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It's all  
about words



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Cricket  
ticket offer

# the newham mag

issue 408 // 12 Apr – 16 May 2019 // Monthly



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# News

## Forum to improve youth safety

**Keisha McLeod, the mother of 14-year-old Corey Junior Davis, who was murdered in a Forest Gate playground in September 2017, joined Mayor Rokhsana Fiaz, other family members touched by violence, and young people at the inaugural meeting of Newham's Youth Safety Board.**

The meeting, which also drew together representatives from schools, police, and the health service, was the first of what will become a regular forum aimed at improving young people's safety.

Opening the meeting at the Old Town Hall in Stratford, Mayor Fiaz said: "This is a really, really important forum and it is going to inform our whole strategic approach to the issues of youth safety.

"I am committed to making sure that we hardwire a children and young people's perspective into all council departments, policies and decisions. We want Newham to be a child-friendly borough where children and young people are safe, can thrive and reach their full potential."

Co-chairing the board is eminent surgeon Duncan Bew, clinical director of major trauma at King's College Hospital, one of four trauma centres in London that treat many young victims of gun, knife and other violent criminal attacks.

He said: "The engagement of young people with the whole community to deliver a shared solution to violence is absolutely crucial. Models around the world have been successful because they have community credibility and everyone feels they have a role in the solutions, they don't draw on the negativity around the perception of who is responsible for violence, but actually highlight the opportunities in the community for young people to thrive."

Keisha McLeod said: "I am very optimistic about what we can accomplish here. We have heard from young people and we must commit to let them know that whatever comes out of their mouths is being listened to. This forum is the start of what is necessary. It shows the youth that we care; it shows them we are interested in their opportunities for the future and that we are willing to invest in them."



Newham's Youth Safety Board

## Plan for child-friendly borough

# News

## London Mayor visits Stratford to see town centre transformation

Mayor of London Sadiq Khan joined Mayor of Newham Rokhsana Fiaz on a walkabout of Stratford High Street to see the significant progress made to create a greener, safer and more attractive town centre.

Their route followed the Broadway and then went towards the station to see the work carried out in the area by Newham Council in partnership with Transport for London (TfL). It began in September 2017 and is due to be completed by May 2019.

Major changes already completed include Stratford gyratory switching from one-way to two-way traffic and significant improvements made to public transport and cycling infrastructure.

Additionally, there are now new signal controlled junctions with full pedestrian and cycle facilities. Footway space has been improved and shared spaces introduced. A segregated cycle lane has been implemented, as well as a 20mph speed limit for motorists.

The overall environment is physically more attractive with

plants, new seats, lighting upgrades and murals on shop fronts

Mayor Fiaz said: "It is great we have been able to showcase the fantastic work that has been carried out in Stratford to the Mayor of London. I fully support the shift towards sustainable transport and active travel. It is essential we do all we can to tackle London's toxic air crisis. I am proud of this transformational scheme which enhances Stratford's appeal as a burgeoning cultural quarter and one of London's top shopping destinations where both residents and visitors want to spend time."

Sadiq Khan said: "I'm delighted that Stratford gyratory is being transformed to make it safer and more welcoming for everyone who lives, works and visits the busy town centre.

"The new segregated cycle track, 20mph speed limit and improved walkways will enable many more people to walk and cycle as part of their everyday routine. This is crucial to tackle our air quality crisis and reduce congestion."



The redeveloped Broadway



London Mayor Sadiq Khan with Mayor Fiaz

# Cleaner, greener town centre

## ...in brief

### Newham Bookshop wins regional award

Mayor Rokhsana Fiaz has congratulated the Newham Bookshop, after it was chosen as Independent Bookshop of the Year 2019 for the London region in this year's British Book Awards.

The bookshop was among nine winners in the regional rounds of the Independent Bookshop of the Year Award. There were 48 bookshops in the running, from new names to long-established bookshops.

The bookshop in Upton Park enjoys huge local affection and celebrated 40 years of business in 2018. Manager Vivian Archer also received the Outstanding Contribution to Bookselling Award at the Books Are My Bag Awards.

The Mayor said: "Bookshops are such amazing places and provide a wonderful resource for all our residents and it's obvious that a lot of them feel that way about the Newham Bookshop. Well done to the everyone at the shop and the booklovers who helped them win the award."



Vivian Archer

### Women in aviation

London City Airport has been challenging gender stereotypes by working with 300 female pupils in a Women in Aviation programme.

Since January the Silvertown airport has worked with the students from ten schools to highlight opportunities in Science, Technology, Engineering and Maths (STEM) and career opportunities in aviation.

Councillor Julianne Marriott, Cabinet member for education, attended a presentation event at the Sunborn Yacht Hotel in Royal Victoria Dock with students from Forest Gate Community School, Langdon Academy, Kingsford Community School and Royal Docks Academy.

Councillor Marriott said: "I was totally inspired by how the young women professionally presented to their peers and senior women from the world of aviation."



Cllr Marriott and some students

### Volunteer as a Summer Reading Hacker

Newham's libraries are appealing for young people who love books to join the Reading Hack volunteer programme. It is aimed at those aged 13 to 24 to help encourage children to use the library and inspire them to read.

They can volunteer for a minimum of one week, between July and September, to gain work experience. To apply, fill in an online form at [www.newham.gov.uk/readinghacker](http://www.newham.gov.uk/readinghacker). Completed applications must be received by Friday 31 May. For more details email [Library.activities@newham.gov.uk](mailto:Library.activities@newham.gov.uk)

### Library closures over Easter

All Newham Libraries and community centres will be closed on Friday 19, Sunday 21 and Monday 22 April. Community centres are available to hire in this period by prior booking. They will re-open as normal from Tuesday 23 April.

Call our 24-hour automated line 0333 370 4700 or visit [www.newham.gov.uk/libraryloans](http://www.newham.gov.uk/libraryloans) to renew and reserve items.

### Apprenticeships deadline extended

Newham Council has extended the deadline for residents interested in applying for apprenticeship opportunities in a variety of roles.

You now have until 31 July for a September 2019 start. This will allow more residents to apply for the opportunities across the council including people that are currently in education and/or training. To register your interest visit [www.newham.gov.uk/apprenticeships](http://www.newham.gov.uk/apprenticeships)

## Careers for women in aviation



Launching the Youth Safety Board with Keisha McLeod and Duncan Bew



Youth Citizen Assembly in Forest Gate

# Mayor Rokhsana Fiaz

**Mayor Rokhsana Fiaz OBE**  
[Mayor@newham.gov.uk](mailto:Mayor@newham.gov.uk)

 @rokhsanafiaz

 Rokhsana\_Fiaz

 rokhsanafiaz

**Last month I co-chaired the first meeting of the Mayor of Newham's Youth Safety Board (YSB), a new forum that will inform and direct this Council's whole approach towards keeping young people safe in the borough.**

I am grateful to those who have agreed to give their time, experience and expertise to help make sure Newham is transformed into the most child-friendly borough in the country, where children and young people are safe, live well and thrive to reach their full potential.

Joining the Board as my co-chair is Duncan Bew, trauma surgeon at King's College Hospital, one of four trauma centres in London that treats many of the young victims of gun, knife and other violent criminal attacks. In his work he has seen victims as young as 11. His knowledge will be invaluable.

I am most humbled however that Keisha McLeod has offered to support

the YSB. Keisha is the mother of 14-year-old Corey Junior Davis, known as CJ, who was regrettably, tragically, on a cold September morning in 2017, shot as he was playing with friends in Forest Gate.

As a testament to CJ's memory I was absolutely determined as Mayor to put youth safety at the forefront of my administration's agenda and we are privileged that his mother will honour us with her insights and her contribution to this important area of work.

I had already previously apologised publicly and privately to Keisha about some of the ways this Council failed CJ, and did so again last week when it was announced that Newham must pay a financial penalty for a serious administrative error in 2017 that allowed the names of some young people who were, or were suspected, of being involved in gangs, to get into the public domain. It should never have happened and lessons must be learned.



**Young engage at the Forest Gate assembly**



**Newham's young people are helping shape the borough through engagement**

I also had to apologise more generally to the young people of the borough after our children's social care services were judged inadequate by the Office for Standards in Education, Children's Services and Skills (Ofsted).

Sadly I wasn't surprised. I recognised inadequacies in our services for young people as soon as I stepped into office last May and took the decision to put an immediate top up payment of £10.6m into children's services alongside £172,000 for the most vulnerable.

It is understandable for you to ask how and why our services were judged to be performing so poorly. A report is coming before Cabinet, where we are also discussing a proposed new structure for the Council that puts greater leadership in children's services, including new roles that will ensure the voice and ambitions of young people are reflected across all our services.

My Budget for 2019/20 also invests £10.6m into children's services, £1.4m into youth services, and £1.3m into special educational provision. The new investment seals a promise I made when I was elected – that I would do everything in my power to keep young people safe. It will prioritise improvements at our four youth zones including increased opening hours and school holiday provision, and fund a team of detached youth workers to support young people in the areas where they feel safe and protected.

My vision is that the young people of Newham have the best youth service in London, giving them the space to enjoy their teenage and adolescent years, the support to achieve their best, and the opportunity to realise their potential and make a difference in their community, but above all, feel safe and protected.

We are pressing ahead with plans to

increase the number of youth hubs to eight. Details will emerge in the months ahead. We also have plans for a Youth Parliament in the autumn. Young people themselves have shaped these developments through engagement at Youth Citizen Assemblies (the most recent at Forest Gate Youth Zone was a buzz of great ideas and suggestions) and regular discussions with youth representatives and youth movements.

At the start of the month I visited 10 Downing Street to attend the Serious Youth Violence Summit hosted by the Prime Minister. We discussed positive solutions about how youth services can use sports, music and the arts to protect young people and divert them from the violence and challenges that affect them.

Finally to all those who are marking the occasion, I'd like to wish you a very happy and hopefully sunny Easter break – and happy egg hunting!



Keisha McLeod

# Keeping memory of son alive

**Keisha McLeod remembers very clearly the day in September 2017 when her entire world changed. She was in Holborn at a bank opening an account for herself and her 14-year-old son Corey Junior Davis, known as CJ, when she received a call from her father. He told her CJ had been shot while with friends in a playground in Forest Gate.**

Keisha remembers getting to the hospital, seeing armed police, members of her family, and touching her son who was clinging to life. He died a few days later when she had to make the devastating decision to turn off his life support machine. Eighteen months later she still feels like a stranger in her own world. "But I have to carry on, to find a new normal and wake up and not think about my son first," she said.

Keisha is determined to do all she can to ensure other children and young people are kept safe and protected. Instead of apportioning blame, she wants things to change for the rest of the borough's young people. She says they are the reason she is speaking up.

She has joined Newham's Youth Safety Board, launched by Mayor Rokhsana Fiaz to work with young people and representatives from schools, families of other victims, the police and the health service, to improve safety.

Keisha said: "I know Rokhsana has been engaging with young people before she became Mayor and I am very optimistic that the Youth Safety Board will change things for our youth because we are putting their voice first.

"Instead of classing it as youth violence, we are going to focus on youth safety – it's about keeping them safe. If we see them as vulnerable children, not as criminals, it will give them a different outcome."

CJ had Attention Deficit Hyperactivity Disorder (ADHD). His mother describes him as a fun-loving boy who channelled his energy through football, drama, music and theatre. She believes his school dealt with the symptoms of his condition in the wrong manner, so his educational

needs were not being met and that lay at the heart of him being excluded.

When CJ was sent to a pupil referral unit his mother realised it was the worst environment for him because of the type of people he was coming into contact with. Keisha told others that they were putting pressure on him to sell drugs, so she moved the family to South London, but CJ was staying in Newham with his grandfather on the day he was shot.

Said Keisha: "He was the sort of boy that if he saw an elderly person trying to cross the road he would help.

There was a girl he walked to school with every day. I asked him if she was his girlfriend. He said 'No, we are just really close'. She told me she had lost her dad and was being picked on. CJ would walk her to school and walk her home, saying he was her boyfriend, when he wasn't. That was CJ. That was the child I raised.

"The way my son left this earth sounds like something from a movie. He was a child in a children's playground with his friends. Maybe some

of those other friends weren't of a good nature, but that does not give someone the right to let off two shots and for my son to no longer be here. We class that as gang culture and gang related, but there were all these other things going on that could have been prevented."

Keisha added: "We must hear from young people and we must commit to letting them know that whatever comes out of their mouths is being listened to. The Youth Safety Board forum is the start of what is necessary. It shows the youth that we care; it shows them we are interested in their opportunities for the future and that we are willing to invest in them."





# Joy of giving children a HOME

**Newham Council understands that sometimes parents can't look after their children, whether it is due to ill health, family problems or other issues. That is why it recruits couples and individuals to become foster parents and give children the care and support they need to grow and develop into young adults.**

Diane Priest, 51, is one of those foster carers. After more than 20 years working in retail, Diane was looking for a new challenge when she contacted the council's Carer Recruitment Team about becoming a foster carer. This was followed by a home visit from one of the team's social workers and a fostering skills training course.

**"I just knew they were right to come here. Their social worker was happy. I met the children on Tuesday and they moved in on Thursday and that was in April 2017."**

The three-day assessment course, which is run by a social worker and an approved foster carer, gave her more information about what fostering would involve and was followed by an in-depth assessment process. The final stage was an interview before a panel which recommended her approval as a foster carer. Two weeks later she was given information about two children who needed a foster placement.

Diane said: "I just knew they were right to come here. Their social worker was happy. I met the children on Tuesday and they moved in on Thursday and that was in April 2017."

Diane is now fostering four children, two on a long term placement and two on a short term basis. To help her raise them, Diane has a strong support network of family and friends, headed up by her mother with whom she shares her home. Poppy, a seven-year-old Yorkshire terrier, is a vocal member of the family.

Diane said: "I have a strong support network with a mixture of men and women, so the children see a range of

both male and female role models.

"I have seen the children change so much and develop in such a short time. Their social workers say they can see they are happy, calm and settled. A lot of that is because we have the time to show them the love and support that they need.

"They are very much at the heart of a family that includes Nanny Pat (Diane's mum), Poppy, and cousins (her sister's children) who live in Nottingham and they absolutely love them."

Diane receives support from her own designated supervising social worker and the children's social workers. She also has access to out of hours support and the foster carers support group.



If you are interested in becoming a foster carer or adopter, call our recruitment line on **0800 0130 393** or visit **[www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)** for details of who can foster.

# SAVE THE DATE!



Summer is just around the corner and that means that The Newham Show and Under the Stars are coming!

## THE NEWHAM SHOW

Saturday 13 & Sunday 14 July, Central Park, East Ham, E6  
[newham.gov.uk/newhamshow](http://newham.gov.uk/newhamshow)

## UNDER THE STARS

Saturday 10 & Sunday 11 August, Central Park, East Ham, E6  
[newham.gov.uk/uts](http://newham.gov.uk/uts)



## Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, at the Bromley by Bow Centre is offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

### What is the Beyond Business Programme?

Beyond Business has already launched a network of 70 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

### Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding
- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements
- Full eligibility criteria will be sent to all applicants.

### How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 24<sup>th</sup> September 2019 - funding then approved for successful applicants.

### Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT  
Telephone: 020 8709 9722  
Email: [Kim.Hayman@bbbc.org.uk](mailto:Kim.Hayman@bbbc.org.uk)

The closing date for Submission of Expressions of Interest is 5pm - 26th April 2019.



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# Leaving the European Union: Be Prepared



**The prospect of the United Kingdom leaving the European Union is likely to affect everyone in some way. Residents, including EU citizens living in Newham, and businesses all need to be ready for whatever is to come.**

Newham Council's Brexit Board is already meeting and key partners are talking about how prepared we all are and need to be. More importantly, residents, particularly those from European countries, can be assured that everyone is welcome here.

Reinforcing a commitment to all residents Mayor Rokhsana Fiaz said: "I want to state very clearly, regardless of what happens, Newham is your home. You will be treated with respect and you will be supported whatever happens in the coming months. We'll do everything we can to cushion the borough and its people from the impact of Brexit."

Leaving the EU may impact on jobs, trade and inward investment. As part of the Mayor's Community Wealth Building agenda, which will be formally launched in the autumn, conversations are taking place with many institutions in the borough including businesses large and

small, further education and higher education providers, and schools, about how everyone can work together to ensure a dynamic local economy.

If you are a UK citizen, an EU citizen in the UK, if you are driving in the EU, if you are going on holiday in Europe or travelling abroad, there is a whole host of information available at [gov.uk/euexit](https://www.gov.uk/euexit)

Support is also available if you are a business and want to be prepared or if you want to prepare your workforce.

The EU Settlement Scheme, which allows EU citizens to continue living in the UK, is now open and applications can be made until 30 June 2010. If the UK leaves without a Brexit deal, the deadline is brought forward to 31 December 2020.

For more information on the EU Settlement Scheme and Brexit queries visit [www.newham.gov.uk/Brexit](https://www.newham.gov.uk/Brexit) or for further information visit [gov.uk/euexit](https://www.gov.uk/euexit)

# Word festival reveals the power of words



Michael Rosen, left,  
Danny Braverman, right



## Newham WORD

**Thousands of Newham residents discovered the joy of words, during a two-week festival that gave them access to literature and poetry as well as authors and performers.**

Newham Council's second Word Festival was held between 25 February and 11 March, with a total of 93 events across the borough's libraries, community centres and schools. The festival was programmed and organised for the council by Stratford's Discover Children's Story Centre.

It brought together local and international artists, writers and performers with toddlers, children, grown-ups and everyone in between. Among the most popular events were a conversation between children's author Michael Rosen and playwright Danny Braverman at Stratford Library and an insight into the magic of numbers from local mathematician Bobby Seagull at Forest Gate Library.

School children were treated to an afternoon with authors Angie Thomas, No 1 New York Times bestselling author of *The Hate U Give*, and Malorie Blackman, who wrote *Noughts and Crosses*, at the Old Town Hall in Stratford.

This year's Word Festival also coincided with World Book Day on 7 March, giving children the opportunity to celebrate the written word, books, authors, illustrators and discover the pleasure of reading. The day is marked in 100 countries across the world and its aim is to encourage children to explore the pleasures of books and reading.

On Friday 8 March, as part of the celebrations, Laura Ellen Anderson, author of the *Amelia Fang* series of books, visited Stratford Library for an event for 260 local primary school children. She did a 'draw along' of the characters in the book, discussed their creation and signed copies of her book.

## World Book Night

For those who didn't get the chance to join in with the fun of the Word Festival or World Book Day, they still have World Book Night on 23 April to look forward to.

As part of the celebrations, authors Kate Thompson and Melanie McGrath will be appearing at Canning Town Library on Tuesday 23 April, 6-8pm, to talk about the East End and writing about the area in fact and fiction. There will also be a question and answer session followed by a book signing. An Open-Mic event will be held at Forest Gate Library, 6.30-8pm, where residents can read excerpts from their favourite books or listen as others share theirs.

**Canning Town  
6-8pm**

**23 April**

**Forest Gate Library  
6.30-8pm**

## Cityread

The literary theme will continue as Newham joins the rest of the capital in this year's Cityread London 2019 festival which will focus on Ayisha Malik. Her book, *Sofia Khan is Not Obligated*, will be at the heart of the month-long celebration of reading in the capital, starting on 30 April and running throughout May. Ayisha will be in conversation with local author Vaseem Khan on 14 May at 7.30pm at Manor Park Library.

Deputy Mayor Councillor Charlene McLean, Cabinet member for equalities, diversity and social integration, said: "Although we are surrounded by books, events like the Word Festival and World Book Night go a long way to bringing them alive and have a lasting impact on children's interest in reading and discovering new authors. I hope they are inspired to continue reading throughout the year and beyond."



Angie Thomas, left, with Cllr Charlene McLean, centre, and Malorie Blackman, right

# FESTIVAL

For more details about events and to book, visit

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

or email

[library.activities@newham.gov.uk](mailto:library.activities@newham.gov.uk)

Laura Ellen Anderson



Bobby Seagull





Cllr McLean with some of the borough's community builders

# TIME TO HONOUR COMMUNITY BUILDERS

**Newham Council is committed to involving residents in decision making processes and giving them opportunities to make a difference within their communities. A community builders' recognition event paid tribute to people who have given up their time to develop projects and activities that benefit where they live.**

More than 170 people were nominated for the event which took place at the Old Town Hall in Stratford. They are part of the Community Builders scheme set up two years ago to work with residents who want to support their neighbours and help improve their environment.

This year's event focused on young people, to highlight their achievements and recognise the work of those who have helped the elderly and the homeless, as well as young people who have encouraged children to read in some of the borough's libraries.

Staff from the council's community neighbourhood teams worked with residents to help turn their ideas into reality with grants, facilities and local expertise with a variety of wide-ranging projects.

The evening included performances from Newham-based groups, including IMD Legion, Taal Torongo, Reggae Choir and Boy Blue Entertainment.

Kenrick 'H2O' Sandy, MBE, founder and co-director of

Boy Blue Entertainment, was born and bred in Newham. He urged everyone to make a commitment to support the borough's young people. Newham College provided food for the invited guests.

Mayor Rokhsana Fiaz attended the event to personally thank the community builders. Deputy Mayor Charlene McLean gave a speech honouring the commitment of everyone involved. She said: "Seeing so many people who care about their communities and neighbourhoods was inspiring and it is right that we celebrate their commitment. It is also vital that we recognise the wonderful work done by many of our young people who have stepped up to the mark while still trying to find their own way in the world."



The Mayor with a group of young community builders



**TAMIKA CARTER**

Tamika has performed in many events and stages including the O2 and the Royal Albert Hall. She has worked with young people in writing songs and helping them express themselves about their dreams and hopes.

She is a member of a dance project that takes place every Friday at Forest Gate Youth Zone where she has been helping other young people and encouraging them to participate in health and fitness classes.

Tamika spends her school holidays helping to tidy up the community.



**KOBY TURNER**

Koby is a member of IMD Legion, an Urban Dance crew from Newham. He is passionate about driving change in the way that black men are viewed in society. He was part of the group which gave a powerful performance during the event.

IMD Legion regularly practise at Forest Gate Youth Zone and have more than 60 members from across the UK. The group were chosen for their outstanding contribution to the community and the difference that they have made in other young people's lives.



**SABRINA MAALOW**

Sabrina has been delivering healthy eating classes at Forest Gate Youth Club, encouraging other young women to join in with cookery workshops. She has also run a youth tuck shop as a way of encouraging young people to stop eating unhealthy snacks.

Sabrina who has Downs Syndrome, teaches dance to elderly women while encouraging other young women to engage with the older residents. She has also developed motivational sessions for young people to help them gain self-belief.

# Community builders



Young organisers behind the event



Youth worker Zahra Maalow



Quadrille dancers



Kenrick 'H20' Sandy

If you are interested in becoming a Community Builder email **CommunityBuilder@newham.gov.uk** or speak to a member of staff in your local library or Community Neighbourhood Centre.

# Your rubbish and recycling collection days are different throughout Easter

## Normal collection day

Friday 19 April (Good Friday)  
 Monday 22 April (Easter Monday)  
 Tuesday 23 April  
 Wednesday 24 April  
 Thursday 25 April  
 Friday 26 April

## Changed collection day

Friday 19 April (no change)  
 Tuesday 23 April  
 Wednesday 24 April  
 Thursday 25 April  
 Friday 26 April  
 Saturday 27 April

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

Jenkins Lane Reuse and Recycling centre - open as usual



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More info please contact:

Kevin Jenkins  
 07860487727  
[kevin@ctwf.co.uk](mailto:kevin@ctwf.co.uk)  
[www.communitytransportwf.co.uk](http://www.communitytransportwf.co.uk)

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## CRICKET TICKET GIVEAWAY

**Exclusive offer for Newham residents**

Up to 100 tickets are up for grabs in each one of their Specsavers County Championship and Royal London One-Day Cup group stage home fixtures.



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

\*Terms and conditions apply.



Essex Cricket



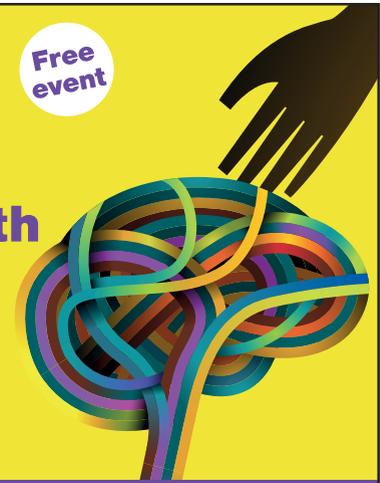
Newham London

Newham London

Free event

**Mental Health Awareness Week**

**13-19 May**



**Tuesday 14th May, 12-3pm**

**Carers Community Mental Health Group Launch**

Barking Road Community Centre, 633 Barking Road, London, E13 9E7 (restricted parking)

**Wednesday 15th May, 10.30am-2.30pm**

**Understanding Mental Health Event**

Canning Town Community Neighbourhood Centre and Library

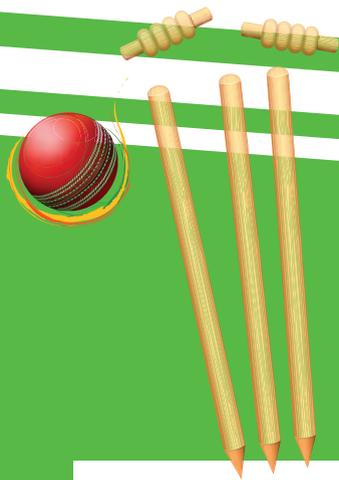
**Friday 17th May, 12-3pm**

**Mental Health Citizens Assembly**

Canning Town Community Neighbourhood Centre and Library  
18 Rathbone Market, Barking Road, E16 1EH  
(lunch provided)

Limited spaces! Register to join our free event by emailing [co-productionteam@newham.gov.uk](mailto:co-productionteam@newham.gov.uk) or call **020 3373 8392**

# Get tickets to see top class cricket



## **Newham residents have an opportunity to grab tickets and watch first class cricket as part of a partnership between Newham Council and Essex County Cricket Club.**

The partnership, which aims to encourage more people to take up the game and make Newham the cricket capital of East London, will allow residents to apply for free tickets to every day of the Specsavers County Championship and Royal London One-Day Cup tickets games.

More than 800 tickets will be available, with 60 tickets for seven County Championship games and 100 tickets for four one-day matches. These will include the visit of 2018 County Championship winners Surrey to The Cloudfm County Ground in Chelmsford, and the one-day match against Hampshire on Essex Cricket's Family Day.

The partnership has seen £200,000 invested in new facilities across Newham, with more than 10,000 residents getting involving with festivals and events.

The work will help inspire young people to follow in the footsteps of local cricketing stars like England and Essex all-rounder Ravi Bopara, from Forest Gate, and Saba Nasim, who took up cricket at Plashet School in East Ham. She received the British Empire Medal in the Queen's New Year Honours in 2017 for her commitment to coaching women and girls in cricket.

As part of the three-year agreement, which began in 2017, Essex Cricket has helped the council promote the sport through a range of events including the Newham Show in July and hosting coaching sessions in schools and colleges.

Councillor Firoza Nekiwala, assistant Cabinet member for health and adult social care, said: "Collaborations like these bring significant benefits to families and communities within Newham. All physical activity, including cricket, promotes healthy lifestyles and brings social interaction.

"I am glad to see our children, young people and families are being given the chance to get tickets and watch top quality live cricket at the County Ground.

"Partnerships like these will help to grow cricket in the borough and make a positive difference to lives of residents."

Feroze Khushi, Essex player, said: "Having been brought up in East London and attended sessions in the area, I have seen the passion for the game. Hopefully we can now work in partnership to produce the next wave of top quality cricketers."

For more information on how to apply for tickets visit [www.newham.gov.uk/cricket](http://www.newham.gov.uk/cricket).

**Essex Cricket**



## School's new status as a centre of excellence

Britannia Village Primary School is celebrating its new status as a centre of excellence for Information and Communication Technologies in Mathematics.

The school in West Silvertown, which was recently rated Outstanding by Ofsted inspectors, was awarded its new status by 3P Learning, an international provider of learning resources for maths and English and the team behind Mathletics, an online learning tool.

The school will play an important role in the wider community, becoming a go-to point for best practice in the application of ICT software. Since adopting Mathletics, pupils have become more engaged in learning maths at home, enjoying the interactive approach that the online resource encourages, with its fun activities, animations and competitions where children can compete live with other pupils from across the globe.

Kiel Richardson, head of school, said: "Achievements are celebrated regularly within our school which has raised the profile of home learning."



Pupils enjoy working with Mathletics

## Helping children master the beautiful game



The academy provides coaching sessions



Two childhood friends who grew up in Newham playing football are now offering coaching sessions for children to help them master the beautiful game and have fun.

Michael Pindy and Alan Taylor have set up the Michael&Alan Sports Academy to help boys and girls, aged three to 12, develop football skills.

Alan said: "Michael and I are dedicated to providing a safe environment for children to learn and develop as this is something that wasn't available to us when we were growing up. We want to help build a brighter future for the young people in the community and bring together boys and girls from different ages, cultures and backgrounds."

The sessions are held on Tuesdays, at Britannia Village Hall, Evelyn Road, Silvertown, from 6-7pm for children aged three to five and on Thursdays at Kingsford Community School, Kingsford Way, Beckton, from 6-7pm, for boys and girls aged from six to 12.

Anyone interested in joining the coaching sessions can call **07944 205 332** or email [masportsacademyuk@gmail.com](mailto:masportsacademyuk@gmail.com)

## Join project to spread smiles with songs

A project that aims to bring babies and toddlers, parents, childminders and the elderly together using songs is appealing to residents in Newham to join in with the fun.

The Songs and Smiles scheme is run by The Together Project which organises weekly sessions in care homes, including the Summerdale Court Care Home in Canning Town on Mondays at 11am. Louise Goulden, a local mother, founded the project in July 2017 together with Alexa Sutherland who helps with recruiting volunteers.

Alexa said: "Songs and Smiles does exactly what it says; we sing songs and the smiles spread, whether it's a first smile from a baby as the bubble machine gets bought out, a memory sparked in the mind of someone living with dementia, or a smile of relief from a mother battling post-natal depression."

Mums, dads, grandparents and childminders can all join in to have fun and make new friends while engaging with care home residents.

The project is also keen to recruit volunteers. If you're interested in taking part or volunteering, send an email to [songs@thetogetherproject.co.uk](mailto:songs@thetogetherproject.co.uk)



## Children helping to tackle homelessness

Young children who raised awareness about homelessness as part of a project were rewarded with tickets to a special event at Wembley Arena called WE Day UK which celebrated young people.

The children, from Lathom Junior School in East Ham, worked with an organisation called WE (Empowering Young People to Change the World) to pick a project that would benefit the borough, and they chose homelessness.

They raised awareness about the issue at an assembly and designed posters distributed throughout their school, urging fellow pupils to bring in food to donate to a homeless shelter. School councillors collected items of food and distributed them at the Bonny Downs shelter in East Ham. The children also attended a workshop run by the charity DePaul which supports those who are homeless, vulnerable or disadvantaged.

Fahima Robbani, Year 6 teacher at the school, said: "I'm so proud of the school councillors. All the ideas they came up with were their own. The action plan they created helped them vision their end goal."

## Dragon boat paddlers help clean up Royal Albert Dock

More than 30 people removed 12 bags of rubbish from Royal Albert Dock as part of the Great British Spring Clean last month.

Many were members of the Thames Dragons boat club based at the London Regatta Centre in Royal Docks, and were concerned at the amount of rubbish, particularly plastic, that they see in the water. They were joined by staff from Newham Council's Public Realm Services and local residents.

Catherine Anderson, a member of the Thames

Dragons boat club, said: "The rubbish is unpleasant to see but, more importantly, it is likely to end up in the ocean. We all know the damage that plastic is doing to our marine life and the environment and we wanted to do something about it."

The Thames Dragons train at Royal Albert Dock on Sunday and Tuesday evenings and will be holding a taster event on 12 May at 12pm at the London Regatta Centre. For more information, visit [www.thamesdragons.com](http://www.thamesdragons.com)

Some of the litter pickers who removed rubbish from Royal Albert Dock



# 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

**Winner**



*Rayan Benokba, 7*



*Mohammad Ibrahim, 8*



*Reece Krishna, 6*



*Rahuul Seyon Venkat, 7*

# Colour-me-in Word-Fit

## Jokes

- Q** What time do ducks get up?  
**A** At the quack of dawn.
- Q** What do you call a bear with no teeth?  
**A** A gummy bear.
- Q** What do you call a three-legged donkey?  
**A** Wonkey.
- Q** What do you call a snake that works on a construction site?  
**A** A boa constructor.
- Q** Did you hear the joke about the three eggs?  
**A** Too bad.
- Q** What has ears but can't hear?  
**A** A cornfield.
- Q** Why did the student eat his homework?  
**A** Because his teacher said it was a piece of cake.
- Q** What did the Dalmatian say after lunch?  
**A** That hit the spot.

## Word-Fit

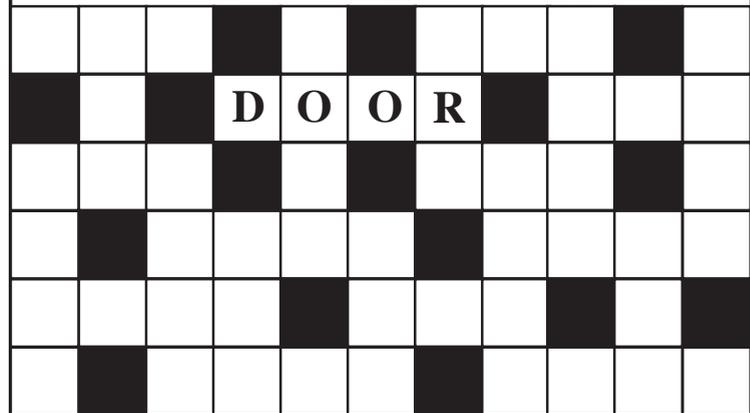
You must fit all the words into the grid

### 3 letters

ASH  
 AXE  
 COO  
 DUO  
 HAM  
 NAY  
 ODD  
 ODE  
 PRY  
 PUP  
 YEN

### 4 letters

BOTH  
 CAGE  
 CENT  
 ECHO  
 EDAM  
 GOOD  
 OBOE  
 ONYX  
 PANE  
 VEST  
 VOLT



## 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.



Stratford Picturehouse, Theatre Square, E15

# WHAT'S ON



## UNDER-FIVES

**Storytelling** 🌟 Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Mon, 10-11am, Fri 10-11am, Manor Park CNC; Thurs, 10-11am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton CNC; Mon, 10.30-11.15am, Custom House; Tues, Fri, 11am-12pm, Stratford; Tues, 10.30-11.30am, East Ham CNC

**Sensory Storytelling** 🌟 Run by St Stephen's Early Start. Fri, 1-2pm, Green St

**Bumps and Bundles Group** 🌟 Drop in session. A fun and interactive session for parents and carers of babies under 18 months. Mon, 10-11.30am, Stratford; Tues, 10.30-11.30am, Plaistow

**Baby Feeding Support** For baby feeding support at other locations check the Facebook page: Newham NCT, or email: branch.newham@nct.org.uk Thurs, 9.30am-12pm, at NCT Milk Bar @ Space, Stratford Salvation Army, 1 Paul Street, E15 4QB.

**Saturday Family Fun** 🌟 Fun interactive session provided by Parents to Parents. Sat, 10.30-12.30am,

Beckton CNC

**Healthier and Happier Babies and Toddlers** 🌟 Sessions, run by a health visitor, will offer advice about looking after babies and toddlers, including breastfeeding, weaning, sleep patterns and preparing for school. First Weds of the month, 1-2.15pm, Custom House & Canning Town CNC

**Baby and Toddler Group** 🌟 Play sessions run by Plaistow Children's Centre. Mon, 9.30-11.15am, Jeyes C.C

**Baby Rhyme** 🌟 Weds, 12.30-1.30pm Manor Park CNC, Thurs, 10-10.45am East Ham CNC

**Jigaree** 🌟 Fri, 10-11am, Plaistow; Fri, 1.30-2.30pm, Custom House & Canning Town CNC

**Songs & Smiles** 🌟 Music group for 0-4-year-olds, their grown ups and care home residents. Summerdale Court, Canning Town, E16 For more information email songs@thetogetherproject.co.uk. Mon, 11am-12pm

**Toddler Time** 🌟 Pre-school fun activities for children under 3. Sir John Heron Primary, School Road, Manor Park. Contact Mrs F Patel on 020 8514 9860 for more information. Weds, 9-10am, term time.



## YOUNG PEOPLE

**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

**Teen Reading Group** 🌟 Monthly reading group for 13-18-year-olds. Come along and share your enjoyment with like-minded people. First Tues of the month, 5-6pm, Canning Town CNC

**Junior Football Sports Coaching (7-12yrs)** 🌟 Coaching provided by activeNewham. Fri, 4-6pm, Jack Cornwell C.C

**Homework Club** 🌟 Free study support for young people at their local library. Most sessions are supported by volunteers. Age: varies from site to site. Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow (laptop support); Fri, 4.30-6pm, Custom House & Canning Town CNC; Fri, 4.30-6pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

**New Men's Choir** 🌟 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. For young men, aged 11-18 years. Weds, 3.30-5.30pm, Beckton CNC

**Family Rangers** 🌟 Drop-in club for families with Go Wild, arts and crafts activities. First Sat of month, 1-4pm, Plashet Park

**Lego Club (5-12yrs)** 🌟 Lego building club for children to help them develop creativity, create Lego models based on weekly themes. Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green Street; Sat 12-2pm, East Ham CNC; Tues, 3.30-4.30pm, Manor Park CNC; Mon, 5-6pm, Custom House & Canning Town CNC; Mon, 3.30-4.30pm, North Woolwich; Fri, 2-5pm, Beckton CNC

**Steelpan Workshop (13yrs+)** 🌟 Learn to play steelpan. Sun, 3-4.30pm, Stratford

**Green Street Youth Works (11-19 yrs)** Drop in for Tae Kwon-do, Sony PS4, teenage careers, chill zone, healthy living and other activities. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C

**Games Club (7-16yrs)** 🌟 Sony PS3 or Xbox 360, Nintendo Wii, board games and more. Weds, 3.30-6.30pm, Forest Gate CNC; Mon, 4.30-5.30pm, Plaistow; Thurs, 5-6pm, Custom House & Canning Town CNC

**Craft4Me (5-12yrs)** 🌟 Sat, 2.30-4pm, Manor Park CNC; Tues, 4-5.30pm, Forest Gate CNC; Mon, 3.15-5.15pm, Beckton Globe

**Chess Club** ★ Weds, 4.45-6.15pm, Beckton CNC; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Mon, 5-6.30pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6.30pm (beginners), 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; Weds, 4-5pm, Plaistow; Thurs; 4.30-6pm, Sat, 11am-12.30pm, Manor Park CNC

**Do It Online (18+)** ★ Computer classes. Weds, 10am-12pm, Fri, 2-4pm, Stratford; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Weds, 1-2.30pm, Custom House & Canning Town CNC; Fri, 2-3.30pm, Beckton; Thurs, 10am-12pm, Green St; Mon, 1.30-3pm, Forest Gate; Fri, 2-3pm, Beckton CNC

**English Conversation Club** ★ Practise spoken English. Mon, 6-7.30pm, 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;

**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; Last Tues of the month, 3-4pm, Custom Hse & Canning Town CNC

**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

**Crochet** ★ Come along to crochet and meet new people. All ages welcome. Mon, 10am-12pm, Plaistow

**Memory Lane Café** ★ For people with dementia and carers. Last Thurs of month, 1-3pm, East Ham CNC; Third Weds of month, 12-3pm, Jack Cornwell Community Centre; First Fri of month, 2-4pm, Canning Town CNC

**Basic Computer Skills** ★ Browse the net and set up email. Thurs, 10.30am-12.30pm, Manor Park CNC

**Together We Can** ★ For adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

**Singing for the Brain** ★ Group for people affected by dementia and their carers, using the power of song and dance to encourage social stimulation. Sessions provided by the Alzheimer's Society. Second Mon of the month, 2-4pm, Stratford

**ESOL Entry 2 (16+)** ★ ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning

Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Tues, 10am-2pm, Plaistow

**Art Class** ★ Art for beginners and people interested in learning more. No booking needed. Adults only. Weds, 6-7.30pm, Beckton CNC

**Zumba with Cuban David** Call 07956 723915 (Chris) for more details. Mon, 6.30-7.30pm, £5 per class, Queens Road West Community Centre, 63 Queens Road West, Plaistow, E13 OPE



**Writers Group (16+)** ★ Thurs, 6.15-7.45pm, Custom House & Canning Town CNC; Last Thurs of month, 5.30-7.30pm, Forest Gate CNC

**Life in the UK Classes** 12-week course to support prospective candidates who want to take the Life in the UK Test and B1. Contact Franklyn on 02085423904 for information. Mon, 10.30am-12.30pm, Manor Park CNC; Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham CNC TT; Tues, 12.30-2.30pm, Stratford; Tues, 10am-12pm, Beckton CNC TT

**Criss-Cross Pottery Club** ★ Join the Criss-Cross potters for arts and crafts, £8 per hour. Call Chris Wong on 0750 6913032 to book a place. Mon, Tues, 10.30am-3pm, Beckton C.C

**Time for Technology** ★ Drop-in support session to get you online, complete online applications and understand gadgets. Fri, 2-3.30pm, Forest Gate CNC (term-time)

**Coffee Mornings** ★ Mon, 11am-12.30pm, North Woolwich; Thurs 10.45am-12pm, Custom House & Canning Town CNC; Tues 11am-12.30pm, Custom House; 3rd Tues of the month 10.30am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton CNC

**Crafty Crafters Club** ★ Mixed adults crafts. Mon, 1-3pm, Custom House

**East End Writers (18+)** Author visit – Melanie McGrath and Kate Thompson. Book on Event Brite. Tues, 23 Apr, 6-8pm, Custom House & Canning Town CNC

**Thames Dragons Dragon Boat Club** For more information visit [www.thamesdragons.com](http://www.thamesdragons.com) First three sessions free. Sun, 10am-12pm, Tues, 7pm (summer only) London Regatta Centre, Royal Albert Dock, E16.

**Talking Point** English classes (pre-intermediate, 18+) for adult learners seeking to improve their conversation skills. Call Chris on 07722 521032 for more details. Sun, 3.30-5pm, £2 per class. USS, 1 Salway place, Stratford, E15.



COMMUNITY ACTIVITIES

**Newham Super Choir** ★ Tues, 10.30am-12pm, Beckton C.C

**Asta Singers** Community singing group. No experience required. Contact 020 7476 5023. Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16

**Beckton Women's Group** Sewing, fruit decorating and dancing. £2. Tues, 10.30am-12.30pm, Beckton C.C.

**Social Media in Everyday Life (18+)** ★ 1st Sat of month,

11am-12pm, Custom House & Canning Town CNC

**Career Progression Club** ★ Book in advance by calling 020 7476 1666 Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm, RDLAC, Albert Road, North Woolwich, E16

**Stratford Book Club** Sociable book club, meets at the King Edward VII in Stratford to read fiction and non-fiction titles. Visit [www.meetup.com/stratfordbookclub](http://www.meetup.com/stratfordbookclub) for more information. Last Mon of each month, 7.30-9.30pm.



BOXING AND SELF DEFENCE

**Mixed Martial Arts** Sessions for children run with professional teacher, £2 children, £3 adults. More info at <http://sifudavidsingh.wixsite.com/website> Mon, 6.30-7.30pm, (6-13yrs); Tues, 6.45-7.45pm, (6-13yrs); Thurs, 4.45-5.45pm, (6-13yrs); Thurs, 6-7pm, (adults) Beckton CNC

**A1 Judo Club** Judo Tots (3-4 yrs): Weds, 5-5.45pm; Under 8s Judo (5-7 yrs): Weds, 5.45-6.45pm; Sat, 2.30-3.30pm; Over 8s judo: Weds, 6.45-8pm, Sat, 3.30-4.30pm,

East Ham Leisure Centre, £6. First session free. Contact Tahmina on 0772 585 8796 or visit [www.a1judo.com](http://www.a1judo.com)

**Modern Arnis and Self-Defence** Tues, 4-5pm, (6 to 11 yrs), Sat 11am-12pm, (9-12 yrs), Jack Cornwell C.C.

**Tae Kwondo (4-14yrs)** ★ A 10-week programme. To book, email: [khanquklblackbelt@yahoo.co.uk](mailto:khanquklblackbelt@yahoo.co.uk) or call 0798 4684805. Fri, 6.45-7.45pm, Green St



GREEN

**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) for more details.

**Community Gardening** ★ Tues 10.30am-12.30pm, Beckton C.C; Thurs, 4.30-6pm, St; Thurs, 4.30-6pm, St John's Green, Albert Road, North Woolwich

**Community Gardening Course - Cody Dock** ★ 10 sessions for the over 55s starting 23 Jan. Weds, 1-2pm, Cody Dock, 11c South Crescent, Canning Town. Call 020 7473 0429 or 0754 3810969 for details.

**Community Garden – Forest Gate** Thurs, 2-5pm; Fri, 1-5pm; Sat, 10am-4pm. 136 Earlham Grove, E7 9AS

**Gardening Club** ★ Community Gardening sessions for all ages, developing the new community growing space. Thurs, 10am-12pm, Plashet Park



**Little Grubs Family Growing and Nature Club** ★

Activities for young children and families around the outdoor learning zone, herb garden including a range of nature and crafts workshops as well as storytelling sessions. Tues, 10am-12pm, Plashet Park



HEALTH AND FITNESS

**Yoga** Build strength and tone muscles, improve body pain, stiffness and fatigue. Suitable for all levels, open to men and women. Mon, 6-7pm, Beckton CNC (open to all); Weds, 6-7.30pm, East Ham Town Hall (£2 per person); Thurs, 8.10-9am, East Ham CNC; Thurs, 8.15-9.15am (over 55s), Forest Gate CNC; Sat, 10am-12pm, Thurs, 6.45-7.45pm (£1 per person) Plaistow; Thurs, 6-7.30pm, (£2 per person) Stratford; Tues, 1.30-2.30pm, (over 50s free, under 50s £2) Jack Cornwell C.C; Mon, 6-7.30pm, Tues, 6-7.30pm, (free for all ages) Green Street; Weds, 12.30-1.30pm, Fri, 1-2pm, (£3.50 per session) Katherine Road C.C

**Breathe Easy Group (18+)** ★ For people with lung conditions and their carers. First Thurs of the month, 12.30-2.30pm, Beckton C.C

**Yoga for the whole family** Tues, 5-6pm, Green Street

**Argentine Tango (18+)** £5 per session. Mon, 6.30-7.30pm, Stratford

**Stratford Judokwai** Mixed classes for men and women, for recreational and competition judo. Tiny

tots (5+). Weds, 6.30-8pm; juniors (9+), Tues, 6.30-8pm, Thurs, 6.30-8pm; youth (13+) seniors, Tues, 8-9.30pm, Thurs, 8-9.30pm, senior beginners, Weds, 8-9.30pm. Carpenters & Docklands Centre in Gibbins Road, Stratford, E15 2HU. Contact Mick Foulger on 07985601260 or Paul Willis on 07836659605, or [mick1f@talktalk.net](mailto:mick1f@talktalk.net) or [paulwillis83@live.co.uk](mailto:paulwillis83@live.co.uk) for more details.

**Tai Chi in the Park (18+)** ★ Meet at corner of Forest Lane and Magpie Close. Tues, 10-11am, Forest Lane Park, E7

**Salsa** Your chance to immerse yourself in the rhythms of Latin America and master essential Salsa steps in a fun, friendly and energetic environment. Fri, 6.15-7.15pm, East Ham CNC; Sat, 2.30-4.30pm, Forest Gate CNC

**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

**Zumba** Registration essential. Bring water and a towel, for all ages and abilities. **Mon, 9.30-10.30am (£3), Tues, 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;** **Tues, 1-1.45pm £1 for under 55s, Katherine Rd C.C.**

**UNITYZUMBA** **Tues, 8-9pm, Thurs, 8-9pm St Mark's C.C;** **Fri, 7.30 – 8.30pm, Flipout Trampoline Park, 281 Barking Road, East Ham, E6. Sessions cost £5, call 07886 884 573 for details**

**Pain Management** Join the support group to manage pain, learn the importance of exercise, relaxation, diet and self-care. **Every second Fri of the month, 5.30-7pm, Manor Park CNC**

**Diabetes Support Session** Information session on how to prevent and manage the condition with specialist advice.

**Every third Fri of the month, 5.30-7pm, Manor Park CNC**

**Newham Dog Community** Monthly group dog walks and various group events and activities to get involved with. Open to all, with or without a pooch. **Call 07927 176477 or join the closed group on Facebook or visit [www.newhamdogcommunity.co.uk](http://www.newhamdogcommunity.co.uk)**

**Inclusive Yoga** A slower, gentle class on the chair, mat or wheelchair. **Thurs, 11.15am-12.15pm, Beckton CNC**

**Hatha Yoga** £5 first class, email [yogabreathandbody@gmail.com](mailto:yogabreathandbody@gmail.com) for details. Beginner/Level 1 hatha yoga: **Mon, 7.15-8.45pm, Maryland Studioz, Weds, 6.30-7.45pm, Chandos C.C**

**Zumba** Zumba classes. Child-friendly sessions which will run for an initial 10 weeks and possibly long-term depending on demand. **Fri, 10-11am, St Mark's C.C, Tollgate Road.**

**Bingo** **Mon, 1.30-2.30pm, Beckton C.C;** **Mon, 12-4pm, Jeyes C.C.**

**Get Active, Get Healthy, & Exercises for Fitness** **Thurs, 11am-12pm, Jack Cornwell C.C.**

**Fitness** **Thursday fitness at 9.15-10am (55+); Thursday fitness at 10-10.45am is open to all (£1 charge for under 55's); Zumba, 1-2pm, Tues, ladies only (55+); Exercise for ladies, 9.30-10.30am, Fri (55+); Exercise for ladies, 10.30-11.30am, Fri, (£1 charge for under 55's), Katherine Road C.C.**

**Golden Oldies Social Club** Come along to play bingo and have refreshments. **Weds, 12-3.30pm, Community Road C.C, Stratford**

**Chair Based Yoga** For those looking for a fun way to exercise. **Tues, 11.30am-12.30pm, Plaistow**

**Tea Dance** Only for over 55s. Call 07930352453 for details. **Weds, 2.30-4pm, Custom House & Canning Town CNC**

**Fit Club** 50+ group social club with dance and chair based exercise for free. **Weds, 1-3pm, Beckton C.C**

**Over 50s Social Club** Friendly community group offers a game of dominoes, cards, bingo, a light lunch (£2) and much more. Tel: 020 8514 0903. **Weds, 11.30am-3.30pm, Manor Park C.C.**

**Age Well Singers** Join in to sing film, show and popular songs. All welcome. No audition. Professional singing tutor and professional accompanist. £2 per session. **Thurs, 11.45am-1.15pm, term-time, Stratford Circus.** Call 020 8514 2042 for more details.

**Newham Parkinson's Support Group** Drop-in sessions for those affected by Parkinson's. **First Mon of the month, 11am-1pm, Stratford**

**Line Dancing** **Mon, 6.30-7.30pm (55+), Canning Town CNC;** **Weds, 12.15-1.15pm (£2pp), The Well C.C;** **Thurs, 1-3pm (£1 per session), RDLAC, Albert Road, North Woolwich**

**Walking Group** Social walks in the Beckton and Royal Docks areas. **Fri, 1.15pm, Beckton CNC**

**Tone-Tastic** Low impact aerobic class with resistance bands. **Mon, 3.30-4.30pm, Forest Gate CNC**

**Healthy Hearts Program** Tips on healthy eating to keep your heart healthy. **Weds, 3.30-4.30pm, Plaistow**

**Art Classes for over 55s** Classes run by the Renewal Programme at 395 High Street North, Manor Park, E12. For more details call 020 8471 6954 or [www.renewalprogramme.org.uk](http://www.renewalprogramme.org.uk) **Middle Eastern Art & Calligraphy, Fri, 10am-12pm; Photography for over 55s, Thurs, 10am-12pm, Textile Design for over 55s, Tues, 1.30-3.30pm.**

**Drop-in Embroidery Class (50+)** Join our friendly embroidery group. No previous experience necessary, materials supplied. **Mon, 11am-1pm, East Ham CNC**

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

**Games and Friendship Club** Chat and make friends over some games and a cuppa. **Thurs, 11am-1pm, East Ham CNC**

**Holiday Spanish Club (50+)** Come along to our session if you're planning a trip to Spain or always wanted to learn a second language. **Weds, 12.30-1.30pm, Manor Park CNC**

**Forever Young (50+)** Come along to enjoy community activities and make new friends. **Weds, 11am-1pm, Beckton CNC;** **Weds, 10.30am-12.30pm, Forest Gate CNC**

FEMALE SPORTS

**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, 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. £2.05 charge. **Fri, 1-3pm, East Ham Leisure Centre**, 324 Barking Road, East Ham, E6. Call 07930 162505 for info.

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

**Women's Self-Defence Class**

No experience needed. **Mon, 10.30am-12.30pm, Katherine Road C.C**

**Zanga Zanga Fitness (16+)** Dance workout Inspired by Arabic and African dances. £5 per session. **Thurs, 5-6pm, Froud Community Centre**, 1 Toronto Avenue, Manor Park

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, 11.30am-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford Email: playtennis@activenewham.org.uk

**Football and boxing**  60A

Albatross Cl, London E6 5NX. For more details, email: AJohny@westhamunited.co.uk. **Sat, 10am-12pm**

**Walking Football (18+)**  Mon,

10-11am (except Bank Holidays), Call 07790 384413 for more details, Memorial Park AstroTurf, E15 3BP



FOOTBALL

**AIR Football (16+)** **Tues, 1-3pm,**

**Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6.**

**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**

BASKETBALL



**Basketball Sessions**

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

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

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

RUNNING AND ATHLETICS

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

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

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Mon, 15 Apr, 7pm, Council**; **Mon, 29 Apr, 6pm, Local Development Cttee**; **Tues, 7 May, 6pm, Cabinet**; **Tues, 14 May, 7pm, Strategic Development Cttee, Council Chamber, Old Town Hall, Stratford, E15**; **Thurs, 16 May, 7pm, Council.** For the full list of meetings visit [www.newham.gov.uk/councilmeetings](http://www.newham.gov.uk/councilmeetings)

CONTACT THE MAYOR

**Mayor's Surgery** By appointment only. **Sat, 27 Apr, 10am-12pm, East Ham Library, Barking Road, E6. Sat, 11 May, 10am-12noon, Canning Town Library, Barking Road, E16.** Call 020 8430 2000 to book or email [Mayor@newham.gov.uk](mailto:Mayor@newham.gov.uk)

**Telephone surgery** **Weds, 17 Apr and Weds, 15 May.** Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query.



CONTACT DETAILS

**LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES**

**Beckton Globe** 020 3373 0853  
**Custom House & Canning Town CNC** 020 3373 0854  
**Custom House Library** 020 3373 0855  
**East Ham CNC** 020 3373 0827  
**Green Street** 020 3373 0857  
**Forest Gate CNC** 020 3373 0856  
**Manor Park CNC** 020 3373 0858  
**North Woolwich** 020 3373 0843  
**Plaistow** 020 3373 0859  
**Stratford** 020 3373 0826  
**Archives and Local Studies** 020 3373 6881

**COMMUNITY CENTRES (C.C)**

**Beckton C.C.** 020 7511 1214  
**East Ham Market Hall** 020 8471 0292  
**Jack Cornwell C.C.** 020 8553 3459  
**Jeyes C.C.** 020 3373 2205  
**Katherine Rd C.C.** 020 8548 9825  
**St Mark's C.C.** 020 7474 1687  
**Vicarage Ln C.C.** 020 8519 0235  
**Harold Rd Centre** 020 8472 2805  
**Queens Market** 020 8475 8971  
**Rabbits Rd Institute** 020 3373 0858  
**Royal Docks Learning Activity Centre** 020 7476 1666  
**St John's Church** 020 8503 1913  
**St Bartholomew's Church & Centre**, 020 8470 0011  
**The Community Resource Centre**, 020 3373 2697  
**St. Paul's Church Centre** 020 8552 9955

**LEISURE & SPORTS VENUES**

**Atherton Leisure Centre** 189 Romford Rd, E15  
**Balaam Leisure Centre** 14 Balaam St, E13  
**East Ham Leisure Centre** 324 Barking Rd, E6  
**Newham Leisure Centre** 281 Prince Regent Ln, E13  
**NewVic** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

# We've brought back



# bulky waste collections

For your large unwanted household items  
like furniture, mattresses and fridges.

You can have three collections a year\*

Visit [newham.gov.uk/bulkywaste](https://newham.gov.uk/bulkywaste)

# Remember to recycle this Easter, no egg-scuse!

## To do this Easter

- Buy my Easter eggs
- Join an Easter egg hunt
- Enjoy an Easter meal
- Recycle**

