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Young voices



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Reading challenge



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Urban beach returns

# the newham mag

issue 394 // 13 July – 26 July 2018 // Every fortnight



## The Newham Show

Your weekend of fun (p10)

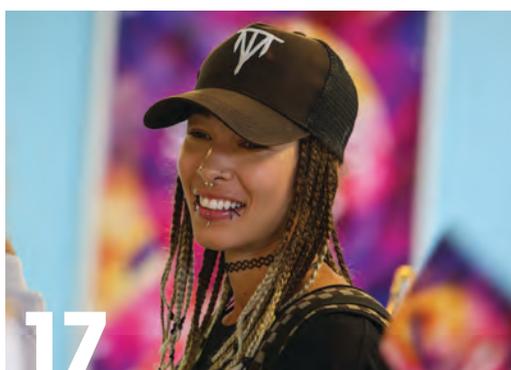
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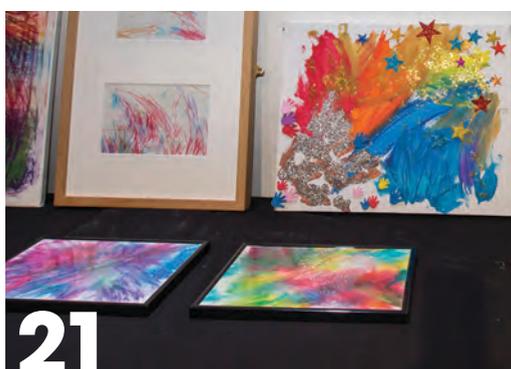
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# News

## Champions sculpture is staying home

**A bronze sculpture celebrating the part West Ham United players Bobby Moore, Sir Geoff Hurst and Martin Peters played in England winning the 1966 football World Cup is to remain at the heart of the Upton Park community.**

Mayor Rokhsana Fiaz and her Cabinet agreed to keep the council-owned Champions sculpture at its current location in Barking Road at the junction of Green Street. It rescinds a decision made by the previous council administration in 2015 to consider moving the sculpture to Queen Elizabeth Olympic Park as part of West Ham United's move from the Boleyn Ground to the London Stadium.

The sculpture, which depicts Moore holding the Jules Rimet World Cup trophy while lifted on the shoulders of Hurst, Peters and Everton player Ray Wilson, was unveiled in 2003 by Prince Andrew. The Hammers had asked for it be relocated to their new home.

Mayor Fiaz said: "Residents, many of them West Ham United fans, have told me they want this popular and historic landmark at the heart of their community in Upton Park. They came together to make themselves heard and we have listened to them.

"I have been massively impressed with the community's strength of feeling about this matter and I recognise people's passion and determination. There is something profoundly important about local identity and how it is shaped. The sculpture has been instrumental in forging an identity not only at the Boleyn but across Newham and East London and amongst thousands and thousands of fans up and down the country.

"We have never been under any obligation to move the sculpture following West Ham's move to Stratford. Upton Park is still important to so many Hammers fans and so it should remain the rightful home of the Champions sculpture."



The Champions sculpture

## Community passion is recognised

# News

## Equality makes the perfect cuppa

Mayor Rokhsana Fiaz joined pupils past and present, female governors, and staff at Plashet School in East Ham to celebrate 100 years since the first women in Britain won the right to vote and 90 years since all men and women over 21 won the equal right to vote.

The historic milestones were celebrated at an EqualTeas party, an afternoon of tea and informal discussions about modern political life and how the events of a century ago shaped this country.

Mayor Fiaz, a former old girl of the school, was joined at the event by West Ham MP Lyn Brown. The Mayor said: "It was like stepping back in time. I left Plashet School in 1986.

"It was amazing to meet so many young women who are breaking glass ceilings and just being awesome in their determination to improve their own lives and the lot of women everywhere."



The Mayor with pupils and West Ham MP Lyn Brown



One of the rainbow crossings

## Somewhere over the rainbow

The second Forest Gayte Pride parade attracted hundreds of members of Newham's LGBTQ community together with local residents and businesses in a day of colour, camp, music and fun.

One of the highlights of the day was rainbow pedestrian crossings, special vinyl transfer road markings laid by Newham Council to help celebrate diversity and inclusion in the borough.

Councillor Rachel Tripp, Cabinet member for environment and highways, said: "It was so inspiring joining the parade alongside Mayor Rokhsana Fiaz. To see Woodgrange Market bedecked in so many rainbows, with the whole community coming together in joy and friendship, was fantastic and really let our LGBTQ community know how much we love and value them all."

Mayor Fiaz said: "This was an amazing and inclusive event driven by brilliant residents celebrating the diversity of Newham. Everyone had such fun, and the rainbow pedestrian crossings were brilliant."

# Diversity is a sense of pride

## ...in brief

### Boost for nursery provision



The Mayor cutting the ribbon at nursery

Mayor Rokhsana Fiaz and local councillors cut the ribbon at the launch of a nursery service for two-year-olds at Edith Kerrison Nursery and Children's Centre.

The nursery, which serves families and children in Custom House and Canning Town, has increased its capacity by 50 per cent, so now can accommodate 40 children a day. It offers 15-hour and 30-hour places for children aged three and four, and 15-hour places for two-year-olds eligible for a free early education place.

Mayor Fiaz said: "It was great to see so many parents and children enjoying themselves and celebrating the increase in the availability of nursery places. It is important that we improve nursery education for our youngest children."

### Bid to attract more social workers

Newham Council's Cabinet have asked that a package of support be looked at that could attract social workers with the specialist skills in dealing with children and young people.

Council officers will now look at the full financial and legal implications of a raft of proposed recruitment and retention measures. These include reviewing and expanding the housing offer for key workers, an improved relocation offer and travel assistance package, a salary and rewards package that includes increased market supplements, and better career development opportunities.

Approximately 20 per cent of current posts are filled with agency workers. Councillor Julianne Marriott, Cabinet member for children and young people, said: "This issue is clearly a concern to us all."

### Fly-tip rogue banned from Newham

A prolific fly-tipper who dumped 20 tonnes of waste on a busy road in Beckton has been banned from setting foot in Newham for three years.

Judge Nicholas Huskinson passed the Criminal Behaviour Order on Patrick Egan, 30, from Grays, at Snaresbrook Crown Court. Egan can only travel through on public or private transport and without disembarking.

He was jailed for eight months after admitting three offences under the Environmental Protection Act. He dumped waste in Eric Clarke Lane on December 7. It blocked the highway and the entrance to stables used by children and it cost thousands of pounds to clear up.



Patrick Egan

The Metropolitan Police and Newham Council applied for the Criminal Behaviour Order to be imposed. The order is aimed at tackling the most serious and persistent offenders and can only be granted after conviction for a criminal offence in a criminal court.

Councillor Rachel Tripp, Cabinet member for environment, said: "We will use every tool at our disposal to stop people ruining this borough for our residents. The judge has recognised the serious nature of his offences."

## Recruitment measures being looked at



Meeting Paddington, my favourite bear



# Mayor Rokhsana Fiaz

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



@rokhsanafiaz



Rokhsana\_Fiaz



rokhsanafiaz

**It was hot, hot, hot, but it was fun, fun, fun. I'd like to say a massive thank you to the amazing 45,000 residents who came along to the Newham Show at the weekend to make it such a great community event.**

It was colourful, inclusive and a simply gorgeous family occasion in the scorching sun. I absolutely loved meeting each and every one of you and just wanted to give you all a massive hug. I hope you liked my t-shirt!

It is difficult to choose my stand out moments, but Saturday's circus-themed carnival procession showed how wonderfully imaginative and creative our schools and community organisations are – it was a riot of colourful costumes, amazing banners and loads of noise. And of course how we cheered when England won the football, and on Sunday I got to meet my favourite bear ever, Paddington.

Once again thank you all for coming and thanks to everyone who put it all together. Newham is the world and people will be at the heart of everything we do, always.

So, what else have I been up to over the past two weeks? Well, there was some important business decided during our second Cabinet meeting.

Just as England were preparing to kick-off against Colombia, we were making the decision to keep the Champions Sculpture where it rightly belongs – at the heart of the community in Upton Park, just a stone's throw from the former West Ham United Boleyn Ground.



Children joined in the fun of Forest Gayte Pride with face painting



Celebrating equality at my old school with Lyn Brown MP



Children added a riot of colour to the carnival

It's an iconic monument to England's 1966 World Cup win and a celebration of the role that former West Ham players Bobby Moore, Sir Geoff Hurst and Martin Peters played in that historic moment. As well as that, the sculpture is loved by thousands of Hammer fans as well as the local community and the strength of feeling demonstrated over the past two years by supporters and residents for it to stay put was heard loud and clear by Cabinet members.

My Cabinet colleagues also agreed that we will develop a package of support designed to recruit and retain much needed social workers for children and young people in the borough; reflecting the importance my administration is placing on supporting young people. We also agreed a major new approach for partnership working with all of our schools so that more of them stay state maintained. It was a watershed moment as it signals a significant shift to encourage schools not to embark on an academisation process, but to stay linked with Newham Council.

I also travelled to Birmingham for the Local Government

Association Conference where I took part in a panel discussion about the challenges facing local government including funding, adult social care, youth service provision, and how to tackle the housing crisis engulfing us. It's clear to me that we need to lift the cap on borrowing so that councils can build homes, coupled with stopping Right to Buy – which will be a major campaign we are launching in the autumn.

I also had heaps of fun at Forest Gayte Pride, a celebration of Newham's diversity and inclusivity. One of the major attractions was the rainbow coloured pedestrian crossings that our brilliant highways team put in place for the occasion.

I also stepped back in time when I went to Plashet School in East Ham which I left in 1986. I was there celebrating with the amazing young pupils, 90 years since the Equal Franchise Act 1928, which gave women the same right to vote as men. I also went back to Newham College (where I did my A-levels) to salute some talented students at their Shining Stars ceremony.



# Young ones are in the zone

**Youth zones are open to young people between 11 and 19 and offer a range of interesting and exciting activities. These take place in a safe environment and are an opportunity for young people to develop personal and social skills.**

During the summer the zones will have free fun activities such as music technology, studio sessions, arts and crafts, multi-sports, and competitions plus an array of educational stuff.

Mayor Rokhsana Fiaz said: "I really hope our young people get involved in the activities we've lined up for them this summer because they really are at the heart of everything we're doing."

There are five youth zones in Newham. They are:

- **Beckton Globe Youth Zone,**  
1 Kingsford Way, Beckton, E6;
- **Forest Gate Youth Zone,**  
1 Woodgrange Road, Forest Gate, E7;
- **Little Ilford Youth Zone,**  
1a Rectory Road, Manor Park, E12;

- **Shipman Centre,**  
Prince Regent Lane, Custom House, E16;
- **Chill Spot Youth Zone,**  
Stratford Library, 3 The Grove, Stratford, E15.

The youth zones are also the places where a series of youth assemblies will be held every three months, led by young people themselves. The Mayor's inaugural event after being elected in May was a youth assembly at Forest Gate Youth Zone. Another took place this month and the next is in October.

Mayor Fiaz said: "Young people have told me how much they love living in Newham, but they've also said they don't feel safe. I want them to continue being open and honest with us and discuss their concerns so that we can work together on finding solutions. If they take action they can change things."

For details of all the sessions that are taking place at the youth zones during afternoons and early evenings between 23 July and 14 August email [youth.zones@newham.gov.uk](mailto:youth.zones@newham.gov.uk)

THE READING AGENCY AND LIBRARIES PRESENT  
**MISCHIEF MAKERS**  
SUMMER READING CHALLENGE 2018

# Mischievous summer of **fun** ahead.



**It promises to be a fun and awesome time during the summer for young people in Newham. For those heading off on holiday, stay safe while travelling. For those not travelling, enjoy your Newham 'staycation' by taking part in the annual Summer Reading Challenge at our libraries.**

This year our reading challenge theme is Mischief Makers, and we've enlisted two of the best loved mischief makers to help us – Dennis and Gnasher from the Beano comic, which this year celebrates its 80th anniversary.

The aim of the challenge is to get children aged four to 11 to read six books of their own choice over the summer. At libraries children can explore a map of Beanotown to find some buried treasure and become ultimate mischief makers. Dennis, Gnasher and friends will help them solve clues and collect stickers, reading lots of books and having lots of fun and adventures along the way. Everyone who completes the challenge will receive a certificate and a medal.

As part of the challenge, all libraries are hosting fantastic free events at the end of July and throughout August. These include prank-filled activities with the Freshwater Theatre Company, rap and rhyme with poet Neal Zetter,

stories with the Chiffchaff Children's Theatre and drawing workshops with the Cartoon Museum.

And because it's never too early to encourage and inspire children's love of reading Newham's libraries are also be running a Little Summer Reading Challenge for the under-4s.

Mayor Rokhsana Fiaz said: "There's loads of exciting and free things for young people to do over the holiday across Newham. Have a great summer."

Other events during the summer reading challenge include meet the author sessions with Sita Bramachari, Peter Bunzl, Gillian Cross, Salvatore Rubbino, Jo Cotterill, Adisa, Ali Sparkes, Karen McCombie, Guy Bass and Sav Akyulz. To find out more information visit **[www.newham.gov.uk/readingchallenge](http://www.newham.gov.uk/readingchallenge)**

Share your reading challenge fun by tagging us into your photos via twitter, instagram, or snapchat. Use the hashtag #NewhamFun or make one up and we'll use it as well.



# Newham Show in pictures

**More than 45,000 residents slapped on the sun screen and basked in the glorious warm weather at the Newham Show in East Ham's Central Park last weekend.**

The borough's biggest free fun event featured an abundance of live music, dance and entertainment, delicious food, sports, a village fete, a funfair, a taste of the seaside with an urban beach, and special appearances by family favourites Peter Rabbit; Sooty, Sweep and Soo; and everyone's favourite bear Paddington. There was also a giant screen to watch England beat Sweden in the World Cup.

On Saturday a colourful carnival procession with children from 19 schools and 22 community organisations toured East Ham, taking the history of the circus as its theme. It also celebrated Newham's pride at being an inclusive borough with a giant rainbow flag.

Mayor Rokhsana Fiaz said: "It was all colour, inclusive and a simply gorgeous family occasion in the scorching sun. I absolutely loved meeting everyone. People will be at the heart of everything we do, always."



**01** Say ahh. Mayor Rokhsana Fiaz with a young football fan. **02** Popping pea pods. Two friends share a joke with a man in a giant pea pod. **03** Ok, I'm all set. Youngsters added their musical talents into the carnival mix. **04** Besties. Councillor Julianne Marriott has a laugh with a school crossing patrol officer in the carnival.



**05** Peace, love and happiness. The Newham Carnival gave this trio a chance get into the party spirit. **06** No, it can't be. Footie fans can't believe their eyes as they watch England against Sweden. **07** Give me an A. Abba tribute band Salute To Waterloo brought the group's tunes to the park.



**08** Huggy bear. A young visitor shares a hug with Paddington. **09** More sand. A child gets help with building a sand castle. **10** Come on down. One group decided it was a great day to have a picnic in the park. **11** Boxing clever. Some would be-champs get some tips from an expert. **12** Banging my drum. One of the drummers in the Newham Carnival



**13** It was this big. Peter Rabbit with fans at the Main Stage. **14** In the frame. A resident joins the Mayor for a selfie. **15** In the pink. Children get their dancing shoes on at the Cabaret Tent. **16** Do the twist. Sooty and friend, Rich Roberts, brought old fashioned fun to the mix. **17** Yes, You! Dhol players brought Punjabi rhythms to the carnival.

# Cricket ticket giveaway

## Exclusive offer for Newham residents

Up to 100 tickets are up for grabs for Essex Cricket Specsavers County Championship home games.

To apply\*, visit  
[www.newham.gov.uk/cricket](http://www.newham.gov.uk/cricket)

\*Terms and conditions apply.



Essex Cricket

Newham London



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NHS  
Newham  
Clinical Commissioning Group

## Newham Joint Carers Strategy Workshops

Newham Council and NHS Newham Clinical Commissioning Group are hosting a series of workshops to update our Joint Carers Strategy.

Our strategy sets out how we support carers to maintain their health and wellbeing. Together we will evaluate our current strategy and agree our priorities and actions for the next three years.

Come along to give us your views at any of the below workshops:

**Monday 23 July, 10am-1pm**

St. John's Church, Broadway, Stratford E15 1NG

Places are limited and refreshments will be provided.

To book your place, email  
[Commissioning.Assistant@newham.gov.uk](mailto:Commissioning.Assistant@newham.gov.uk)  
or call **020 3373 9788**.

Please mention any specific access requirements.



# Time to head for the beach

**Music Nights** - Fridays in August, 6pm-9pm, and Sunday 26 August (excludes 3 August)

**Film Screenings** - Saturdays in August, 10am and 6.30pm

**Beach BBQs** - Sundays in August, 12pm-3pm

**Pop-up classes** - on selected days

For full programme and further information visit [www.royaldocks.london](http://www.royaldocks.london) or [www.newham.gov.uk/summer](http://www.newham.gov.uk/summer)

## Royal Victoria Beach

Open daily from 18 July to 2 September, 10am – 6pm.  
Dock Beach, E16

**If you're in need of a slice of seaside action, then you don't need to leave Newham at all. Our favourite beach destination returns this summer to the Royal Docks with new attractions and a bumper events programme for all the family to enjoy for free.**

Royal Victoria Dock is again being transformed into a giant urban beach, with a stretch of golden sand, spectacular views of the docks and the Emirates Air Line cable car gliding above you.

Whether kicking back in a deck chair, building sandcastles or enjoying a film, there's endless fun for everyone. New this year is a managed swimming area in the dock, a sun deck and children's paddling pool, as well as pop-up classes, film screenings and market stalls.

While adults can relax and enjoy the sun from the deck, kids will love splashing around in the new paddling pool. A big screen will show family favourites with day screenings for little ones and classic films in the evening for all to enjoy.

Also check out the bar for drinks, snacks and chill-out summer tunes on selected evenings, all from the comfort of your deckchair.

Dock Beach is being delivered as part of ambitious plans to regenerate the Royal Docks. Mayor Rokhsana Fiaz and Mayor of London Sadiq Khan recently approved a £314 million programme of investment in the Royal Docks over the next five years to help revive it as a distinctive location for business and culture.

Located on the embankment of Royal Victoria Dock, it will open daily from 18 July to 2 September. Core opening hours are 10am until 6pm daily however there will be extended openings on occasions.



## DOCK BEACH

@yourroyaldocks  
#yourdockbeach

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SAT 06 OCT

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Newham London

**NHS**  
Newham  
Clinical Commissioning Group



Raymond with Cllr Marriott and Emma Jennings



Mayor Fiaz



Award recipients



Zandra Rhodes



Mr Jayvic

# Shining examples of achievement

Some of the borough's most exceptional students were recognised at a stunning Shining Stars Awards ceremony held at Newham College of Further Education.

The achievements of some exceptional students at Newham College of Further Education were celebrated at a gala Shining Stars awards ceremony at the college's East Ham campus.

Fifteen awards were handed out, including an equality and diversity award sponsored by Newham Council and supported by charity Stonewall UK. It was presented to Raymond Longville by Councillor Julianne Marriott, Cabinet member for education, children and young people, and Emma Jennings from Stonewall. Raymond promotes equality in the classroom and shares his experiences as a wheelchair user.

Hundreds of guests including Mayor Rokhsana Fiaz and British fashion icon Dame Zandra Rhodes attended. Former student, rising UK dance artist Mr Jayvic, performed. There was also a catwalk show from hair, beauty and fashion students.

Mayor Fiaz, who studied for A-levels at the college in 1989, said: "It is a great opportunity to recognise and salute some of our borough's brilliant talent." College Principal and Chief Executive Paul Stephen said: "All the winners and nominees are amazing."

The evening raised £52,537 for the college's chosen charity, the Learning Revolution Trust, which will use the money to remove financial barriers to education faced by many students.

Other award sponsors included the University of East London, Capita IT & Networks, Café Football, Newham Recorder, Concept Group Limited, Goldline Cars, Gateway Qualifications, McDonald's, Maze 8, Newham Chamber of Commerce, Aspers Casino and Newham College governors.

## AWARD WINNERS

### College Achievement of the Year Award

– Aroon Roberto Reinoso Rodas

**Excellence and Innovation Award** – Nicholas Sen

**Outstanding Progress Award** – Julante Carriere

**Love Food Champion Award** – Coreena Corbett

**Apprentice of the Year Award** – Alexandra Pasan

**Equality and Diversity Award** – Raymond Longville

**Work Ready Student of the Year** – Jennifer Daniel

**Learning Revolution Trust Student of the Year**

– Sonia Komal Khan

**Outstanding Contribution to College Life Award**

– Diana Azande

**Group of the Year Award** – Electrical Apprentices

**Staff of the Year Award** – Gracia Maximen

**Governors' Award** – Martin Muhumuza

**Further Education Student of the Year** – Lee Morgan

**Representing Newham College with Distinction**

– Francis Kanu

**Higher Education Student of the Year** – David Pender



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

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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.



## Transforming social care day opportunities

Come along to any of our feedback sessions and have your say on the future of day opportunities for adults in Newham with learning disabilities, autism, mental health or other needs including older people.

**Tuesday 17 July, 10am-1pm**  
The Resource Centre, 200 Chargeable Lane, Plaistow E13 8DW

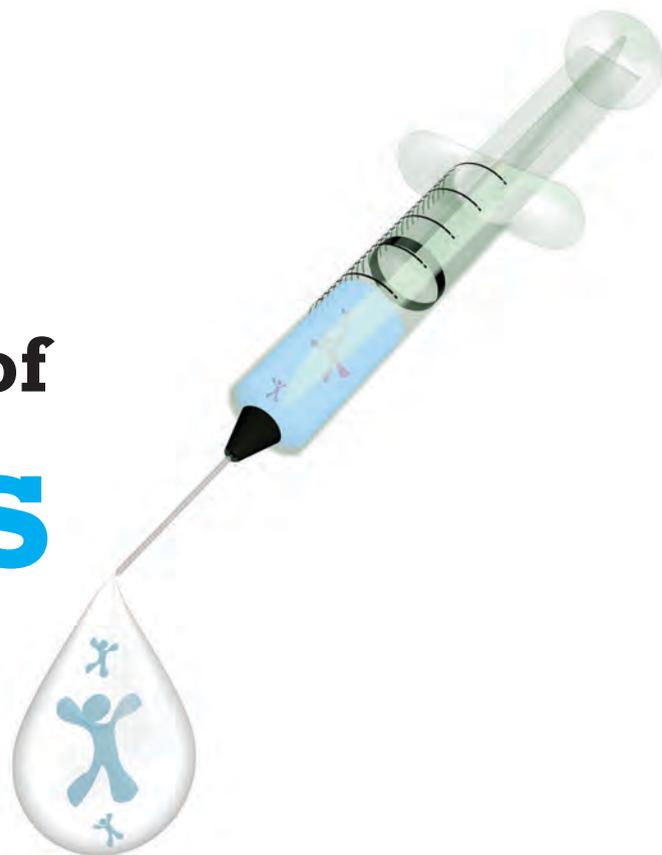
**Friday 3 August, 6-8pm**  
St. John's Church, Broadway, Stratford E15 1NG

To book your place at either session, call **020 3373 9788** or email **[Commissioning.Assistant@newham.gov.uk](mailto:Commissioning.Assistant@newham.gov.uk)**

Refreshments will be provided. Please mention any specific access requirements when booking.



# Spotting the signs of **Measles**



**Measles is a very infectious viral illness which can lead to serious complications and, in some cases, death. Since the beginning of the year, there has been 15 confirmed or probable cases in the borough.**

Newham Council, in conjunction with NHS Newham Clinical Commissioning Group, is encouraging residents to ensure you and your families are protected against the virus by having the measles, mumps and rubella, (MMR) vaccination.

Children are most at risk of getting measles but it can be prevented provided they receive the MMR vaccination.

The MMR is a safe and effective combined vaccine that protects against the three diseases in a single injection. The first dose is usually given when a child is one year old and a second one before they start school. Residents need to check that they have received both doses.

If you are unsure if you have received two doses of the vaccine or have recently moved to the UK from another country, visit your GP or practice nurse to ensure you are vaccinated. If you or a family member think they may have measles, call your GP immediately so they can also prevent others from becoming infected.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "We are keen to support this important public health message. It is more important than ever that people make sure they and their families are protected."

For more information, visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

## Symptoms of measles include:

**High  
Fever**

**coughing**

**sore,  
red,  
watery  
eyes**

**aching  
& feeling  
unwell**

**blotchy  
red-brown  
rash**

**rash  
usually  
appears  
after the first  
symptoms**

# Save time when you do it online



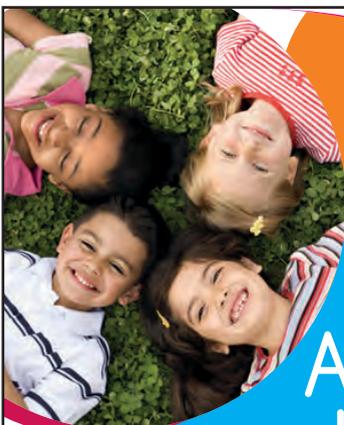
Access information and services at a time that suits you, 24 hours a day, 7 days a week.

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

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Newham London



## Attention all working parents!

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



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Some of the art work on display



A colourful performance was part of the event

# No barriers to creativity

**Self-expression through music, art and dance is something many people enjoy and take for granted. Newham Council is committed to ensuring that all residents have opportunities to take part in creative activities.**

I Have A Voice celebrated the talents of people with learning disabilities, giving them the opportunity to illustrate just what they are capable of.

Almost 200 people attended the event at Stratford Circus arts centre in Theatre Square. It was organised as part of Learning Disabilities Week last month. It began with a dinner and preview of an art exhibition produced by local artists with a learning disability.

Act Up! Newham, an independent drama company for disabled and non-disabled adults, began the main show with a short drama called Winnie the Witch that addressed the topic of being different.

Performers included Cynthia Bowling and Maada Bakaar, who took part in dance routines, Glory Sengo, who took spectators to Africa for a special Congolese



Some of the attendees at the Stratford Circus event

rumba and Earlson Daley-Farrell who rapped his unique version of Try Again.

Powerhouse Women sang empowering versions of This is Home and Thinga Singa. Forest Gate Learning Zone dazzled the audience with their take on the 70s disco hit Car Wash.

Paracarnival, a local organisation working with disabled adults, brought along their colourful costumes and striking drum beats to end the show.

Councillor Susan Masters, Cabinet member for health and adult social care, said: "It is wonderful to see so many people, disabled and non-disabled, at the event. Congratulations and many thanks to all those who performed or were involved with this showcase."

Residents can view the art exhibition at Stratford Circus until 29 July or at Stratford Library from 30 July until 2 September.

For more information visit [www.newham.gov.uk/LD](http://www.newham.gov.uk/LD)



Performers tackled important issues

## Dance sessions will be fun

Residents are invited to come together for a monthly community dance workshop that focuses on health and well-being rather than performance.

The Dance For Fun sessions will be run once a month at Custom House and Canning Town Community Neighbourhood Centre in Rathbone Market on Saturdays from 3.15pm to 4.30pm. They will be led by a trained dancer and there is no age restriction.

The free sessions are being staged by the arts charity Ingenium and the Actor's Dance Collective, supported by the Aspers Good Causes Fund and Newham Council. Music will range from musical theatre to pop with a different genre every month and a new routine being learned each session.

The schedule is: 21 July, Greatest Showman; 18 August, Mischief Makers; 1 September, La La Land; 29 September, Hip-Hop; 27 October, Thriller; 17 November, Strictly Ballroom and 8 December, Winter Wonderland.

To book, visit <https://tinyurl.com/dance-for-fun>



## Legacy of park is bl ming



Visitors learned about Dr Fothergill's legacy at the park



Hundreds of visitors learned about the legacy of the man whose interest in plants led to the creation of West Ham Park.

The Friends of West Ham Park organised a weekend celebration of Dr John Fothergill's Legacy last month to give people an opportunity to appreciate the importance of his plant collection and the drawings he commissioned.

Dr Fothergill was a physician and a plant collector who also got other people

to collect plants and seeds for him. He bought the Upton Estate in 1762 and enlarged it during his lifetime. When he died in 1780 it was sold and some of it eventually became West Ham Park on the Portway.

During the weekend there were botanical drawings on display in the rose garden at the park where visitors had the opportunity to have a go at their own drawings or make flower collages.

# Airport staff are willing volunteers



Staff from Silvertown's London City Airport gave up their time to take part in the airport's third annual Volunteering Fortnight which devoted more than 400 hours to local initiatives.

Fifty staff, including airport chief executive officer Robert Sinclair, spent days with a variety of local organisations, helping them with projects and initiatives. One such initiative was at Cody Dock in Canning Town where staff carried out maintenance work and repairs to help the venue prepare for its summer community events.

The Volunteering Fortnight, which was organised in partnership with the East London Business Alliance, coincided with last month's National Volunteers' Week. It brought the total annual volunteering hours delivered by the airport in 2018 to 850.

Robert Sinclair said: "The airport is committed to being a good neighbour and throughout the year we work with the community to improve the environment around us and support local initiatives."

## Teacher's sky dive for aid charity

A school teacher is taking part in a sky dive to help raise money for a charity that delivers humanitarian aid across the world.

Puja Kaur Roudh, from Forest Gate, decided to take part in the sponsored dive as a way of teaching her pupils at Hartley Primary School in East Ham to aim high. It is also supporting the work done by Khalsa Aid International, a charity set up in 1999 to help victims of natural and man-made disasters.

Puja will be taking part in the dive on 28 July near Peterborough and is hoping to raise £700. She has already collected £470, including a donation from Mayor of Newham Rokhsana Fiaz.

Puja said: "I have always wanted to do something this daring and to contribute to the amazing work that Khalsa Aid have been doing." To donate, visit [www.justgiving.com/fundraising/puja-kaur-roudh](http://www.justgiving.com/fundraising/puja-kaur-roudh)



## Summer Fete supports hospice

Residents of all ages are invited to enjoy summer fun at Royal Wharf in North Woolwich and raise funds for a good cause.

A summer fete is taking place in Royal Wharf Park in Royal Crest Avenue on Saturday 21 July between 11am and 7pm. It is being hosted by developers Ballymore & Oxley who have so far completed more than 1,300 new homes in the area.

The fete is supporting 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 include 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.



# 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.

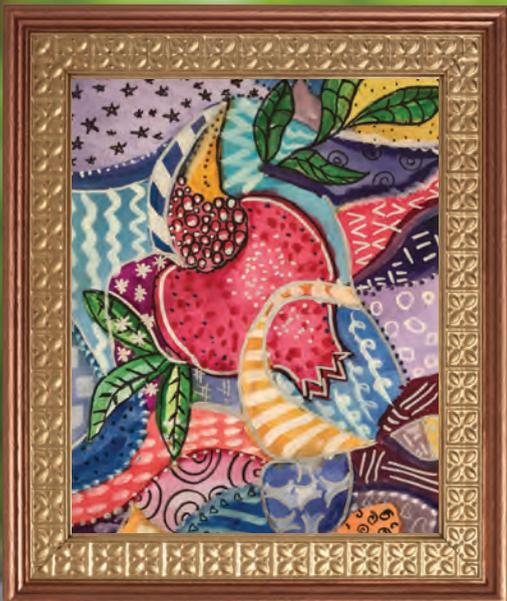
## GALLERY



Anna Amin, 7



Olivier Papierz, 9



Polina Bazibajeva, 11



Yuktha Reddy Namala, 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](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 Wordsearch

## Poem

### IF I HAD CAMOUFLAGE

I would steal salty biscuits as salty as dried sea salt from the kitchen.

If I had camouflage,

I would play with monkeys as playful as an orca.

If I had camouflage,

I would listen to the humming birds hum in the breeze.

If I had camouflage,

I would sniff the scent of orchids as sweet as an orange.

If I had camouflage,

I would gaze at erupting volcanos.

If I had camouflage,

I would dream of venturing into Space and exploring the Deep.

**Saad Butt, 7**

### Wordsearch

You must find the following words in the grid



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

Delicious  
Fruit  
Glasses  
Ice-cubes

Jugs  
Lemonade  
Pouring  
Refreshment

Straw  
Summer  
Thirst  
Water

# WHAT'S ON



## UNDER-FIVES

**Storytelling** 🌍 Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, East Ham CNC; Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; 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; Weds, 10am-12pm, Thurs, 9.30-11.30am, 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 & Bundles Group** Interactive session for parents and carers of babies under 18mths. Mon, 10am-12pm, Stratford

**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** 🌍 A free interactive session for children to engage with one another. Sat, 12.30-1pm, Green St

**Music and Movement** 🌍 Session for children and parents or carers to get active using different types of dance and musical instruments. Tues, 10-11am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC

**Move it to Music** 🌍 A chance for parents and children to join in with a free interactive session with music and dance. Mon, 1.30-2.30pm, Stratford



## YOUNG PEOPLE

**Chatterbooks (7-12)** 🌍 A new book club to inspire young children to read for pleasure. Sat, 2.30-3.30pm, Plaistow; Tues, 4-5pm, North Woolwich, Mon, 2.30-3.30pm, Beckton Globe; Mon, 4-5pm, Manor Park CNC; Sat, 3-4pm, Custom House & Canning Town CNC Weds, 4-5pm, East Ham 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

**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

**Homework Club** 🌍 Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

**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, 10-11am, robotics, under 8s, 10.30am-12pm, Alexa, over 8s; Custom House; Tues, 4-5pm, Green St; 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 and 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

**Walk and Talk** Light exercise and conversation outdoor activity. Tues, 1-2.30pm, 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 (13-17)**

Come along with your friends to play PS4. Mon, 4.30-5.30pm, Plaistow



**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; Thurs, 10am-12pm, East Ham CNC; 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; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

**English Conversation Club** Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 11am-12pm, 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 Monday 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

**Workplace Drop-Ins** ★ For Newham residents looking for employment to discuss job vacancies & training. Thurs, 26 Jul, 3-5pm, Manor Park CNC; Weds, 25 Jul, 2-4pm, Stratford. For more info, email: Rehana.b@newham.gov.uk

**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

**Art Group for stroke survivors (16+)** Come and enjoy creative art activities with light refreshments. Speak to the group leader to book a place. Mon, 12-2pm, Beckton

**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 and 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

**Beckton Cultural Festival** Family fun with activities inside and outside the library. Free musical performances, and an international market with food for sale. Raffle tickets for people who come wearing cultural dress. Sat, 25 Jul, 1pm - 6pm, Beckton Globe Library and square outside.



ACTIVITIES AND SUPPORT

**Diabetic Clinic** Drop-in clinic for adults. [Weds, 2-3pm, Custom House & Canning Town CNC](#)

**Creations Arts and Crafts Group** Try out a variety of arts and crafts with this friendly and welcoming group of local residents. [Tues, 10.30am-12.30pm, East Ham CNC](#)

**Crafty Parents** A new craft session for parents with a play space for toddlers. Bring photos and other items that you would like to 'scrapbook' and any other craft that you would like to share. [Weds, 10am-12pm, East Ham CNC](#)

**Tai Chi Sword Class** Try Tai Chi with a difference. Suitable for all ages. [Weds, 10.30am-12pm, Beckton C.C.](#)

**ESOL Training** Improve your reading, writing, English and number skills. Free for 19+ who have lived in the UK or the EU for the last 3 yrs. [Fri, 12-4pm, Stratford](#)

**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** Come and 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, Beckton Globe, 1-3pm](#)

**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. [Fourth Saturday of each month, 11am to 3pm, The Greenway, stretch between Prince Regent Lane and Barking Road, E13.](#)

**Holding the Baby** Free audio exhibition shares memories of growing up in newham. Open to public until [19 Jul, Stratford](#)

**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](#)

**Capoeira (18+)** Brazilian martial arts and dance with

music. [Mon, 4-5pm, 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](#)



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.](#)

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)

**Space For Me (16+)** Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036. 9.30-11am, Beckton Globe Youth Zone

**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

**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

**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 and 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.

**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** 🌐 Cycling lessons for anyone aged over 16 delivered by GB Cycle Instructors. All equipment provided. 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.

**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.

**Fitness Exercise with Resistance Bands** 🌐 Improve your strength and flexibility with resistance bands. Tues, 11.30am – 12.30pm, until 7 Aug.

**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

50+ ACTIVITIES

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

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

**WHU Kicks** Mon, Tues, Fri, 4-7pm, WHUGST, 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 and 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

**COMMITTEE MEETINGS**

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

**Mon, 16 July, 7pm, Council, Old Town Hall, Stratford**

**Tues, 17 July, 6pm, Strategic Development Cttee, Old Town Hall, Stratford**

**Weds, 18 Jul, 4.30pm, Corporate Parenting Board, Newham Dockside, 1000 Dockside Road, E6**

**Thurs, 19 Jul, 6pm, Standards Advisory Cttee, Newham Dockside, 1000 Dockside Road, E6**

**Tues, 24 Jul, 7pm, Overview and Scrutiny Cttee**

**Weds, 25 Jul, 7pm, Audit Board**

**CONTACT THE MAYOR**

**Here to Help Sessions**

**Please register 30 minutes before session starts.**

**Sat, 28 Jul, 10-11.30am, Canning Town Library, Rathbone Market, 18 Barking Road, Canning Town, E16**

**Telephone Surgery**

**Weds, 18 Jul. Please call 020 8430 2000 between 10am and 11am and leave your contact details and information about your query. The Mayor will then call you 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

# 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 social worker

We are looking for people who have the time and passion to care for a child and you 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)



# 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.