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the new wham mag

issue 392 // 15 June – 28 June 2018 // Every fortnight



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News

Flying the flag for our armed forces

Newham Council will be hoisting a flag at the Town Hall in Stratford, on Saturday 30 June, to show support and appreciation for veterans and serving members of the Armed Forces.

Armed Forces Day raises public awareness of the contribution made by those who serve and have served in Her Majesty's Armed Forces, including regulars, reservists, veterans, cadets, and their families and friends.

Recognising this important day is just one of the ways the council supports the armed forces community. In 2012 the council signed a covenant which offers support to members of the forces based in the borough. Newham was the first local authority in the country to prioritise those with a military background for social housing. The council has also awarded Freedom of the Borough to G Company 7 Rifles based at the Army Reserve Centre in West Ham.

Mayor Rokhsana Fiaz, pictured with her Cabinet colleagues and the flag, said: "We fly the flag to salute our armed forces who protect us, defend this country's interests and answer the call to deal with humanitarian disasters across the globe.

"They face risk every day and some fall in the line of duty. We value everything

they do for us because they sacrifice so much to keep us safe. We are proud of those servicemen and women who call Newham home, who are currently serving or have previously served. We owe them gratitude and respect.

"Our decision to fly the Armed Forces Day flag should not be seen as support for war or conflict or government policy. It is about people and their families and how we can look after them during and after their dedicated service."



The Mayor and her Cabinet with the flag

Marking armed forces day, 30 June

News

East Bank will deliver homes and jobs

Plans for a new educational and cultural district in Queen Elizabeth Olympic Park have been unveiled.

World-class institutions in culture, education and innovation will be making Newham their home as part of the £1.1bn East Bank project.

The BBC, University College London, the London College of Fashion, Sadler's Wells and the V&A museum in partnership with the Smithsonian Institution will all form East Bank.

The Ministry of Housing, Communities and Local Government will contribute £151 million towards the delivery of East Bank which will create 1,500 jobs, £1.5 billion of economic benefit and 600 new homes.

New plans and building design were unveiled by the Mayor of London Sadiq Khan who also announced that at least 50 per cent of new homes across the remaining development sites on the park – Stratford Waterfront,

Pudding Mill and Rick Roberts Way – will be affordable.

Mayor of Newham Rokhsana Fiaz was at the launch of the vision and said: "This new development will create many opportunities for our young people, unleashing their creativity and bring leaders in music, theatre and the arts to east London. In return, East Bank will benefit and learn from the diverse, eclectic talent here in Newham.

"It is also essential that housing remains a priority within the park. Building new homes that are genuinely affordable is the only way to tackle the housing crisis and it is vital that we put pressure on developers to provide more affordable homes for our residents. Housing is my biggest priority and I have pledged to build at least 1,000 council-owned, social rent homes in Newham in the next four years and ensure that more than 50 per cent of all homes being built in the borough are let at social rent levels."



The Newham Mayor, the London Mayor and other project representatives at the launch

Project will deliver **600** new homes

Industry giants pledge to offer apprenticeships



Potential apprentices at a previous event, with councillor Terry Paul

Transport for London, Whitbread, JTL, Lloyds, London Legacy Development Corporation (LLDC), and the Construction Industry Training Board (CITB) are among the employers that have signed up to an apprenticeship event for young people in the borough, on Thursday 5 July.

The event will be held at Stratford Town Hall from 3.30pm -7.30pm and will give parents and students in Years 10 and 11 the chance to talk to employers from a wide range of sectors. These include business, finance and law, construction, creative, arts, digital and media, health, childcare and early years education as well as hospitality, retail, tourism and sport and science, engineering and transport.

Training providers and colleges will be on hand to discuss the qualifications young people will study as part of the apprenticeship for 16 and 17-year-olds, and young people currently serving apprenticeships will be on-hand to share their experiences.

Councillor Julianne Marriott, cabinet member for education and children and young people, said: “Apprenticeships have changed dramatically over the last few years, and can now offer great opportunities for young people to gain entry to a wide range of careers and jobs.

“Apprenticeships start from age 16, and young people can progress from an apprenticeship into a job that offers a career path to degree level and onwards. I’d encourage as many of our young people and parents as possible to come along and find out more.”

For more information about the event visit www.newhamconnect.uk/Article/57367

Last call for late licence

A restaurant closed by Newham Council for failing food hygiene standards, has lost its appeal against a decision to revoke its late night licence.

Sheesha Kebabish, in Barking Road, East Ham, was banned from selling hot food after 11pm by the council’s licensing sub-committee in September 2017.

The licence review followed a catalogue of regulation breaches by the owners dating back to 2010, including poor food hygiene, and on three separate occasions employing people with no right to work in the UK.

The owners appealed the decision but on 5 June Thames Magistrates upheld the committee’s decision and awarded the council full costs of £11,954.

East Ham Central Councillor Julianne Marriott, gave evidence to the committee and to the court, and submitted a statement in support of the council’s decision to revoke the licence.

She said she had received many complaints from residents, including from the Rector of St Bartholomew’s Church, about anti-social behaviour, littering and noise, caused by the restaurants late night clientele.

Apprenticeships offer **great** opportunities



Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

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A couple of events in recent weeks renewed my determination to work to tackle the violence harming our young people in Newham.

I attended a very moving funeral service for 18-year-old Sami Sidhom, who was tragically stabbed in April, on his way home in Forest Gate, after watching West Ham United play at the London Stadium.

Paying respects to his father, grandmother and wider family, I was joined by Sadiq Khan, Mayor of London, plus the Metropolitan Police Commissioner Cressida Dick. It was absolutely heart-wrenching.

I also recorded a video message appealing for people to come forward with information about the murder of 14-year-old Corey Junior Davis, known as CJ, who was brutally taken from his family and our community in a shooting last September, also in Forest Gate. My appeal coincided with a reconstruction of his murder being broadcast on the Crimewatch Roadshow programme on BBC1.

Corey and Sami were part of Newham's bright future until they were brutally attacked and taken from us. This borough is a poorer place for their loss, and that of the other young people who have fallen victim to senseless attacks in our borough over the past year. I can't



begin to imagine the pain that their respective families, friends, and others who knew them, are feeling. But I can understand that these incidents are making our young people feel frightened and our communities anxious about how we can keep them safe.

That is why, as Mayor, I have put tackling violence and making our young people feel safe at the very heart of my plans. There have been too many young victims in Newham this past year and this has to be stopped. Too many young people have been killed or injured, and too many are scared. We will not allow it to continue, as we all have a responsibility to protect our young people and keep them healthy and safe.

But despite everything, the young people I've spoken to say they love this borough, but what they want most of all is to be listened to. That has come across loud and clear from conversations I have had with those who attended the citizens assembly, Youth Movements and a meeting I and my Cabinet colleagues had with the

Young Mayor and the Youth Council.

We talked about a whole range of things from delivering a study support programme for those completing their GCSE and A-Level exams, to the challenges surrounding mental health, and how valuable they find our libraries as places of support. I intend to meet with our young people regularly, develop a two-way dialogue with them, so that I can find out what they need from us and they can continue to thrive and reach their potential. I know they are capable of great things and was proud to see some of them attend Parliament in support of the Youth Service Bill. That's why I've pledged to involve them and other young people in making the decisions to create a safer and more engaging environment for them to grow up in.

They will be around the table with me, designing and delivering together the programmes they want. I hope everyone will help me to achieve that and help them too.

LEARNING FOR ALL - IN A UNIQUE SETTING

Surrounded by the venues and waterways of Queen Elizabeth Olympic Park, it is no wonder that London Stadium Learning has been referred to as London's newest outdoor classroom. By virtue of its location, it provides a unique learning environment that supports learners of all ages to develop new skills.



Learning outdoors at the new centre

Part of the legacy for Newham residents from the 2012 Games has been the creation of programmes that help children, young people and the wider community to develop skills which will allow them to become more engaged in learning and ready for work.

London Stadium Learning is delivering on that legacy in a centre set up by Newham Council to offer courses aimed at vulnerable and underachieving pupils and young people not in education, employment or training (NEET). Among the programmes are 'Working for Success', an employability programme for NEETs, and 'Inspire to Achieve' which is an alternative course for young people at risk of becoming NEET to experience a variety of careers.

It also offers adult education courses in a range of subjects including English, maths as well as digital arts and stress management.

The centre can tailor activities for school children specifically for their requirements, run taster sessions during school holidays or provide vocational experiences through companies based in the park.

It is already making a difference in the lives of vulnerable children in the borough.

Yasmin (not her real name) was 17-years-old and identified as vulnerable by the social care team due to autism and self-harming. She was not attending school and would not communicate. However, through the support of London Stadium Learning's 'Working for Success' programme and backing from a mentor, she quickly realised by not engaging she was missing out on exciting opportunities. As a result of the programme, she has developed a more positive outlook on life and is willing to try new things. She has now enrolled in a college course.

Dr Anna Chapman, Head of Service at London Stadium Learning, said: "Being so close to where there is sporting action, large concerts and high profile events gives children and young people a taste of the kind of jobs they might wish to aspire to in the future. The centre is filled with exciting multi-media equipment and with a focus on Sports Journalism and Enterprise with the content of courses developed from materials taken from the vocations in the surrounding businesses."

To find out more about the centre and the opportunities on offer, contact Dr Anna Chapman on anna.chapman@newham.gov.uk or call 020 8522 6127.

"This is a fantastic resource for students that supports our work to develop standards around reading and comprehension."

Susie Borquez
Teacher and Literacy Lead

"The programmes create meaningful contexts for cross curricular work as well as strengthening students' understanding of citizenship."

James Dawson, Head Teacher,
Winsor Primary School

"This is a brilliant resource which helps give the children, especially those more vulnerable and lacking confidence, the inspiration and skills to be more resilient."

Francesca Peace
Extended Learning Manager,
St Joachims Primary School

The Newham Show

The Newham Show Saturday 7
and Sunday 8 July 12noon-6pm
Central Park East Ham E6

Newham's biggest **FREE** event, The Newham Show, returns to East Ham's Central Park, on Saturday 7 and Sunday 8 July with the promise of something for everyone. The two-day event is designed to bring everyone together and help them celebrate the summer with friends, family and neighbours.

A variety of fun and exciting activities will be on offer throughout the park during the weekend but here is just a taste of some of the things that residents can look forward to.

Crafts, cars and coming tog



FREE

People at the Heart of Everything We Do

Village Fete

This year the Village Fete will be hosting a live cooking demonstration hosted by professional chefs. It will also welcome the Women's Institute group based in East Ham, East Edge Sisters, who will be bringing a pop up café while showcasing and selling a wide range of homemade cakes and other goodies.

Vintage Law Enforcement

The Enforcement and Safety team will be bringing advice and tips on staying safe as well as an incredible display of vintage police vehicles and uniforms. Residents can also explore a CCTV van or meet our friendly animal welfare team and their trained dogs.



gether at The Newham Show



Learning for Adults

Grown-ups will get the opportunity to indulge their creative side at our Adult Learning tent where they can take part in a host of activities including jewellery making, hair plaiting, making cake pops or taking part in a fashion show.

Farmyard Favourites

The show will offer opportunities for young and old to meet and greet some of Newham City Farm's friendliest animals. Farm staff will also be available to help answer questions about the animals and their care.

Community Neighbourhood

Those who think they maybe a budding Banksy can head to the Community Neighbourhoods graffiti wall where they can try their hand at spray painting. There will also be Zumba, a flash mob and representatives from West Ham Football Club and Essex Cricket Club.

For those who want to have an active summer, they can try taster sessions on boxing, parkour, tennis and dance, run by activeNewham. Staff at the Public Health tent will offer advice on how to lead a healthier life.

For more information visit
www.newham.gov.uk/newhamshow
www.newham.gov.uk/carnival

@NEWHAMLONDON #NEWHAMSHOW NEWHAMEVENTS

There is no public parking and only limited blue badge parking available on Ranccliffe Road, East Ham so residents are advised to either walk or use public transport. **Tube:** East Ham station (15 min walk) **Buses:** 58, 101, 104, 115 and 474 to Central Park (East Ham Central Park) and 5, 147, 238, 300 and 325 to Barking Road (High Street North/Newham Town Hall) **Visit:** www.tfl.gov.uk for travel updates

UNDER THE STARS

Thursday 16, Friday 17, Saturday 18
and Sunday 19 August

6.30pm to 10.30pm

Central Park, High Street South, East Ham, E6

www.newham.gov.uk/uts

@NewhamLondon  #NewhamUTS  newhamevents

Under the Stars, Newham Council's popular free four-day music spectacular, is set to return to East Ham's Central Park from Thursday 16 to Sunday 19 August. Here we reveal some details of the stellar line-up.

The Big Reveal - Join

Thursday 16 August

The first evening of Under the Stars will be headlined by pioneering Jamaican group The Skatalites performing hits such as "Guns of Navarone". Adding his own brand of reggae reggae sauce to the opening slot, Levi Roots will also be joining us. He will be followed by smooth reggae from Bitty Mclean, who will be performing his top 10 UK hits "It Keeps Raining (Tears From My Eyes)", "Here I Stand" and "Dedicated To The One I Love". The night will be hosted by DJ and radio star Daddy Ernie.



Soul II Soul's Jazzie B



Friday 17 August

We will be bringing together international performers as well as a host of home-grown urban artists playing Bhangra beats and Bollywood tunes, so expect a night of unforgettable entertainment celebrating Newham's diverse and multicultural communities. Exact details have yet to be finalised but residents will definitely be in for a treat. Full details of the big names will be revealed in forthcoming issues of the Newham Mag.

Saturday 18 August

Saturday's headliners are the legendary Soul II Soul. They're celebrating 30 years in the business so expect classics like "Back To Life", "Keep On Movin" and "Get A Life". The evening will start with new R&B phenomenon Joel Culpepper whose rendition of "Woman" has already notched up 2.7 million YouTube hits. To keep you in the groove, tribute act Ultimate Earth, Wind & Fire will recreate the sounds of the 70s & 80s supergroup Earth, Wind & Fire. Saturday night will be hosted by Heart FM's presenter Roberto.

us Under the Stars

Sunday 19 August

The Royal Philharmonic Orchestra conducted by John Rigby, soprano Sarah Redgwick and tenor Robyn Lyn Evans will perform what promises to be an unforgettable evening of classical music. The 100th anniversary of the end of World War 1 will be marked with musical performances on the night. There will also be a spectacular fireworks grand finale.

*Acts may be subject to change.
Keep reading the Newham
Mag for the latest line-up
announcements*



Royal Philharmonic Orchestra

SUMMER AT STRATFORD EAST



Summer, 1958. Pearl and George are helping Caribbean migrants to cut loose by hosting a forbidden party filled with rum, calypso and dancing at their Shebeen. Starring Karl Collins (*Hollyoaks, The Bill*), and Martina Laird (*Casualty*). **20 June – 7 July 2018**



Mitchell Brunings and his iconic live band take the audience on a journey of pure roots, rock, reggae with the hits of Bob Marley! **19 – 20 July 2018**

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NEIGHBOURHOODS**

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Health Fair

Find out about the range of health and social care services and local activities taking place in your community.

Thursday 21 June, 11am-3pm

**Old Town Hall, Stratford
29 The Broadway
Stratford E15 4BQ**

A free goody bag and lunch will be provided.

For more information email
chsocialcare@newham.gov.uk
or call **020 8430 2000**
(option 2).



the newham mag

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07890 529 090 or email
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gov.uk**

Little Ilford School Summer Fete

Saturday 23 June 2018 12.00-3.00pm

Free Entry

**Live Music,
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A wide range of stalls
Food & refreshments**

Entrance on Church Road, Manor Park, E12 6JB

Club reflects spirit of community



Being involved in sport can be positive in a number of ways. It can improve health and fitness, bring communities together, give people a voice in decision making, increase respect amongst young people, and reduce crime and anti-social behaviour. One local team aspires to do all those things.

Custom House Community Football Club was set up by Franklin Amadi in 2013 as a way of bringing people together, especially the young, and give them a sense of belonging.

It boasts Saturday and Sunday teams with 40 young players who compete at Terence McMillan Stadium in Plaistow. Although the club has grown since its inception five years ago, it wants to attract more players.

The club's motto is: One club, One community. It was founded with the core values of merit, transparency and equality. It is staunchly opposed to discrimination and has the word community in its name to embody the spirit in which it conducts itself. Anyone be it black or white, from Custom House or the Czech republic, is welcome to join.

Chairman Franklin knew sport could be a unifying influence so came up with the idea of a community football team. He said: "Through sport I hoped that we could create something we could use to unite the people of Newham, regardless of their ethnicity, religion or social habits."

Player Taylor Livett said: "The club is massively important for young people because it helps keep them off the street. Everyone supports each other so when someone needs advice or help there is a team of players willing to help in any way they can."

First team captain Charlie Salmon, said: "Being part of a football club isn't just a pastime, it can help you build new relationships, confidence, and discipline and make the sort of friends who will have your best interests at heart."

The club is taking part in a 10k run at Queen Elizabeth Olympic Park on 4 August to raise money for Beckton's Richard House Children's Hospice. To find out more about the club, visit www.chcfc.co.uk or email f.amadi@chcfc.co.uk or www.justgiving.com/fundraiser/CHCFC if you want to donate.

To find out about other sporting opportunities and clubs in Newham, go to the What's On section.

Helping you tackle loneliness

Anyone can feel lonely or socially isolated at any time but it can particularly affect the elderly and disabled. Last year Age UK reported that an estimated 1.2m people suffer 'chronic loneliness', which has a detrimental impact on physical and mental health. It has been linked to the development of health conditions, including depression, high blood pressure and dementia.

There are however lots of ways that people can remain active and connected to the community in Newham. The council's community neighbourhood link worker team supports residents over the age of 50 or those with a disability and/or long-term health condition. It provides information about local services and community activities, and practical help to make it easier to stay active and meet new people.

Residents who have benefited from this support include Doreen Bengé, 77, Tyson Isidore, 49 and Stephen Patch, 59, all from Beckton.

Tyson has severe mobility issues after suffering a slipped disc and a stroke. He is in constant pain and relies on a stick to help him walk. His disability and social isolation led him to become depressed.

The Stroke Association contacted the link worker team who supported Tyson to apply for a Disabled Persons Freedom Pass. Tyson now regularly attends exercise and art classes at Copper Box Gym and Plaistow Library to keep him mentally and physically active.

He said: "My life has been a real struggle since having a stroke. I lost everything, including my job. I try and stay positive, as now at least I have things to look forward to that keep me busy."

Doreen lives in sheltered housing and has osteoarthritis in her knees, and has to use a mobility scooter to get around. She became more socially isolated after her sister passed away. Her housing provider contacted the link worker team, who supported her to visit her local library.

She now regularly attends a "knit and knatter" session at Beckton Library, where her latest project is knitting a blanket. She is also trying to overcome her fear of using the Docklands Light Railway (DLR) with support from a

DLR community ambassador.

She said: "It's great that I have something to look forward to as being indoors on my own can be depressing. The support I received from the link worker and the DLR community ambassador has made me feel valued and accepted."

Stephen has a number of health issues including diabetes and he is also a wheelchair user. He is lone parent to a 16-year-old son with autism. The council's children and young people's service contacted the link worker team who supported him apply for a Disabled Persons Freedom Pass to help him travel across the borough.

Stephen's wheelchair was causing him discomfort so Enabled Living (who are contracted by Newham Council to provide community equipment, sensory support and wheelchair services to Newham residents) got him a new customised wheelchair and fitted grab rails in his bathroom to help with his mobility.

He said: "I have received a lot of support and advice from my link worker and now my life is so much better."

For more information about health and social care services including Enabled Living, visit www.newham.gov.uk/careinnewham

For more information about Community Neighbourhood Link Workers email chsocailcare@newham.gov.uk or call 020 8430 2000 (select option 2).



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For more information about Workplace go to www.newhamworkplace.co.uk
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QueenElizabethOlympicPark.co.uk/TheGreatGetTogether

I have a voice



Powerhouse support group

As part of Learning Disabilities Week (18-24 June), Newham Council is hosting - I have a voice - an event and art exhibition to celebrate the talents of people with learning disabilities.

Sterre, Suzan, Kathleen and John all have a learning disability or disabilities and will be performing at or supporting the event later this month.



Sterre

Sterre, who also has a slight visual impairment, said: "It's really important that people come along to watch some wonderful and creative performances. It's a real confidence boost for those taking part."

"At the event, some colleagues and I will use Signalong (signs based on British Sign Language alongside spoken English) for one of the performances, so members of the audience with communication difficulties can understand."



Suzan

Suzan and Kathleen regularly attend Powerhouse for Women, a Canning Town based charity that supports women with learning disabilities.

Suzan said: "I like it so much at Powerhouse. We visit the library, go out for a meal, you name it we

do everything. I am looking forward to attending the event and watching my friends perform."

Kathleen said: "Without Powerhouse's support, I would be extremely frustrated and upset. I have performed at this event for the past two years and I'm very excited to be performing again this year."



Kathleen

John said: "I moved from respite care to supported living at Hermit Road where staff have supported me to learn new skills. I am now more independent and I can now cook, change the bed and get things in/out of the cupboards. I will also be attending the event to support others with learning disabilities."



John with supporter
Leah

I have a voice will take place on Monday 25 June, from 4.30-8pm at Stratford Circus Arts Centre, Theatre Square, Stratford, E15. For more information about the event and to book your place, visit www.newham.gov.uk/LDweek

NEW BEGINNINGS

New Beginnings is a short pre-entry course designed to prepare people without formal qualifications, or who have been out of education for some time, for university study.

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Vanessa Daobry
New Beginnings & BSc (Hons)
Sport and Exercise Science



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uel.ac.uk/newyou

 University of East London



I HAVE A VOICE - LEARNING DISABILITIES EVENT

FREE
Monday 25 June
4.30-8pm

Stratford Circus Arts Centre,
Theatre Square,
Stratford
E15 1BX

Join us for singing, poetry, drama and dance performances and launch of an art exhibition to celebrate the talents of people with learning disabilities.

For more information, email Latifat.Sarfo@newham.gov.uk or call 020 3373 1638 / 07970 199 670.

To book your place visit www.newham.gov.uk/LDweek

Learning Disabilities Week 2018





2020

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To find out more call **0300 124 0123[†]** or visit
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SATURDAY 30TH JUNE 2018

STRATFORD CAMPUS 10AM – 1PM

Welfare Road, London, E15 4HT

FIND OUT MORE

www.newham.ac.uk/events
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UNLEASH YOUR POTENTIAL



Volunteer to inspire reading

Newham's libraries are appealing for young volunteers to step up and inspire children to read during the summer holidays.

The libraries run a volunteering programme called Reading Hack led by young people aged 13 to 24 to encourage children to use their local library and inspire them to discover the pleasure of reading.

Volunteering can help kick-start your future career or further education with skills that employers and universities value including team working, mentoring, communications and leadership. To become a Reading Hacker you must be a Newham resident and be willing to commit to a minimum of one week between July and September with a minimum of four hours a day.

If you are interested, go online at www.newham.gov.uk/readinghacker and fill in an application form which must be received by Sunday 1 July. For more information, email Library.activities@newham.gov.uk



Some of the reading hack volunteers from last year.

Project charts Black history since Windrush

A project that marks 70 years since the arrival of 472 passengers from the Caribbean to the United Kingdom on board the ship Empire Windrush will be launched with an exhibition at Stratford Library.

The exhibition is part of a project called Jordan's Demeanours which also includes live gospel performances, singing workshops and talks. It has been funded by the Heritage Lottery Fund and focuses on black history and the history of black gospel music in Britain since the arrival of the Empire Windrush in the UK in 1948.

The exhibition will be launched on Tuesday 19 June at 4pm before touring libraries and schools in Newham. Residents can visit the exhibition at Stratford Library until 1 July.

There will also be a singing workshop from 2-4pm, and a live performance from 5-7.45pm on Saturday 23 June and a live performance from 3-5pm on Sunday 24 June.

Email tracy@zoegospelpromo.co.uk for any further information or visit www.zoegospelpromo.co.uk



Fundraiser will help Dominican hurricane victims



An evening of music and entertainment will be held to raise funds to help the victims of Hurricane Maria in the island of Dominica.

The I Need a Roof fundraiser will be held at the Old Town Hall in Stratford on 23 June from 8pm to 2am. It has been organised by BBJ Management Corporation Limited, a team of volunteers with support from several organisations including Newham Council, The Voice newspaper and Calabash restaurant.

In September 2017 Hurricane Maria destroyed almost 90 per cent of the island's buildings and left thousands of people homeless. The funds raised will support the ongoing rebuilding works on the island, focusing on specific projects, and will be distributed by the Dominican High Commissioner in conjunction with the organisers.

Guests can look forward to an evening of live performances, Caribbean food and refreshments, raffles and dancing. Everyone is welcome to attend the evening which costs £15 per person, all going to charity. For tickets visit www.eventbrite.co.uk

Forest Gayte celebrates diversity



Performances by drag queens and kings, gender workshops and an art exhibition by LGBT artists are just some of the events due to take place in Forest Gate on 30 June.

Organisers have come together to stage Forest Gayte Pride as they celebrate the diversity of the local community and contribute towards creating a world where everyone is equal.

Woodgrange Market will be transformed into a Pride spectacle for the day with kiosks set up by Gay and Lesbians Support the Migrants, Forest Gayte Pride, Forest Gate Community School, and Clapton Football Club.

From 1pm - 3pm Forest Gate Community Garden will be hosting a Pride Picnic while Queer Newham, a local initiative to raise awareness of gender equality, will be holding gender workshops at The Gate library from 1pm-4pm.

Corner Kitchen will be staging an exhibition by LGBT artists and The Forest Tavern will feature performances by drag queens and kings and The Gay Men's Dance Company from 7pm.

Discover the joys of lifelong learning

Newham's community neighbourhood teams and libraries are running a series of events to encourage residents to appreciate the benefits of lifelong learning.

They are part of the national Festival of Learning, the biggest celebration of lifelong learning in England.

Their aim is to highlight the learning opportunities available in the borough, its benefits, and celebrate the achievements of adults who have used it to transform their lives and to encourage others.

Newham Heritage and Archives Library will be running ancestry workshops at Canning Town Library, on 25 June, 10.30am to 12.30pm, and at Manor Park Library on 27 June, 10.30am-12.30pm. For bookings contact archiveslocalstudies@newham.gov.uk

A seminar on the power of positive parenting will be held at Custom House and Canning Town Community Neighbourhood Centre and Library on 28 June, 10am – 12pm. To book a place visit www.earlystartgroup.com/parenting

The events are designed to support residents gain skills and access information to help them negotiate the challenges of life.

Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries. Entries chosen for publication will be printed with the child's name and age to comply with GDPR regulations.

GALLERY



Amelia Constandache, 4



Krishang Bharadwaj Naveen, 5



Karishma Balamurali, 6

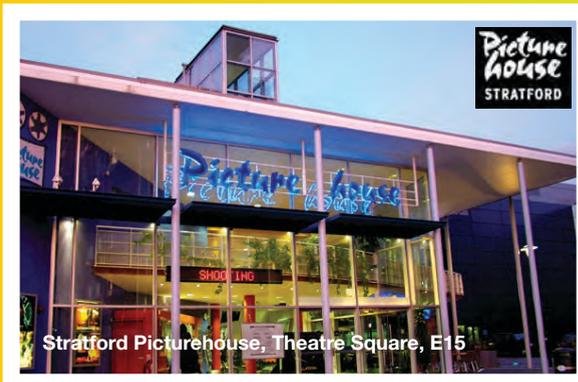


Aydin Amin, 9

Tickets to Stratford Picturehouse

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

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



Colour-me-in Crossword

Jokes

Q What did the hat say to the scarf?

A You hang around, and I'll go ahead.

Q What time should you go to the dentist?

A Tooth hurty.

Q What time do ducks wake up?

A At the quack of dawn.

Q What did one firefly say to the other?

A You glow girl.

Q Why did the mushroom like to party so much?

A Because he was such a fun guy.

Q Did you hear about the kidnapping in the park?

A They woke him up.

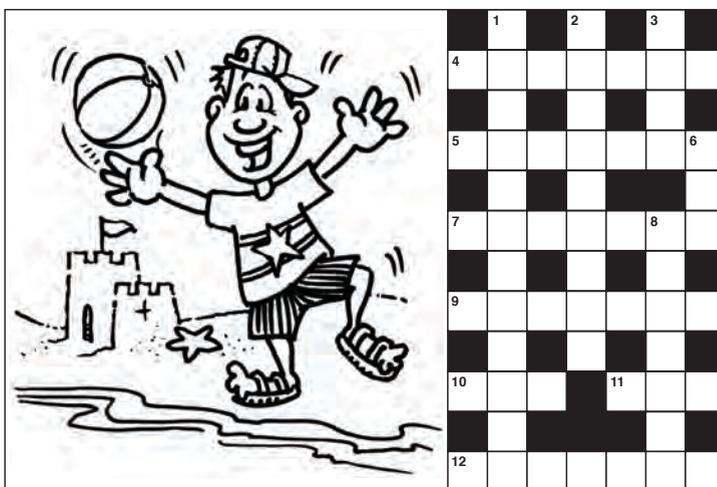
Q What do cows read?

A Cattle-logs.

Q Why did the student eat his homework?

A Because the teacher said it was a piece of cake.

Crossword



Across

4. Nelson, the great South African statesman (7)
5. Young hare (7)
7. Person in command of a ship (7)
9. Frightened or disturbed (7)
10. Month between April and June (3)
11. Male sheep (3)
12. Pieces of land surrounded by water (7)

Down

1. Some people like to wear them back to front on their heads (8,4)
2. Exciting experience (9)
3. Colour associated with Chelsea FC (4)
6. Number of years in a decade (3)
8. The Emerald Isle (7)

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 babies under 12 months Fri, 1-3pm, Forest Gate CNC

Bubble Time and Nursery Rhymes 🌍 A free interactive session designed for children to engage with one another. Sat, 12.30-1pm, Green St

Music and Movement 🌍 A free 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; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 3-3.30pm, Beckton Globe; Mon, 3.30-4.30pm, 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; 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 free fun learning class which focuses on 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, 11am-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

Young Mayor's Careers Fair Look to the Future Event for GCSE and A Level students to kick start their careers with help from professionals. A chance to get advice on your CV and explore your options. Tues, 3-6pm, 19 Jun, at Newham Town Hall, East Ham.

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

Equaliteas An opportunity to share, debate and celebrate women's equal right to vote. Thurs, 11am-1pm, 21 Jun, and Canning Town CNC

Chess Club ♟️ Tues, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 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 and training. Thurs, 28 Jun, 3-5pm, Manor Park CNC; Weds, 27 Jun, 3-5pm, East Ham CNC; Weds, 27 Jun, 2-4pm, Stratford. For more information, 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

Help Keep Forest Gate Clean 🌿 Activities include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. Last Thurs of the month, 10am-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 the 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. Weds and 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



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, 1am-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, 1-4pm, Stratford](#)

Green Street Mural Project Come and help us create a new mural for Green Street Library. 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](#)

Embracing Diversity and Equality Workshops with local residents, groups and organisations exploring issues relating to race, faith and gender. For more details email queernewham@gmail.com [Thurs, 6.30-7.30pm, Stratford](#)



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 [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](#)

Self defence and fitness [Fri, 8-9am, East Ham CNC](#)

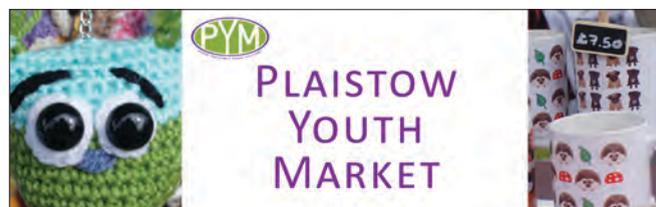
Stratford Singers Fun community singing group, open to all ages and abilities. [Fri, 6-7.30pm, Stratford, no booking required.](#)

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

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.](#)



Chai and a Chat Live acoustic performance, spoken word and open mic event in the Larder Café. Everyone welcome. Come early to register for the open mic. [Mon, 6-8pm, 25 Jun, East Ham CNC](#)

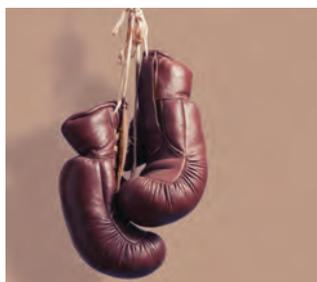
Jazz Nights at Manor Park Take a journey through the history of Jazz from Ragtime to Bebop with Jazz themed evenings. Live band and light refreshments. [Fri, 5.30-7pm, 27 Jun, Manor Park](#)

Plaistow Festival 2018 Come along with family, friends and neighbours to celebrate the best of Plaistow at this community event. Join in fun family activities, stalls, performances and much more. [Sat, 11am-3pm, 23 Jun, Plaistow Park](#)

Family Fun Day Health checks, mini massage, refreshments, face painting and lots more at Wordsworth Health Centre car park, Wordsworth Avenue, E12 6SU on [Saturday, 30 Jun, 12.30-2.30pm](#). Entrance is 50p per adult, children go free.



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](#)

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. Mon, 10.15-11.15am

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, EastHam Town Hall

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

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 Gibbons 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

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

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. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, 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.

Line Dancing £1 per session. To book, call 020 7476 1666. Royal Docks Learning & Activity Centre, Albert Rd, E16; Mon, 6.30-7.30pm, Canning Town CNC

Singing for Health ★ Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Over 60s Social Club Social club with dominoes, board and card games. Fri, 12.45-2pm, Canning Town CNC

Ballroom Dancing Mon, 10am, £4 per session, St. Paul's Church Centre

Line Dancing Fri, 10.30am, St Paul's Church Centre

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

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

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

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

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

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, NewVlc, 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 for more details

COMMITTEE MEETINGS

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

Mon, 18 Jun, 6.30pm, Newham Schools Forum, Francis House, 760 Barking Road, E13;

Mon, 18 Jun, 7pm, Council **Tues, 26 Jun, 3pm,** Newham Partnership – Employment and Enterprise Cttee

CONTACT THE MAYOR

Here to Help Sessions
Please register 30 minutes before session starts.

Sat, 23 Jun, 2-3.30pm, Forest Gate Library, 2-6 Woodgrange Road, E7

Telephone Surgery
Weds, 20 Jun. 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
- NewVlc** Prince Regent Ln, E13
- UEL SportsDock** Docklands Campus, University Wy, E16



Young Mayor's Careers Fair

Youth Voice; Look to the Future Event
Tuesday 19 June, 3-6pm
Newham Town Hall, East Ham, E6 2RP

GCSE and A Level students, kick start your future career with help from professionals. Meet potential employers and get advice to help you explore your options and maximise your potential. Get your CV checked and find out how to make yours stand out from the crowd and enjoy refreshments, guest speakers, entertainment and giveaways. Follow us on Twitter  [ym_newham](https://twitter.com/ym_newham) #hellofuture

For more information please contact anna.yusuf@newham.gov.uk or call **020 3373 0827**



The Newham Show

Featuring
on Saturday
The Newham
Carnival

SATURDAY 7 &
SUNDAY 8 JULY

12 NOON - 6PM
CENTRAL PARK
EAST HAM E6

FREE

People at the Heart
of Everything We Do

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Come and see



PETER RABBIT

during story time sessions, led by a narrator, at intervals on Saturday 7 July

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Sooty's Birthday Bake Off

APPEARING HERE LIVE! LOADS OF FAMILY FUN!



SEE THE SOOTY SHOW LIVE!
On Saturday and Sunday
Presented by Danny Rogers

COME AND SEE

PADDINGTON

DURING STORY TIME SESSIONS, LED BY A NARRATOR, AT INTERVALS ON SUNDAY 8 JULY



PERU 60

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