two days.

The Mayor has asked why it took the utility company so long to effect a repair after being alerted to the incident. She has also asked for councillors through a scrutiny process to look at how Thames Water responded and also what the council did to mitigate some of the potential disruption to vulnerable residents.

### Interim chief executive selected

Katherine Kerswell has been selected to be Newham Council's interim chief executive for a period of six months.

Members of Newham's Chief Officer Appointment Committee met with Katherine to undertake a final interview, and at the next meeting of Full Council in September will be making a formal recommendation about her appointment.

She will replace Kim Bromley-Derry who announced in June that he intends to retire on 31 August. Katherine has previously been chief executive of four councils.

### Review on housing

Mayor Rokhsana Fiaz has asked for a review into Newham Council's approach to housing allocations, including the suitability of offers made to homeless families.

It follows a ruling at Central London County Court in which a judge allowed a woman in temporary accommodation to challenge the reasonableness of the council's decision to discharge its legal duty to house her following a refusal of an offer of accommodation outside the borough.

# Company celebrates 140 years

Sandringham School Royal Wedding party



At the Newham Carnival

# Mayor Rokhsana Fiaz

**Hello Everyone! I hope you are enjoying the hot summer so far. I've been busy doing a load of 'Mayor of Newham' stuff and can't believe how time has flown since I stepped into office in May.**

As it so happens, on August 15 it will be 100 days since I became the new Mayor of Newham and as a local girl who grew up in Newham it's been a privilege to serve as your mayor over that period and start addressing the range of challenges facing our borough.

When I was elected I promised that the council would not only look very different, but will be different with more transparency, accountability and residents involved in decision making. I also promised that I will put people at the heart of everything we do, working collaboratively with residents as your public servant – driven by the determination and focus to improve things for all of us.

In the past 100 days a lot of change has been happening across the council. It's been challenging, but it has been positive and hopeful, and fun as well.

It has meant listening to our young people about their experiences living in the borough, what they need from us to feel safe and working with them to help shape better services for them.

I have made youth safety a major priority and have launched a programme of Youth Citizen Assemblies. With two events held so far, I am already responding to their concerns and have introduced a targeted and enhanced summer programme of activity to make them feel that we've got their back.

The ideas and passion I've seen from the young people at these events is amazing and I will continue to involve them as I transform youth services, double the number of youth hubs, and improve youth safety.

It has meant hitting the ground running on the Newham Housing Delivery Plan

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



**@rokhsanafiaz**



**Rokhsana\_Fiaz**



**rokhsanafiaz**



With Cllr John Gray and James Murray, London's Deputy Mayor for Housing



Meeting Paddington, my favourite bear



At a young people's assembly with East Ham MP Stephen Timms and Sophie Linden, London's Deputy Mayor for Policing and Crime

(which will be published in October), so that I can show how we are going to deliver genuinely affordable homes at social rent levels and improve the quality of housing for our residents in this borough. We've announced a review of our whole approach to housing allocations, plus a review of our 'out-of-borough' placements policy and Newham Council's first survey of tenants living in temporary accommodation.

It has also meant tackling the issues of homelessness with compassion and care. We've made an important start in tackling the homelessness crisis in the borough through securing an additional £500,000 to transform our approach to homelessness, including extra emergency accommodation for the most vulnerable street homeless. We've also established a homelessness forum, involving local charities and people with direct experience of the subject to help shape our approach.

It has also meant being an open and transparent council, and involving people in decision making.

I want to rebuild trust with our residents, and ensure that when decisions are made, residents are heard. We have started with the finances, bringing in independent financial experts to provide us with a financial health check and help me 'clean up the books'. I've published the independent QC report on the flawed decisions made by previous administration to invest £40 million in the London Stadium,

and we are pursuing legal action against Barclays Bank regarding loans taken out under the previous administration too. I've also started to make changes in the council, through the appointment of a new interim Chief Executive who'll be helping me transform the way in which the council operates – so that it becomes responsive to our residents.

Delivering change takes time, and like you I am impatient! I'd like to see more and more improvements for all our residents happen soon; and believe me I do get frustrated with the way some things take time because there is so much more to do!

That said, I'm really proud about how we have already made a difference and so excited about what more we will be achieving together.

You'll be hearing more soon about our plans to tackle fly-tipping, improve air quality, address child obesity, the fair car-parking review and a whole bunch of other stuff that I promised to deliver on.

And you'll be invited to get involved in the process through our Citizen Assemblies in September which will be taking place in every community neighbourhood so that you can be directly involved in shaping the priorities where you live.

So while in just 100 days a lot has been achieved, I promise I will continue to drive the change that Newham needs and for the benefit of all our residents.

# Newham Council's popular FREE four-day

## Here we put the spotlight on the line-up for Saturday 18

### Saturday 18 August

Heart FM's DJ Roberto will host the night with a set of tunes guaranteed to get everyone partying!

#### Soul II Soul

Stopping off in Newham as part of their nationwide 30th Anniversary UK tour, Soul II Soul will headline Saturday night. Complete with a string section and featuring Caron Wheeler on vocals, this promises to be a very special night as the Soul II Soul collective bring their club classics to life. Expect hits like 'Back to Life', 'Keep On Movin' and 'Get a Life', all demonstrating the Soul II Soul mantra of "A happy face, a thumpin' bass for a lovin' race" (Jazzie B).

#### Ultimate Earth, Wind & Fire

Recreating the sounds and sensations of the 70s and 80s super group Earth, Wind & Fire, this tribute act have come up with the ultimate show by bringing you an incredible 12-piece band consisting of musicians who have played with Queen, Lionel Ritchie, Robbie Williams, Chaka Khan, Stevie Wonder and Kylie. Expect a breathtaking show laced with hits and classic album tracks such as 'Boogie Wonderland', 'September', 'Let's Groove' and 'Fantasy'.

#### Joel Culpepper

Already notching up an incredible 3.4 million hits on YouTube this new soul sensation is the perfect act to open the programme. With an original falsetto voice and accompanied by a full live band, Joel Culpepper has a distinctive style inspired by British fashion and modern culture. He has been described as the UK's answer to André 3000 and Frank Ocean. With a voice reminiscent of Omar's and the energy of James Brown, Joel Culpepper's show at Under the Stars promises to be a real treat.

Caron Wheeler and Jazzie B



### Win a Soul II Soul t-shirt

We have six official Soul II Soul t-shirts to give away for FREE! To be in with a chance of winning one, all you have to do is answer the question below:

How many years in the music business as a collective are Soul II Soul celebrating this year?

- 30 years
- 20 years
- 5 years



To enter the competition, just email your answer to [events@newham.gov.uk](mailto:events@newham.gov.uk)  
Submit your answer by midnight **Wednesday 15 August 2018**.  
Terms and conditions available at [www.newham.gov.uk/uts](http://www.newham.gov.uk/uts)

Joel Culpepper



# music extravaganza Under the Stars is back! and Sunday 19 August.

## Sunday 19 August

The Royal Philharmonic Orchestra will once again be joining us on the closing night of Under the Stars.

For more than seven decades the Royal Philharmonic Orchestra has been at the forefront of music-making, performing in excess of 170 concerts per year in London, across the UK and internationally.

On Sunday they'll be performing a huge range of tunes, from core symphonic music by composers such as Mozart and Tchaikovsky, through the world of opera and right up to some of the most well known film soundtracks.

This year's concert will also feature some popular war time songs to mark the 100th anniversary of the end of World War 1. Musical performances on the night will be conducted by the ever popular John Rigby.

We are also delighted to welcome for the first time on the Under the Stars stage, soprano Sarah Redgwick

who has performed for the Scottish, Welsh and English National Operas and tenor Robyn Lyn Evans who has played the roles of Rodolfo in 'La Bohème', Don José in 'Carmen' and

Alfredo in 'La Traviata'.

The Sunday night promises to deliver an unforgettable evening of classical music concluding with a dazzling fireworks grand finale.



John Rigby



There will be a collection for the Magpie Project, a charity that supports mothers and children aged under five with housing needs, at Under the Stars. Registered charity number 1176267.

# Roots plus music equals Reggae Reggae Sauce

Throughout his career Levi Roots has worked with the likes of Maxi Priest and James Brown. Now the reggae star is planning to share his influences and inspiration with Newham audiences on Thursday 16 August at Under the Stars.

Although Levi, real name Keith Valentine Graham, was nominated for the Best Reggae Act at the MOBO Awards in 1998, it was in 2007 that he rose to stardom on the back of his appearance on Dragon's Den with his Reggae Reggae Sauce. Now he is a household name, as famous for his cooking as he is for his roots rock reggae.

He said: "I was popular with Jamaican audiences before Dragon's Den but then suddenly I was exposed to an additional 10-15 million people who loved my sound. It definitely re-energised my music and I have re-invented myself for this new audience.

"One of my mantras is 'Put some music in the food', and on the first Sunday of the month at my "rasta'rant", the Caribbean Smokehouse (in Westfield, Stratford), I have created a space to practise what I preach, with unsigned artists performing spoken word, rap and other styles. It is my way of giving something back to the community.

"I love 70s roots reggae which almost always has a message. Nowadays the message in reggae is often "Big-up yourself" or about bling or what's happening online. Back then reggae had a message that I could live by!

"I'm really excited about bringing my band, Herbs and Spices, to Under the Stars. I can't wait!"



**UNDER  
THE STARS**

Thursday 16, Friday 17, Saturday 18  
and Sunday 19 August  
Gates Open 6.30pm daily

Central Park, High Street South, East Ham, E6  
[www.newham.gov.uk/uts](http://www.newham.gov.uk/uts)  
@NewhamLondon #NewhamUTS newhamevents

# Mumzy is not a stranger in our midst



**On the Friday night of Under the Stars, Newham's very own Mumzy Stranger will be treating music lovers to the first live performance of his latest single.**

As an 11-year-old, he used to wait until his brother had left the house before sneaking into his bedroom to see his DJ decks, touch his vinyls and gaze at his record collections.

Now 34, Mumzy, real name Muhammad Mumith Ahmed, can barely contain his enthusiasm as he talks about the single 'Lights Low' and the two artists who will be sharing the set with him.

He will be joined on stage on Friday 17 August by Rupika, a classical Indian singer based in Sweden, and Nish, a musician who has created a brand of urban Bengali music with mixes of popular Hindi, English and Punjabi songs with Bangla lyrics.

As a British Bangladeshi who has successfully combined reggae, R&B and soul – all in a range of languages, it is no wonder he thinks it's a great time to be in the music industry.

He said: "I feel like this is the best time to be making music – there are no restrictions, people don't want to know where you come from, your colour or your language. It is all about the music, the beats, and being popular and relevant. If a song goes viral, no-one cares about what language it's in or who sings it.

"When I was a kid, I saw B21 (bhangra brothers Bally and Bhota Jagpal) on stage and thought 'I wish I was performing on that stage' and set myself that goal because I was all about music and was always going to Valentines Park in Ilford, or Notting Hill, or some other festival."

Mumzy grew up in a house full of music and Bollywood tunes in Plaistow and still lives in the area with his young family. He is particularly excited at the prospect of appearing before a home crowd because it has been a few years since he last performed in Newham. He promises to treat the crowd to a host of hits including 'One More Dance' and 'Fly With Me'.



This summer we are bringing you five whole weeks jam packed with activities. Our sell-out Kids Club and Active Academy are back!

We also have our fun inflatable sessions and a variety of other sporting activities taking place.



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\*Not available at Manor Park

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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

To find out more call **0300 124 0123<sup>†</sup>** or visit **[www.activeNewham.org.uk](http://www.activeNewham.org.uk)**

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

**FRI 07 SEP – SAT 06 OCT**

**STRATFORD EAST**

THEATRE ROYAL STRATFORD EAST PRESENTS

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# BROADWAY IS...



## CHANGING

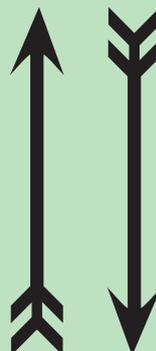


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STARTING MONDAY 17 SEPTEMBER

FOR MORE INFORMATION VISIT  
[www.newham.gov.uk/Stratford](http://www.newham.gov.uk/Stratford)



Please look out for cars, buses and other vehicles in both directions.





# CADETS WHO FIT THE BILL

**Newham Council supports activities that give young people a sense of purpose and achievement by developing skills and confidence that help them grow. Newham has one of the largest volunteer police cadet units in London with more than 400 youngsters and is continuing to grow.**

More than 150 cadets took part in a graduation ceremony at Eastlea Community School in Canning Town. Fifty-seven received passing out certificates for completing a ten-week course that focused on good citizenship, volunteering and learning about the police and their powers.

A group of 20 cadets who carried out voluntary work, learnt a new skill or took part in a camping trip, received a Duke of Edinburgh bronze award. An additional 11 cadets received their Duke of Edinburgh silver award while 14 received a Jack Petchey Award for outstanding achievement.

The cadets performed drill in front of invited guests that included Martin Hewitt, assistant commander of the Metropolitan Police; Deputy Lieutenant John Barber, the Queen’s representative in Newham; local councillors including Custom House ward member Pat Holland; and parents and family members.

The Volunteer Police Cadets is a uniformed voluntary youth organisation, supported by the Metropolitan Police. Newham has cadets spread across nine units and youngsters range in age from nine to 18.

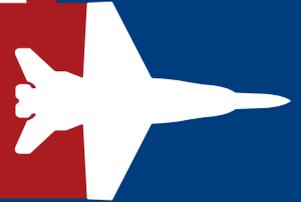
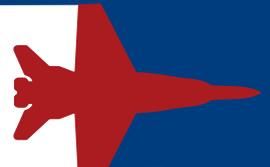
Councillor Holland said: “Being a police cadet gives our young people some wonderful opportunities to take part in a variety of activities. The fact that so many of them graduate shows just how capable they all are. They were from different communities across Newham and I could see how proud they all were to be cadets.”

If you are interested in joining the Newham police cadets, email [KF-YouthEngagement-Cadets@met.police.uk](mailto:KF-YouthEngagement-Cadets@met.police.uk)



Cllr Holland

# HIGH FLYERS GET RECOGNITION



Cadets with their certificates of achievements

Many young people with an interest in flying or the Royal Air Force give up their evenings, weekends and school holidays to take part in events, courses and camps as part of the Royal Air Force Air Cadets. They also gain valuable qualifications and experiences as they complete training in first aid, marksmanship or the Duke of Edinburgh awards.

The achievements of 282 (East Ham) Squadron Royal Air Force Air Cadets were recognised during an awards evening at Kingsford Community School in Beckton where young members showed off their skills before invited guests, family members and Mayor Rokhsana Fiaz.

Cadets received awards and certificates reflecting their achievements in first aid, sporting events, leadership as well as aeronautical studies, Jack Petchey Foundation and Duke of Edinburgh awards.

During the year some of the cadets travelled to Ghana where they spent two weeks building a library for a school while working in humid conditions and the occasional monsoon. The squadron's band played at the London Stadium before a West Ham United game for a Remembrance Day parade and cadets completed a junior leaders course with the RAF Regiment.

Mayor Fiaz said: "I was blown away by the

achievements of the cadets of 282 Squadron and the talent within the group. I felt totally inspired at their annual awards presentation evening and it was a privilege to be there."

Flight Lieutenant Chris Booty, Officer Commanding 282 Squadron, said: "We see a lot of negative press about our youngsters but the truth is, the majority of them do amazing things! The awards evening celebrates all that they do to develop themselves and help their community. I am always amazed at what they achieve with the RAF Air Cadets, from building a library in Ghana to earning qualifications and making friends for life."

**282 (East Ham) Squadron Royal Air Force Air Cadets** meet on Monday 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**

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



# Newham in pictures



**1** All smiles. Young residents got into the party mood at the Forest Gate Festival, in Woodgrange Road, E7. **2** Eyes right. Police cadets show off their skills at a passing out ceremony at Eastlea Community School, Pretoria Road, Canning Town, E16. **3** Hoops of fun. Residents at a summer fete in Royal Wharf Park, Royal Crest Avenue, North Woolwich, get the hang of hula hooping. **4** Just hold that. An air cadet from 282 (East Ham) Squadron receives a trophy during an awards ceremony at Kingsford Community School, Kingsford Way, Beckton, E6. **5** Don't look now but... two veterans joined Tate & Lyle for its 140th birthday at its refinery in Factory Road, Silvertown, E16. **6** Just do it. Students are put through their paces by a sports coach at Rokeby School, in Barking Road, E16.

# Councillors' surgeries

Newham residents elected 60 councillors across 20 wards in the May local elections. In this issue of the mag we feature details of the second ten wards, listed alphabetically.



**GREEN STREET EAST**  
**MUHAMMAD ABDHUL ALI**

Sat, 11am-1pm rotating with Councillor Nilufa Jahan, Green St Library



**GREEN STREET WEST**  
**HANIF ABDULMUHIT**

1st Thurs of the month, (term time) 5pm, Green St Library



**LITTLE ILFORD**  
**NAZIR AHMED**

2nd & 4th Sat of the month, 10-11am, Jack Cornwell Centre, Jack Cornwell St, E12



**NILUFA JAHAN**

Sat, 11am-1pm, rotating with Councillor Muhammad Ali, Green St Library



**MUMTAZ KHAN**

3rd Thurs of the month, 6-8pm, Green St Library



**PUSHPA MAKWANA**

2nd & 4th Sat of the month, 10-11am, Jack Cornwell Centre, Jack Cornwell St, E12



**MOHAMMED MUZIBUR RAHMAN**

2nd & 3rd Fri of the month, 10am-12pm, Katherine Rd Community Centre



**MUSHTAQ HUSSAIN MUGHAL**

Last Sat of the month, 10.30am-12.30pm, Green St Library



**RIAZ MIRZA**

2nd & 4th Sat of the month, 10-11am, Jack Cornwell Centre, Jack Cornwell St, E12



**MANOR PARK**  
**KEN CLARK**

4th Sat of the month (except Aug), 10.30-11.30am, Manor Park Library



**PLAISTOW NORTH**  
**ZULFIQAR ALI**

1st, 2nd & 3rd Sat of the month, 10am-12pm, Plaistow Library, rotating with Plaistow North councillors



**MARIAM DAWOOD**

2nd Sat of the month (except Aug), 10.30-11.30am, Manor Park Library



**DANIEL LEE-PHAKOE**

1st, 2nd & 3rd Sat of the month, 10am-12pm, Plaistow Library, rotating with Plaistow North councillors



**SALIM PATEL**

1st Sat of the month (except Aug), 10.30-11.30am, Manor Park Library



**JOY LAGUDA**

1st, 2nd & 3rd Sat of the month, 10am-12pm, Plaistow Library, rotating with Plaistow North councillors



The wards

The previous issue included **BECKTON, BOLEYN, CANNING TOWN NORTH, CANNING TOWN SOUTH, CUSTOM HOUSE, EAST HAM CENTRAL, EAST HAM NORTH, EAST HAM SOUTH, FOREST GATE NORTH AND FOREST GATE SOUTH WARDS.**



**PLAISTOW SOUTH**  
**CARLEENE LEE-  
PHAKOE**

1st Tues of the month, 9-11am, Tollgate School (term-time only), Barclay Rd, Plaistow, E13, and 3rd Thurs of the month, 1-3pm, Plaistow Library



**JANE LOFTHOUSE**

1st and 3rd Sat of the month, 10-11am, Plaistow Library



**NEIL WILSON**

2nd & 4th Weds of the month, 6pm, Newham Sixth Form College, Prince Regent Lane, Plaistow, E13



**STRATFORD AND  
NEW TOWN**  
**JOSHUA GARFIELD**

Sat, 10.30-11.30am, St John's Church, The Broadway, E15, rotating with Stratford & New Town councillors



**NARESER OSEI**

Sat, 10.30-11.30am, St John's Church, The Broadway, E15, rotating with Stratford & New Town councillors



**TERRY PAUL**

Sat, 10.30-11.30am, St John's Church, The Broadway, E15, rotating with Stratford & New Town councillors



**ROYAL DOCKS**  
**STEVE BRAYSHAW**

1st & 3rd Thurs of the month, 7-8pm, Britannia Village, 65 Evelyn Rd, E16. 2nd & 4th Thurs of the month, 7-8pm, Royal Docks Learning Zone, Albert Rd, E16



**ANTHONY MCALMONT**

1st & 3rd Thurs of the month, 7-8pm, Britannia Village, 65 Evelyn Rd, E16. 2nd & 4th Thurs of the month, 7-8pm, Royal Docks Learning Zone, Albert Rd, E16



**PATRICK MURPHY**

1st & 3rd Thurs of the month, 7-8pm, Britannia Village, 65 Evelyn Rd, E16. 2nd & 4th Thurs of the month, 7-8pm, Royal Docks Learning Zone, Albert Rd, E16



**WALL END**  
**JENNIFER BAILEY**

1st, 3rd & 4th Sat of the month, 10.30-11.30am East Ham CNC, rotating with Councillor Lester Hudson



**LESTER HUDSON**

1st, 3rd & 4th Sat of the month, 10.30-11.30am East Ham CNC, rotating with Councillor Jennifer Bailey



**OMANA  
GANGADHARAN**

2nd Sat of each month, 10am-12pm, East Ham CNC



**Mayor  
Rokhsana  
Fiaz**

The Mayor's surgeries are held twice a month. To make an appointment to see the Mayor call 020 8430 2000 or email [Mayor@newham.gov.uk](mailto:Mayor@newham.gov.uk)



@rokhsanafiaz



Rokhsana\_Fiaz



rokhsanafiaz



**WEST HAM**  
**CHARLENE McLEAN**

2nd Thurs of the month, 4-5pm, Rebecca Cheetham Nursery, Marcus St, Stratford, E15, & 2nd Sat of the month, 11am-12pm, Stratford Library



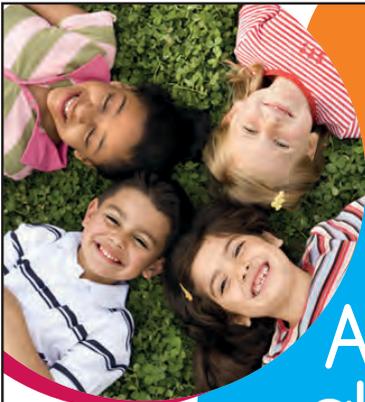
**JOHN GRAY**

1st Thurs of the month, 5-6pm, Brassett Point, 1st Floor Tenants' Room, Abbey Rd, E15, and 1st Sat of the month, 10-11am, Stratford Library



**JOHN WHITWORTH**

4th Thurs of the month, 6-7pm, Brassett Point, 1st Floor Tenants' Room, Abbey Rd, E15 & 4th Sat of the month, 10-11am, Stratford Library



## Attention all working parents!

30 hours free childcare for children aged 3 and 4 years

Don't miss out, apply now at [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

[www.newham.gov.uk/30freehours](http://www.newham.gov.uk/30freehours)

## Save time when you do it online



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

Parking permits, bin queries and bulky and garden waste collection service requests are now [online only](#).

[www.newham.gov.uk/doitonline](http://www.newham.gov.uk/doitonline)



# Fostering

## Make a difference

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

### As a Newham foster carer you will receive:

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

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

Want to find out more? Call us on

**0800 0130 393**

or visit [www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)





# SEARCH for success continues

**Everyone dreams of finding a job when they grow up, but for young people with disabilities it can pose a challenge. A scheme supported by Newham Council is helping to equip them with the confidence and skills for work and be supported in their search for employment.**

Project SEARCH is a supported year-long placement programme at Newham University Hospital that offers opportunities for work experience. It has proven to be a great success and 12 young residents with disabilities have just graduated from it.

The scheme finds internships throughout the hospital in Plaistow during which the young people receive support to prepare them for jobs. It is a joint scheme between the council, Newham College, and Barts Health NHS Trust and has been running since 2014.

The latest batch to complete the 2017/2018 programme celebrated their achievements at a ceremony held at Mile End Hospital attended by Councillor Susan Masters, Cabinet member for health and adult social care.

Councillor Masters said: "This programme helps residents raise their aspirations and increase their confidence. These wonderful young people have performed real jobs in the hospital and by doing so, have made a great contribution to the community. I express our gratitude to Barts Health NHS Trust and Newham College for their support."

Tamera Mensah, 19, from Forest Gate, has graduated from the scheme. She said: "We owe great thanks to our job coach and our tutor for their exceptional support and

for believing in us. This programme has helped transform our lives."

Fellow graduate Lazarus Henry, 20, from Stratford, said: "This experience has built my confidence and helped me prepare for and take up a new job."

The project will run again from September. For more information on Project SEARCH and how to apply, contact Joseph Kunyeda, on [Joseph.Kunyeda@newham.gov.uk](mailto:Joseph.Kunyeda@newham.gov.uk) or 020 3373 1101. For more information on employment, visit [www.newham.gov.uk/jobs](http://www.newham.gov.uk/jobs)



Lazarus Henry with Cllr Masters



Tamera Mensah and Cllr Masters

## Pupils enjoy values of sport

Cllr Marriott and Mr Timms with pupils



Around 700 children from East Ham's Central Park Primary School gathered at Queen Elizabeth Olympic Park for a huge sports day to mark the end of the school year.

The school spent eight months planning the event last month, which also marked the launch of a unique Values education framework called Motivate, Inspire, Lead, to educate them about making better choices in life.

The pupils were joined by Paralympians Toby Gold and Kylie Grimes. Councillor

Julianne Marriott, Cabinet member for education and East Ham MP Stephen Timms also joined the fun. Officers from the Metropolitan Police and representatives from businesses Tesco, Decathlon, ARQ Homes, Happy Monkey, and Barclays, also supported the event.

The Values programme, run by Vijith Vijay who leads on the school's extended services programme, will be implemented in September and aims to bring schools together to tackle anti-social behaviour and knife crime.

## Lesson in first aid for infants



The Newham branch of the National Childbirth Trust will be running a course focusing on infant first aid, for anyone involved in the care of children.

The NCT Infant First Aid course will take place on Saturday 15 September at St Mark's Church, Lorne Road, Forest Gate, with two sessions, either from 10am to 12.30pm or 1.30pm to 4pm.

It will teach parents and carers a host of basic skills for a baby (age 0 to 1 year) and child (age 1 to 12 years) as well as

giving them the opportunity to practise skills and ask questions about dealing with an unresponsive baby or child (breathing and not breathing), choking, bleeding, burns, raised temperatures and meningitis.

Although the course is £20 per person, or £35 for a couple, there are a number of concessionary places at £10 for qualifying residents on a first-come-first served basis. For more information email [Branch.Newham@nct.org.uk](mailto:Branch.Newham@nct.org.uk)



Mayor Fiaz and Cllr Marriott with pupils

# PUPILS CASTING A SPELL

Hundreds of children from across 30 primary schools put their thinking caps on as they took part in a spelling competition.

The finals of the Newham Spelling Bee contest was held at Elmhurst Primary School in Upton Park Road, Forest Gate, over two days in July. Of the 30 schools which took part, 12 made it to the final day and had to spell 100 challenging words including flibbertigibbet (meaning a frivolous, flighty, or excessively talkative

person) and arachibutyrophobia (meaning the fear of peanut butter sticking to the roof of the mouth).

After a tense competition, East Ham's Vicarage Primary School emerged as the winner, with second place going to Stratford's St Francis' Catholic Primary School and Manor Park's Essex Primary School in third.

Mayor Rokhsana Fiaz and Councillor Julianne Marriott, Cabinet member for education, presented prizes to the winners.

## Chances to stay upbeat



The Upbeat performers

Musicians, poets and authors treated residents to an evening of culture during an Open Mic session at The Gate Library in Forest Gate.

Upbeat Open Mic was the fourth such session held at the library and included an eclectic mix of music, spoken word and poetry. Musician and poet John Hegley and local author and poet Derek Smith were among those who spent the evening providing live entertainment. It was hosted by musician and artist Paul Romane.

Upbeat is produced by Forest Gate Arts in partnership with Newham Council's Forest Gate Community Neighbourhood team. It is held at The Gate Library, 6-8 Woodgrange Road, Forest Gate, every last Friday of the month from 7pm to 9pm.

Forest Gate Arts is a not for profit organisation run by volunteers that supports artists to be creative, promote their work and network. If you are interested in performing contact [forestgatearts@gmail.com](mailto:forestgatearts@gmail.com)

## Youngsters get on their bikes



A group of 25 young people from Newham were among tens of thousands who took part in this year's Prudential RideLondon cycling event during the weekend of 28 and 29 July.

All are pupils at either Brampton Manor Academy in East Ham or Lister Community School in Plaistow. They belong to the Newham branch of the charity Greenhouse Sports, which puts coaches in schools to deliver extra-curricular sports coaching and mentoring to engage young people to reach their full potential.

Young basketball player Marvelous Nwandu, from Brampton Manor, said: "At this age you're either exposed to the bad things or the good things and I feel like this is really good in not only boosting your self-esteem but your outwards image to the world because we need to present ourselves to everyone."

After completing the ride she said: "Riding down the Mall outside Buckingham Palace with everyone cheering at the end made me feel like the Queen."

# Kids' Corner



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

**KIDS' CORNER, WEST WING, 4TH FLOOR, NEWHAM DOCKSIDE, 1000 DOCKSIDE ROAD, LONDON E16 2QU or [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

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

## GALLERY



*Ayesha Shahid, 10*



*Jonathan Wong, 8*



*Dilan Patel, 12*

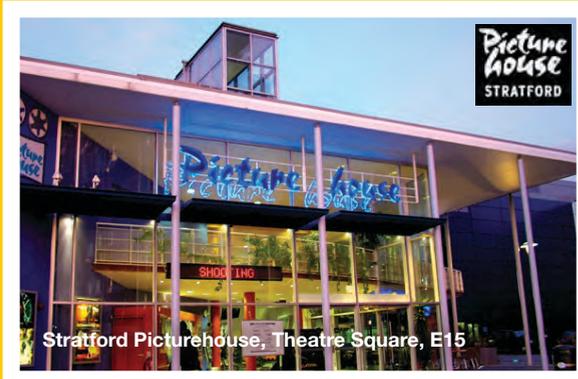


*Alissa Kravchuk, aged 6*

## Tickets to Stratford Picturehouse

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

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



# Colour-me-in Word-Fit

## Jokes

- Q** When is it bad luck to meet a black cat?  
**A** When you're a mouse.
- Q** What happens when a cow refuses to be milked?  
**A** Udder chaos.
- Q** What do you call a pig that does karate?  
**A** Pork Chop.
- Q** How did the yeti feel when he had flu?  
**A** Abominable.
- Q** Where do polar bears keep their money?  
**A** A snow bank.
- Q** Why did the opera singer go on a cruise?  
**A** Because she wanted to hit the high Cs.
- Q** What do you call a dinosaur with an extensive vocabulary?  
**A** A thesaurus.
- Q** What did the llama say when he got kicked out of the zoo?  
**A** "Alpaca my bags!"

### Word-Fit

You must fit all the words into the grid

<p><b>3 letters</b></p> <p>Hem She Ski Tea Use Vet</p> <p><b>4 letters</b></p> <p>Blue Desk Draw Duke Earl Exit Idea Oars Race Scar Team Tear Veto Warp</p>																																																																							
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# 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; Sat, 11am-1pm, Stratford; 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

**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

**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 4 to 8 years-old. Sat, 11am-12pm, Custom House and Canning Town CNC

**Cookery Workshop** Take part in a healthy cooking session with an experienced chef. Thurs, 4-5.30pm, Canning Town & Custom House CNC

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





**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, 10.30am-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

**Home Creations Craft Group** A chance to meet your neighbours and develop your creativity while producing something special to brighten your home. Tues, 10.30am-12.30pm, East Ham CNC

**Reading for Pleasure Group** Make new friends and explore the world of reading. Fortnightly, Thurs, 6.30-7.30pm, Stratford

**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

**Youth Activity Discussion (13-17)** Come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. Mon, 4.30-5.30pm, Plaistow

**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

**Tai Chi Sword Class** 🌐 Try Tai Chi with a difference. Suitable for all ages. Weds, 10.30am-12pm, Beckton C.C.

**Dance for Fun** 🌐 Community dance sessions. Mischief Makers session, Sat, 18 Aug, 3.15-4.30pm, Canning Town

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**

**Cookery Workshop** Take part in a healthy cooking session with an experienced chef. **Thurs, 4-5.30pm, Canning Town & Custom House CNC**

**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.**

**A1 Judo Club** Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

**Health is wealth** Women's health based group. For more information, contact [healthiswealthproject@outlook.com](mailto: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**

**North Woolwich Voices (16+)** Community singing group. No experience required. **Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16.**

Contact [northwoolwichvoices@gmail.com](mailto:northwoolwichvoices@gmail.com)

**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.**

**Walking Football (18+)** **Mon, 10-11am** (except Bank Holidays), Memorial Park AstroTurf, E15. Call 07790 384413

**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**

**Stroke Carers Support Session** Meet a friendly Stroke Association worker who can help with your questions. **Mon, 12-2pm, Beckton Globe**

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**

**Women's Boxing** **Mon 9.15-10.15am, Katherine Rd C.C**

**Hula Hooping** Try something new, no experience needed. **Weds, 6.30-7.30pm, Stratford**

**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**

**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**

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. **Weds, 9.30am-12pm, 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**

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;** **Thurs, 8-9pm, East Ham CNC**

**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**

**Healthy Home Cooking** **Thurs, 4-5.30pm, Custom House and Canning Town CNC and Library.** To book and get more details call the library on 020 3373 0854 or [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk)

**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**

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;** **Fri, 10.30am, St Paul's Church Centre**

**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**

**Age Well Singers** Sing film, show and popular songs. All welcome. No audition. £2 per session. Call 020 8514 2042 for more details. **Thurs, 11.45am-1.15pm (term time) Stratford Circus**

**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**

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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**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](http://www.airfootball.co.uk)

**WHU Kicks** Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. **Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13**

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

**Ability Club (14-25)** Multi sports for disabled young people. **Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13.** Contact Paul495@btinternet.com or call 07811 671 082

**Wheelchair Cricket (12+)** Thurs, 6-7pm, Newham Leisure Centre. Contact Bradley.Donovan@essexcricket.org.uk



RUNNING AND ATHLETICS

**East End Road Runners** Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. **Tues, Thurs, 7pm; Sun, 9am.** Call 07979 261647

**Running and Athletics** Newham & Essex Beagles Athletics Club. Visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk) for more details



CONTACT THE MAYOR

**Here to help session - Mayor's Surgery**  
**By appointment only, limited slots available.**  
**Please call 020 8430 2000 to book or email Mayor@newham.gov.uk**  
**Sat 8 Sept, 10am, Stratford Library, 3 The Grove, Stratford, E15**

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

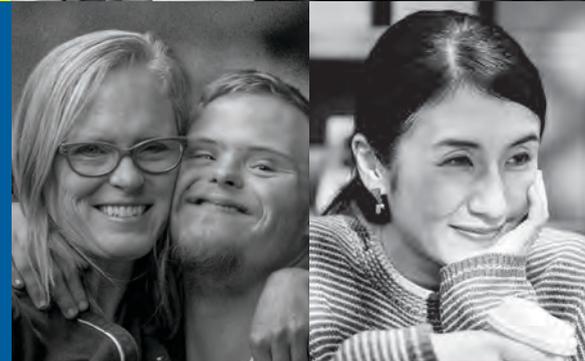
# LET YOUR VOICE BE HEARD

## Your Citizens' Assemblies

You can register at [www.newham.gov.uk/CitizensAssemblies](http://www.newham.gov.uk/CitizensAssemblies) and you can also register for special requirements to enable you to attend.

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

**Putting Newham Residents at the Heart of Everything We Do.**



Community Neighbourhood	Time	Date	Venue
Beckton & Royal Docks	10am-1pm 6-9.30pm	Tuesday 4 September	Beckton Community Centre, 14 East Ham Manor Way, Beckton, E6 5NG
Custom House & Canning Town	10am-1pm 6-9.30pm	Thursday 6 September	Custom House & Canning Town Community Neighbourhood Centre, 18 Rathbone Market, Barking Road, Canning Town, E16 1EH
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 6-9.30pm	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

# UNDER THE STARS

FOUR NIGHTS OF **FREE** LIVE OUTDOOR MUSIC

**THURSDAY 16 AUGUST**

**THE SKATALITES**

**BITTY MCLEAN**

**LEVI ROOTS**

**FRIDAY 17 AUGUST**

**DR ZEUS**

**MUMZY STRANGER**

**H-DHAMI**

**RAMEET SANDHU**

PLUS SPECIAL GUESTS

**SATURDAY 18 AUGUST**

**SOUL II SOUL**

**ULTIMATE EARTH  
WIND & FIRE**

**JOEL CULPEPPER**

**SUNDAY 19 AUGUST**

**ROYAL  
PHILHARMONIC  
ORCHESTRA**

**FIREWORKS  
GRAND FINALE**

**Central Park, East Ham, E6 | Gates Open 6.30pm daily**

**[www.newham.gov.uk/uts](http://www.newham.gov.uk/uts)**

**@NewhamLondon #NewhamUTS**

**f newhamevents**

No parking on site, please use public transport. You may be searched as a condition of entry.  
No glass bottles or dogs allowed on site. Programme subject to change.