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Be an apprentice



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Spreading the love



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Newham Show returns

the newham mag

issue 410 // 14 June – 11 July 2019 // Monthly



The air that I breathe

Call to tackle pollution (p16)

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News

Celebrating the completion of Stratford town centre improvement works

Mayor Rokhsana Fiaz was joined by local schoolchildren and residents to celebrate the completion of the Stratford town centre improvements.

The occasion was commemorated with the Mayor and schoolchildren helping to sow plants in a planter close to the entrance of Stratford Centre. The group were joined by Gareth Powell, managing director of Transport for London's (TfL) surface transport department, Councillor Zulfikar Ali, Cabinet member for highways and sustainable transport, and Councillor James Asser, Cabinet member for environment.

As part of the celebrations, activities took place on Broadway and at Theatre Square to showcase new public spaces and the improvement works jointly carried out by Newham Council and TfL.

On Broadway, Dr Bike mechanics carried out basic repairs and offered advice on cycle maintenance, and local police were available to talk to residents and visitors.

Theatre Square was transformed to create a lively community event with an outdoor cinema, free popcorn and ice-cream, a smoothie bike competition, music and dancing and henna and face painting artists.

The Mayor said: "The town centre has seen extensive changes since the works started in September 2017. All vehicles can now travel in both directions. This has helped to reduce vehicle speeds and make Stratford safer for all road users. New separated cycle lanes provide a safer and more pleasant route through the town centre, while better crossings and wider pavements create more space for pedestrians.

"There are also new public spaces with trees and planting make Stratford greener, and create places for people to meet, and sit and relax in the town centre."

TfL has also worked with the council to complete the plans for the Stratford Low Emission Bus Zone (LEBZ). Only new and retrofitted buses that meet the cleanest emission standards will operate within the zone.



Children joined the Mayor, councillors and Gareth Powell in Stratford

Extensive changes boost safety

News

Residents at the heart of planning Newham's future

Newham Council wants to hear from its residents on the best ways to involve them in planning.

At a meeting of Cabinet (Tuesday 4 June), councillors agreed to launch a public consultation on an update to the Statement of Community Involvement (SCI).

The SCI sets out how residents can get involved in the preparation of local planning policy documents and decisions on planning applications. It explains how the council will publicise matters related to planning in ways that are more accessible and transparent, and helps residents understand the best routes to participating in the planning process.

The consultation will give residents the chance to ensure the updated SCI is tailored to the needs of local people.

Mayor Rokhsana Fiaz said: "We all have a part to play in shaping the future of the borough and involving our

residents is crucial in ensuring we create a beautiful place for us to live.

"My ambition is for Newham to be a blueprint for participatory democracy. When I stepped into office, I promised a more open and transparent council that would put people at the heart of everything we do.

"You know your neighbourhoods best and we want to ensure you are better informed about, and more empowered, to get genuinely involved with the plans we make and decisions we take. This will allow us to shape Newham's future together."

The SCI informs how future planning consultations will be run so is a key document for residents to comment on. The consultation will be open from 21 June to 4 August. For more information on how to get involved, visit www.newham.gov.uk/planningconsultations



Citizens' Assemblies encourage community involvement on a range of issues

Consultation on local needs

...in brief

Children walk to school

Councillor James Asser, Cabinet member for environment, joined children from Selwyn Primary School as they took part in the Walk to School initiative.

The school was one of many across Newham which took part in the national challenge to encourage children to walk to school, become more active and help reduce congestion on the roads.

Pupils at Selwyn primary, in Cecil Road, and Grange primary, in Suffolk Road, both in Plaistow, took part in the initiative during Walk to School Week, 21-25 May.

Councillor Asser said: "Encouraging children to walk to school can help cut the number of cars on our roads and dropping off outside schools, reducing both congestion and pollution. We know that children are especially affected by pollution and poor air quality and this is a good way of helping to improve the environment around schools.

"Increasing walking to school also improves the health and fitness of the children and, through them, their parents too."



Councillor Asser with pupils from Selwyn Primary School during their walk

Improvement works begin at Stratford Library

Improvement work has begun to refurbish and transform Stratford Library over a six-month period. The library, which is based in The Grove, will stay open while the work is carried out except for a four-week closure between 27 June and 24 July.

During the closure, residents can use their library cards at the other nine libraries in the borough. In addition, both Plaistow and Forest Gate libraries will be open for longer; Plaistow Library will open Monday to Saturday until 8pm and Forest Gate Library will open on Sunday from 1pm to 5pm.

The work, which is due to be completed in late October or early November, will be carried out in three stages to minimise disruption.

Balaam Leisure Centre

Balaam Leisure Centre remains closed following the discovery of a serious water leak into the concrete slab which forms the roof of the gym. The structure has undergone specialist testing and the results are being evaluated. In the meantime, members of Balaam Leisure Centre, in Balaam Street, Plaistow, can use facilities at Atherton, East Ham and Newham leisure centres at no extra cost.

Steps have been taken to protect the site from unauthorised access but this is solely for security purposes. No decision about the future of the centre has been taken.

Newham Council hopes to be able to give an update on options for the centre going forward.

Get ready for business

Residents who need help with starting their own business can take part in a practical workshop at Canning Town Library, in Rathbone Market, Barking Road, E16.

The workshop will be held on Wednesday 26 June, between 10am and 5pm. It is being organised by the British Library working in partnership with Newham Libraries and is designed to aid with processes such as patenting, strategic roadmaps and market research.

For more details, email **Rashed.Belal@newham.gov.uk** or call **020 3373 4536**.

Walking improves health and fitness



Young people at the Love Life Gala



Chief Executive, Althea Loderick



Performers at the Annual Council Meeting

Mayor Rokhsana Fiaz

This month I revealed the exciting plans for the year ahead which will accelerate the delivery of the manifesto pledges I made just over a year ago. There is still much more to do, and I am a woman in a hurry, but this administration is already delivering.

The programme for 2019/20 was unveiled at the Annual Council Meeting in May and will see us drive forward those manifesto pledges. Newham Council's programme for the upcoming year will include:

- Accelerating the agenda of good governance and participatory democracy;
- An Internal Control Commission with leading experts helping to manage the budget to ensure money is well spent;
- The Democracy and Civic Participation Commission to

enhance resident involvement in decision-making;

- A new cycle of Citizens' Assemblies to allow residents to be involved and transform Newham into a beacon of participatory democracy;
- Investing to build more genuinely affordable homes at social rent;
- Launching the Community Wealth Building Agenda in the autumn.

In the year ahead I'll also be working with Cabinet colleagues and young people themselves to look at establishing a Newham Young People's Empowerment Fund as part of a wider scheme with a range of benefits for the young people in this borough. I want Newham to be the best place in the world for children and young people to grow up in.

I am also aware that this organisation was not ready to deliver the manifesto

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 @rokhsanafiaz

 Rokhsana_Fiaz

 rokhsanafiaz



Annual Council Meeting

promises I was elected on when I stepped into office. A restructure has taken place and is being implemented to ensure the council is now in a position to be able to carry out these promises.

Newham Council has already brought in a new chief executive, Althea Loderick, to help drive these changes. A stellar management team will also be recruited to guide the amazing workforce we have in the council. This will hasten the progress I have promised, and allow our residents to truly feel the benefits of my manifesto pledges.

We are doing this because I am impatient and I want the spirit of public service at Newham Council to be felt by Newham residents, day in, day out, and every month across this coming year.

Looking further forward, Newham will be represented by six more

councillors from 2022. The Local Government Boundary Commission, following a submission from Newham Council, has announced that the borough should have additional ward members and ward boundaries will be redrawn. This will mean that Newham will be represented by 66 rather than 60 councillors.

In the council's submission to the Boundary Commission, it was made clear that Newham has unique levels of growth and a requirement for additional councillors. I am delighted that the Commission agreed, and our residents will now be better represented than they have ever been. One of the cornerstones of participatory democracy in this borough are the Citizens' Assemblies. Our ward councillors play an important role in the success of these assemblies and additional members will aid this.

The Commission will be asking our residents for help to draw the new ward boundaries. The consultation into boundary changes has opened and participants have until 12 August to respond. I would encourage all our residents to play a full and active part in the process, to ensure an outcome that works for everyone in Newham.

I want to take this opportunity to congratulate Lynne Crank and her team at Youth Movements plus Cee Cee O'Neal and all the young people that helped to organise the Love Live Gala – it brought together and inspired our young people in this borough, as well as showcasing their amazing skills and talent.

For all those who celebrated Eid I hope the celebrations were enjoyable and time was well spent with loved ones. Finally, I am looking forward to the Newham Show – see you there.



APPRENTICESHIPS OPEN DOORS

Newham Council's apprenticeships offer young people a valuable opportunity to learn and earn at the same time.

They also help contribute to the Community Wealth Building agenda of Mayor, Rokhsana Fiaz, by giving residents an income that allows them to play an active part in Newham's thriving economy.

The council has been running its own apprenticeship scheme for more than 25 years and has helped over 470 young people into work. Some of them met Mayor Fiaz, Councillor Sarah Ruiz, Cabinet member for children's social care, as well as senior managers, and shared their experiences of being apprentices in the council.

Adan Mohammed joined the council in May 2014 working with Children and Young People Services. He has gained a National Vocational Qualification (NVQ) Level 2 in Business Management and a Level 3 NVQ in IT.

Adan, now a business support tech officer, said: "I was able to start a professional career at 17-years-old. Starting an apprenticeship has to be one of the best decisions I've made."

Karis Daniel joined in 2015 to work in adult social care. Since then she has gained a qualification in business

administration and is currently doing a Human Resources support apprenticeship.

Karis, now an HR assistant, said: "This opportunity doesn't only develop you in your professional life but it also helps you gain transferable skills you can take into your personal life."

Mayor Fiaz said: "We have one of the youngest populations in the country and our young people are brimming with talent, ideas and the determination to achieve. Apprenticeships are a fantastic way to allow them to develop those ideas and harness their drive."

This year's apprenticeship scheme is open to residents between 16 and 30-years-old. The roles will be for a two-year, fixed term contract with opportunities across a wide range of service areas, including business administration, community sports and leisure, facilities management, finance and health and social care. Apprentices will be paid the London Living Wage.

The opening date for applications is Friday 21 June and you can apply online via www.newham.gov.uk/jobs

As well as apprenticeships with Newham Council, Workplace, the council's employment service, also has other opportunities throughout the year with a range of employers including:

- UK Parliament;
- Transport for London (TfL);
- Metropolitan Police;
- London Fire Brigade;
- Mace (Construction);
- Barts NHS;
- Financial Conduct Authority (FCA).



Adan Mohamed



Karis Daniel

Contact Workplace to find out more about these apprenticeship opportunities. Email workplace.engagementteam@newham.gov.uk, or call 020 3373 1101.

Celebrating the Windrush generation

Newham Council agreed a motion that recognised the contribution of the Windrush generation to the borough in November, as well as a commitment to celebrate national Windrush Day. Events are taking place on Saturday 22 June at the Old Town Hall Stratford, The Broadway, Stratford.

The MV Empire Windrush arrived at the Port of Tilbury on 21 June 1948 and its passengers disembarked a day later. The ship carried 492 Caribbean migrants, many of them veterans of the Second World War. Windrush has since come to symbolise the first movement of mass migration to the United Kingdom in the post war era.

Mayor Rokhsana Fiaz said: “We very much need to recognise the contribution the Windrush generation has made to Newham and the country.

“As a Council we continue to oppose the hostile environment initiated by the Government towards the Windrush generation and their families, including children and grandchildren, and the financial and emotional impact this has had on them. Many of the Windrush pioneers were refused passports or benefits, were thrown out of jobs or even deported. We must continue to support the campaign of awareness-raising

around the Windrush scandal to ensure those caught up in it get the support they deserve.”

Last October the Council hosted a Windrush-themed tea dance at the Old Town Hall Stratford as part of celebrations for Black History Month. The Windrush Day celebrations in Stratford on 22 June are open to all.

The day begins with a reminiscence coffee morning with the Retired Caribbean Nurses Association from 11am to 1pm. From 1pm to 4pm there is an afternoon of workshops, exhibitions and activities of ancestral discovery, health and wellbeing, music, history and visual arts. The event culminates in an evening of live music from 6.30pm to midnight with Riddim Squad, Casino Royale Steel Band, Fifth Element and Mr Funky.

People are encouraged to bring pictures, memorabilia and their stories to share.

All activities are free although admission is by ticket only for the evening session. There is free food and drink for the first 150 to arrive for the evening session. Tickets are available from Eventbrite at <https://www.eventbrite.co.uk/e/celebrating-the-windrush-generation-in-newham-tickets-63053752471>

The Windrush 70th anniversary dance in October



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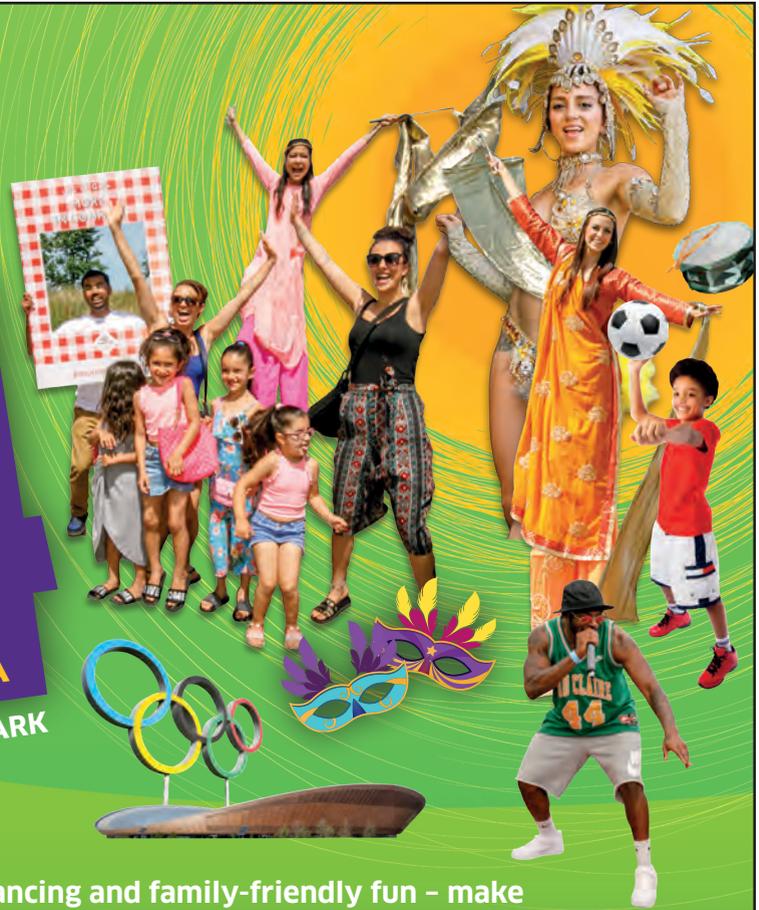
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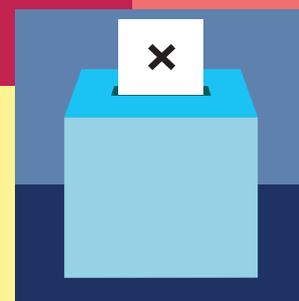
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People at the Heart
of Everything We Do



New ward boundaries are set to strengthen resident voices



Newham Council is committed to putting residents at the heart of everything it does and giving them a voice. To keep pace with the borough's growing population, the council put forward a case to increase the total number of councillors from 60 to 66 in 2022.

The Local Government Boundary Commission for England, a parliamentary body which conducts boundary, electoral and structural reviews of local government areas, has agreed that the borough should have 66 councillors in future, up from the current total of 60. This is the first statutory review of Newham's electoral arrangements since 1998. During these two decades Newham has changed and grown hugely.

Ward boundaries will be redrawn from 2022 to ensure each ward has an equal number of voters.

The increased number of ward councillors will mean there are more councillors to represent residents within the council and to champion their views and concerns.

Althea Loderick, chief executive of Newham Council, said: "I welcome the Boundary Commission's decision to increase the number of councillors within the borough because Newham's residents deserve additional representation.

"Six new councillors will ensure our residents are even better represented than they were before.

"Citizens' Assemblies have been a focus of this administration as it advances its participatory democracy agenda, and ward councillors play an important role in this programme. Additional councillors will only aid their further success."

Residents can give their views on the way ward boundaries are redrawn through the Boundary Commission consultation, which is open until 12 August. Final recommendation will be published by the commission in March 2020.

For more information on the review and interactive maps of the existing wards, visit www.lgbce.org.uk

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WELCOME TO IRAN

SAT 18 APR – SAT 16 MAY 2020

Ava is a twenty-something Londoner. Following the death of her estranged father, she journeys to Iran in search of his past and her extended family.



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A path away from violence and abuse

Domestic violence has a devastating impact on those who experience it, and can leave them feeling isolated, vulnerable and without hope for the future. Help is available in Newham from experts who can help people escape the abuse and violence and build a better life.

Newham Council has commissioned Hestia to provide community based domestic and sexual violence services for people who have experienced domestic abuse, forced marriage, honour based violence, and female genital mutilation (FGM). The services will be provided in community settings by Hestia Housing and Support.

The support is available to anyone in the community over 16 and will include:

- safety planning, emotional and practical support for people suffering domestic abuse;
- support through one-to-one sessions and group work;
- working with individuals and communities to raise awareness of the harmful impact of domestic abuse;
- creating volunteering or champion roles within Newham to help raise awareness within communities;
- support women and girls who have experienced or are at risk of FGM;
- support individuals to leave sex work.

Beena (not her real name) has already benefited from the support provided by Hestia. She was introduced to her husband through a mutual friend in India. After a short time, they were married, and her husband moved to the UK where Beena would follow soon after.

The first days of marriage were happy, but it wasn't long before verbal fights started. Her husband would shout at her over the phone, but apologise shortly after. Assuming the distance was causing strain, Beena moved to the UK to be with her husband.

On arriving in the UK, Beena was quickly forbidden from working or leaving the home without her husband. Things got out of control and she was terrified.

Once pregnant, the physical and verbal abuse worsened. Beena realised it was domestic abuse when she was six months pregnant. Things got so bad for

Beena that her unborn baby stopped moving and she was hospitalised many times. She had to have an emergency caesarean due to foetal distress. In spite of this, she still hoped things would get better once her son was born.

Beena said: "This time with my husband felt like I was living in a torture cell."

After continuous verbal and physical abuse, Beena finally broke down and told her nurse everything. The police helped her get her new-born son and belongings and she went to stay with a family member.

Later Hestia helped Beena to find a school place for her son, arranged therapy sessions, supported her to start a work experience placement and introduced her to a network of supportive women.

Beena said: "Now, I am being supported by Hestia and beginning to recover with my son. I am so happy now but I know there is still a long way to go. With the support I am receiving I know I will get there."



Hestia is also keen to hear from people with experience of domestic violence or abuse who might want to support the work of the service. To find out more, visit InfoNewhamDSV@hestia.org

If you or someone you know need support and advice, contact the new service on the 24 hour – 7 days a week phone line on 0808 196 1482 or email ReferralsNewhamDSV@hestia.org and InfoNewhamDSV@hestia.org

If you think you are in immediate danger, call 999.



Mayor
Rokhsana
Fiaz



Cee Cee
O'Neal

Inspirational young people stage a gala occasion

Since becoming Mayor, Rokhsana Fiaz has prioritised youth safety across the borough and taken a series of steps to ensure that young people feel safe, live well and are given the opportunities to thrive and reach their full potential.

She set up the Youth Safety Board to help direct Newham Council's approach toward keeping the young people of the borough safe. She has also introduced more activities in Youth Zones and is investing in 30 new roles completely dedicated to providing services for the borough's young (more details on pg 15).

Another was backing the Love Life Gala – an evening of glamorous fashion, food and entertainment. It also highlighted the importance of keeping young people safe, tackling knife crime and creating opportunities for the young people of the borough.

It was organised by Cee Cee O'Neal, fashion stylist and a council youth worker, writer Shanna Bent and fashion stylist Natalie Wogs and supported by Lynne Crank who leads all the borough's youth hubs. Cee Cee was moved to create the event after witnessing an incident in which a teenage boy was stabbed. The young person survived but the incident left a lasting impression on Cee Cee who felt something had to be done to offer more for young people.

The Love Life Gala, held at the Old Town Hall, Stratford, was hosted by presenters Gareth and Mason McLaughlin who work closely on the Music of Black

Origin (MOBO) awards. There was entertainment from opera singer Dreyja Elaine and her son Thaniel, local dance act IMD Legion as well as Madison Paris and Ciinderella Balthazar.

Cee Cee said: "I wanted to inspire young people to show just how much they can achieve once they set their minds to it. I also wanted to build a network of people who are committed and passionate about helping young people by creating opportunities for them to experience different things and grow as successful individuals.

"I wanted young people involved in every aspect of the event, so they helped with the setup, preparing food, the cloak room, police cadets ushering guests on arrival, and in the performances. I didn't see the point of having a gala to inspire and influence our youth without them being heavily involved."

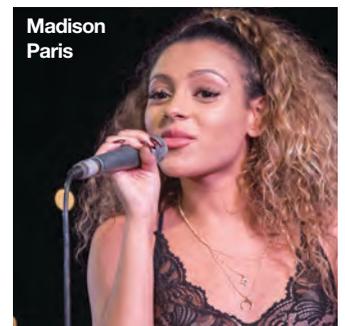
Mayor Fiaz said: "The Love Life Gala was a huge success and illustrates just how much our young people can achieve, if they are given the right opportunities. It also highlights just how vital it is for all of us to play our part, not just in keeping our young people safe but also in creating opportunities that allow them to grow and thrive as young adults."



Dance act IMD Legion



Gareth and Mason McLaughlin
with Finlay Lucas, centre



Madison
Paris

Investing in Newham's young with biggest expansion of youth services



Mayor Rokhsana Fiaz has been listening to the borough's young people since the day she was elected.

They have told her they want a vibrant youth service that delivers stimulating activities, informal learning opportunities and safe environments in which they can socialise. They want a youth service staffed by inspirational role models who know what it's like to grow up in an inner city borough like Newham. They want Newham Council to invest in their future.

To honour her commitment to the young people of Newham, the Mayor has announced the biggest expansion in youth services anywhere in London for a generation. The council will recruit for more than 30 new roles dedicated to providing services for the borough's youth.

Mayor Fiaz said: "Young people have told us loud and clear that expansion of the current youth offer is a priority for them. It is a priority for my administration too.

"Despite falling budgets and huge pressures to spend more in other areas, we are committed to investing in our young people. Our expanded youth service, and youth empowerment function more generally, will be designed with young people, for young people."

That expansion will include:

- A huge rise in the number of sessions delivered through the borough's four existing Youth Zones;
- Increased access to consistent, trusted, positive youth worker role models;
- Establishing a detached youth team;
- Enhancing provision for young people with Special Educational Needs and Disability (SEND), those who are looked after, Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQQ) young people and young carers;
- New and improved links across Children's Social Care for the benefit of vulnerable young people;
- More opportunities to undertake accredited volunteering, for example through the Duke of Edinburgh programme;
- A massive programme of work designed to support young people to have a greater say in borough life.

For more details about youth expansion, visit www.newham.gov.uk/youthworkworks

Youth assemblies are giving the borough's young a voice





North Becketon Primary School pupils with some of the 150 inflated balloons

CLEANING OUR AIR, STEP BY STEP

Newham Council recently declared a Climate Emergency, and unveiled the first part of an Air Quality and Climate Change action plan. Mayor Rokhsana Fiaz has also established an Air Quality Climate Change Task Force to tackle the problem and appointed a Commissioner to ensure progress on this key issue.

Tackling climate change has become increasingly urgent, given evidence that the borough has some of the unhealthiest air in London, leading to an alarming number of premature deaths due to poor air quality. Addressing this huge challenge can appear insurmountable, but there are steps we can all take to reduce our personal impact on pollution.

Shorter journeys, such as the school run, could be made by leaving the car and walking or cycling instead, to improve fitness and wellbeing, and improve air quality.

If you can't ditch the car altogether, other changes

can reduce the environmental impact. One simple way is to reduce the amount of fuel burned when the car is stationary. Leaving the engine running wastes money and adds to pollution. Idling cars outside schools, where children are being dropped off or collected, and congested high streets are particular causes for concern.

Newham will sign anti-idling regulations by the end of 2019 as part of a pan-London anti-idling project.

Children at North Beckton Primary School in Beckton inflated 150 balloons to show the extent of noxious air produced by a single car idling for just one minute. They also met with councillors Mas Patel, Commissioner for air quality and climate change, Jane Lofthouse, deputy Cabinet member for education, Firoza Nekiwala, deputy Cabinet member for health and social care, and James Asser, Cabinet member for environment, to discuss the issue of climate change and tackling air pollution.

Councillor Mas Patel said: "Poor air and pollution are severely affecting the health of our residents and we must take our responsibility seriously by cutting our carbon footprint to leave a legacy for future generations."

Councillor Firoza Nekiwala said: "Toxic air is destroying our health. The effects of air pollution from vehicles are really serious, with deaths from strokes, lung cancer, asthma and heart diseases, all contributed to by dirty air.

"In Newham in 2017, some seven in 100 deaths of people aged over 30 were linked to long term exposure to air pollution - the highest rates in England. The true cost of climate change is felt in our lungs, by our children, pregnant women and elderly residents. Pollution is all around, but we can help to reduce it by making healthy, cleaner and sustainable choices. The cure for air pollution is really you."

For more details on what Newham Council is doing to help improve air quality, visit www.newham.gov.uk/AirQualityClimateChange or www.newham.gov.uk/AirQualityActionPlan





NEWHAM SHOW





Newham's biggest free event, the Newham Show, promises to be a festival of fun when it returns to East Ham's Central Park on 13 and 14 July.

CHILDREN'S STAGE

This year, as a way of putting children and young people at the heart of the two-day show, the Children's Stage will be bigger and better than ever.

There will be performances from:

- St Anthony's Choir
- Portway Primary School Choir
- Newham Music

As a special treat, this year's show will feature Raver Tots, the latest family craze, giving kids and grown-ups the chance to hit the dance floor and rave together!

SPORTS ZONE

Come over and visit our revamped Sports Zone within the Newham Show, where children and grown-ups can take part in a wide range of activities throughout the weekend.

Newham's leisure provider activeNewham is teaming up with local sports organisations to bring you one

of the biggest sports areas the show has ever had. You can have a go at boxing, cricket, judo and football. The Royal Falcons F.C. will be attending the Newham Show for the first time and will be running some football sessions for residents keen to test out their footwork.

IT'S ALL ABOUT THE YOUTH

This year's Youth Stage will be hosted by the amazing Ashley J and Jade Hackett. The stage will showcase live bands, MCs, dance crews and beatboxers. With performances from Newham Music, East London Arts and Music (ELAM), University of East London, East London Dance, IMD Legion and Rain Crew, there will be a plethora of home-grown, fantastic talent for you to check out.

For those who like their entertainment to be a bit more hands-on, there will be an outdoor human table football and climbing and graffiti walls. Enhance your DJing, music production and performance skills in our unique Youth Studio. With chill-out areas, a tepee, selfie booths and much more, there will be something to keep everyone busy and it will be happening at the Youth Zone.

PEOPLE'S ARTS & CULTURE TENT

With activities for all age groups, be sure to visit this dynamic and vibrant area of the show, which will include a pop up museum, storytelling area, exhibitions featuring local artists, crafts area and a performance stage.

FOOD VILLAGE

After all that fun, you'll be needing something tasty to eat and the Food Village will have it all covered with street food from around the world as well as traditional teas, cakes, jams and local produce. So whether it's a snack, a smoothie or hot meal you're after, the Food Village is sure to have your favourite flavours to hit the spot.

www.newham.gov.uk/newhamshow

The Newham Show
Saturday 13 & Sunday 14 July,
12-6pm, Central Park, East Ham, E6

NEWHAMEVENTS
 @NEWHAMLONDON
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 #NEWHAMSHOW

Age
3-4

15

hours

Newham London



Are you missing out on free childcare?

All 3 and 4-year-olds are entitled to 15 hours of free childcare

Contact providers directly to register your child

A list of providers is available at newham.gov.uk/threefouryearold

Contact the **Best Start in Life Team** on 020 3373 0980



20 DAYS
ONLY £20
COMPLETE THE CHALLENGE
AND GET ONE MONTH'S
FREE
MEMBERSHIP!

Atherton Leisure Centre, 189 Romford Road, Stratford, E15 4JF
East Ham Leisure Centre, 384 Barking Road, East Ham, E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park, E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, E13 8SD

To find out more call **0300 124 0123†** or visit
www.activeNewham.org.uk/2020

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

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New Beginnings is a unique course aimed at helping mature learners and those without formal qualifications progress onto a degree at UEL.

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NEWHAM COLLEGE



STRATFORD CAMPUS OPEN DAY

SATURDAY 22 JUNE
10.00 – 13.00

Stratford Campus, Welfare Road,
London, E15 4HT

Discover outstanding facilities, meet the teachers and find out about Newham College's wide range of great courses. The Stratford campus specialises in Science, Technology, Engineering, Mathematics and ESOL courses. It's also home to Newham College's University Centre, offering BA Hons and BSc degrees, as well as HNDs, HNCs and Access courses.



BOOK NOW TO SECURE YOUR PLACE
Register online at newham.ac.uk

GREAT COURSES FOR GREAT CAREERS



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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

*April 2019 – March 2020

Bowling club appeals for new members

A bowling club established more than 100 years ago is hoping to attract more members to join in and try the sport.

The Central Park Bowls Club in Rancliffe Road, East Ham, was established in 1911 but only has 25 playing members. It is hoping to recruit new players to join either competitively or just have a go at the game. The club meets on Monday afternoons and no special equipment is needed apart from a pair of flat-soled shoes (no large tread or heels) to ensure the green is not damaged.

John Lapping, a keen bowler and member of the club for the past three years, said: "We are an inclusive club and everyone is welcome. Although bowls is perceived as an older persons sport we find that young people make great bowlers due to their better hand eye co-ordination."

For more details call John Lapping on 020 8475 0172 or 07846 242120.



ALL WOMEN SELF-DEFENCE CLASSES

Women keen to learn self-defence in an all-female environment are being urged to try their hand at Modern Arnis, a Filipino martial art that can be practised with or without sticks.

Weekly classes held at the Jack Cornwell Community Centre in Manor Park will give women an opportunity to learn the art, gain self-confidence, and become fitter while making new friends.

Ulrike Gerstenberg, an experienced instructor, said: "In an all-female class, with an experienced and understanding teacher, women can look forward to learning a valuable means of self-defence

which will benefit both their mental and physical health.

"It will also give them some much needed me-time. I know many of our regulars say it has helped them become more confident and fitter. They tell me the classes give them an energy boost and lift their mood."

The female only class is free and runs on Thursdays between 11am-12pm at the community centre in Jack Cornwell Street.

For more information, visit www.modernarnislondon.co.uk or call Dayang Uli, head instructor, on 07473 303250.

SUPPORT A GIANT ROLLING BRIDGE

Newham residents are being urged to show their support for a giant rolling steel bridge which will re-open Cody Dock in Canning Town to boats for the first time in 50 years.

A crowd fundraising campaign is under way to pay for the bridge which will revitalise Cody Dock and provide the gateway to the community garden and Lea River Park, allowing residents to access up to 26 miles of river walks from Canning Town to Hertfordshire.

The new bridge lies at the heart of thousands of Newham volunteers' efforts to bring the dock back into community use, with new moorings for boats, a dry dock and adjacent studios. To show your support for the bridge and for more details, visit <https://codydock.org.uk/rolling-bridge-project/>

The bridge, which has been designed by architect Tom Randall-Page, will include elements of local industrial heritage.



The proposed bridge will re-open Cody Dock to boats for the first time in 50 years

STUDENT IS NEWHAM'S SPEAK OUT CHAMP



A speech on stereotypes in the film industry helped a student beat more than 600 of her colleagues in a public-speaking competition.

Nasteho Mahamed (above) from Brampton Manor Academy in East Ham won the Newham regional final of the "Speak Out" Challenge! She won the top prize, a £100 gift certificate, and the chance to go through to the Grand Final of the competition to be held on Monday 1 July, in London's Covent Garden.

She impressed the judges with a winning speech entitled "We don't always want to play the victim". Nasteho said: "It was such an amazing experience. The audience loved my sense of humour which felt thrilling."

More than 650 Year 10 students across the borough's secondary schools received a one-day public speaking and communications training workshop before taking part in the event. The competition is supported and funded by the Jack Petchey Foundation and designed and delivered by Speakers Trust, the UK's leading public speaking charity.

The airport has launched a new community fund



Community projects can apply for new airport grant

Charities, grassroots organisations or local groups in Newham in need of funding can apply for a share of a £75,000 new community fund launched by London City Airport.

The grants, ranging from £300 to £3,000, will be awarded to initiatives that support positive and significant change within their communities. The airport is seeking applications specifically from groups that either:

- build stronger, safer and healthier communities;
- create more sustainable and greener communities;
- raise aspirations of East Londoners;
- or create pathways into employment.

Liam McKay, director of corporate affairs at the airport in Silvertown, said: "The themes of our new Community Fund mirror many of the values which we champion as a business, in the heart of east London.

"Through these grants, the airport will make a real difference to organisations that improve and enrich the communities on our doorstep."

Applications will be received on a quarterly basis. The first round of applications must be received by 5pm, 19 July. For more information, or to apply, visit www.londoncityairport.com/corporate/responsible-growth/community-fund

Kids' Corner



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

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

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

GALLERY

Winner



Iqra Akthar, 8



Aalia Ghoshawala, 8



Farheen Nawaz, 8



Kyla Coke, 8

Colour-me-in Crossword

Poem

THE NIGHT WHISPERS

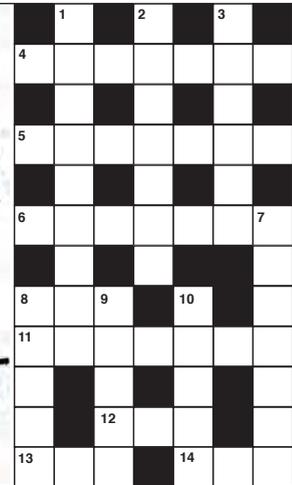
The night whispers a peaceful tune,
 The night whispers ... "I'll see you soon."
 The night whispers a calm breeze
 through,
 Hope transpires as the stars guide you
 as a crew.

The night yawns its last goodbye,
 The night yawns as it drops down the sky.
 The night yawns at the shooting stars,
 The moon gleams as she watches the
 dazzling stars.

The night sleeps around the world,
 The night sleeps around the dream grail,
 The night sleeps in harmony,
 The night sleeps by the benevolent glee...

To greet the promising dawn in the spirit
 of fraternity.

By Amelia Mariah Mahroof, 9



CROSSWORD

ACROSS

4. Get better after being ill (7)
5. Astronauts travel in them (7)
6. Part of mathematics (7)
8. Writing fluid (3)
11. Person who looks after our teeth (7)
12. Enjoyment (3)
13. Untruth (3)
14. Possess (3)

DOWN

1. Jet (9)
2. North American mountains (7)
3. Superior (6)
7. Public sale of goods to the highest bidder (7)
8. Perfect (5)
9. Cutting tool (5)
10. Keyboard instrument (5)

Tickets to Stratford Picturehouse

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

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



Stratford Picturehouse, Theatre Square, E15

WHAT'S ON



UNDER-FIVES

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

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

Bumps and Bundles Group 🌈 Fun interactive session for parents and carers of babies under 18 months. Mon, 10-11.30am, Stratford;

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 🌈 Sat, 10.30am-11.30pm, Beckton

Healthier and Happier Babies and Toddlers 🌈 First Weds of the month, 1-2.15pm, Canning Town

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, Thurs, 10-10.45am East Ham

Jigaree 🌈 Fri, 10-11am, Plaistow; Fri, 1.30-2.30pm, Canning Town

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 🌈 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

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

New Men's Choir (10-18yrs) 🌈 Come and improve your singing. Grime and jazz and many more styles taught. No booking required. Weds, 3.30-5.30pm, Beckton

Homework Club 🌈 Free study support for young people at their local library. Age: varies from site to site. Mon, 3.30-4.30pm; Sat, 10.30am-12.30pm, Plaistow (laptop support); Fri, 4.30-6pm, Canning Town; Fri, 4-5pm, East Ham; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate

Lego Club (5-12yrs) 🌈 Sat, 3-4pm, Forest Gate ; Sat, 2-3pm, Green Street; Sat 12-2pm, East Ham; Tues, 3.30-4.30pm, Manor Park; Mon, 5-6pm, Canning Town; Fri, 4-5pm, Beckton

Steelpan Workshop (13yrs+) 🌈 Sun, 3-4.30pm, Stratford

Green Street Youth Works (11-19 yrs) Drop in for Tae

Kwondo, 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

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

AJ Football (4-11yrs) Thurs, 6-7pm, Newham Leisure Centre, 281 Prince Regent Lane, E13 Cost: £5 per session, (first session is free). Contact Anna Russell 07834 386814 or Justin Gardner 07438 033195 for more information.

Chill Spot (11-19yrs) 🌈 Exciting youth initiative includes table tennis, games, debates, creative workshops, film club and more. Mon, Weds, 3.30-6pm, Stratford

Family Rangers 🌈 First Sat of the month, 1-4pm, Plashet Park

Games Club (7-16yrs) 🌈 Weds, 3.30-6.30pm, Forest Gate; Mon, 4.30-5.30pm, Plaistow; Thurs, 5-6pm, Canning Town

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

Boxfit (18yrs+) Tues, 6-7pm, Canning Town

Chess Club ★ Weds, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Mon, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate; Thurs, 5-6.30pm (children's), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 4-5pm, Thurs, 5-6pm, Plaistow; Thurs; 4.30-6pm, Sat, 11am-12.30pm, Manor Park

English Conversation Club ★ Mon, 6-7.30pm, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; First Mon of the month, 10.30-11.30am, Green St;

Adult Reading Groups ★ Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate; Last Tues of the month, 3-4pm, Canning Town

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

ICT Drop in ★ Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate

Crochet ★ Mon, 10am-12pm, Plaistow

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

Basic Computer Skills ★ Thurs, 10am-12pm, Manor Park

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

ESOL Entry 2 (16yrs) ★ 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 ★ No booking needed. Adults only. Weds, 6-7.30pm, Beckton

Writers Group (16yrs) ★ Thurs, 6.15-7.45pm, Canning Town; Last Thurs of month, 5.30-7.30pm, Forest Gate

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; Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham TT; Tues, 12.30-2.30pm, Stratford; Tues, 10am-12pm, Beckton TT

Criss-Cross Pottery Club ★ £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. Fri, 2-3.30pm, Forest Gate (term-time)

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

Thames Dragons Dragon Boat Club For more information visit 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

E20 Board Games ★ Thurs, 8pm, The Hall, 2 Victory Parade, E20 www.facebook.com/groups/E20BG

HOLA East! ★ For Spanish speakers or those who want to improve their skills in the language. Thurs, 6.30-7.45pm, Stratford

Poetry Group ★ For more details, email sonesquin@hotmail.com Mon, 6-7.30pm, Stratford

Creative Writing ★ Learn new skills and make new friends at Stratford's creative writing group. Sat, 11am-1pm, Stratford

Drawing classes ★ Sessions funded by a Go For It community grant and inspired by Madge Gill, artist from Plaistow. To book visit Eventbrite Weds, 6-8pm, 22 and 29 May, 5 Jun, or Thurs, 11am-1pm, 22 and 29 Aug, Stratford

Knit & Natter (16yrs) ★ Fri, 10am-12pm, Canning Town; Tues, 10am-12pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10am-12pm, Fri, 10am-12pm, Plaistow; Tues, 10.30am-12.30pm, Green St, Tues, 11am-1pm; Mon, 11am-12.30pm, Beckton; Mon, 1.30-3.30pm, North Woolwich

Table Tennis ★ Mon, 12-3pm, Forest Gate; Tues, 5-6pm, Canning Town





COMMUNITY ACTIVITIES

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

Asta Singers Community singing group. Contact 020 7476 5023. Mon, 5.45-6.45pm, Asta Community Hub, 14a Camel Road, E16

Social Media in Everyday Life (18yrs) ★ 1st Sat of month, 11am-12pm, Canning Town

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 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, £5 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

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

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 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 for more details.

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

Community Gardening Course - Cody Dock ★ Sessions for the over 55s. 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 ★ Thurs, 10am-12pm, Plashet Park

Little Grubs Family Growing and Nature Club ★ Tues, 10am-12pm, Plashet Park

Community Gardening - Abbey Gardens ★

Abbey Gardens, Bakers Row, E15 (Next to Abbey Road DLR) Sat, 1-5pm



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, 6-7.30pm, Beckton (open to all); Thurs, 8.15-9.15am (over 55s), Forest Gate; 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 (18yrs) ★ 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 (18yrs) £5 per session. Mon, 6.30-7.30pm, Stratford

Stratford Judokwai 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 or paulwillis83@live.co.uk for more details.

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

Salsa Fri, 6.15-7.15pm, East Ham; Sat, 2.30-4.30pm, Forest Gate

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)** Canning Town; **Weds, 6.30-7.30pm (free)** Manor Park; **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 **Second Fri of the month, 5.30-7pm**, Manor Park

Diabetes Support Session Information session on how to prevent and manage the condition with specialist advice. **Third Fri of the month, 5.30-7pm**, Manor Park

Newham Dog Community Monthly dog walks, various group events and activities. **Call 07927 176477** or join the closed group on Facebook or visit www.newhamdogcommunity.co.uk

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

Hatha Yoga £5 first class, email 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 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 **Tues, 11.30am-12.30pm**, Plaistow

Tea Dance Call 0793 035 2453 for details. **Weds, 2.30-4pm**, Canning Town

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 £2 per session. **Thurs, 11.45am-1.15pm, term-time**, Stratford Circus. Call 020 8514 2042 for more details.

Newham Parkinson's Group Drop-in sessions for those affected by Parkinson's. **3rd Mon of the month, 11am-1pm**, Stratford

Line Dancing **Mon, 6.30-7.30pm (55+)**, Canning Town; **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

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

Healthy Hearts Program **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 **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 (50yrs) **Mon, 11am-1pm**, East Ham

Over 60s Social Club **Fri, 12.45-2pm**, Canning Town

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

Holiday Spanish Club (50yrs) **Weds, 12.30-1.30pm**, Manor Park

Forever Young (50yrs) Enjoy community activities and make new friends. **Weds, 11am-1pm**, Beckton; **Weds, 10.30am-12.30pm**, Forest Gate

St Luke's Over 50s Club Activities include gentle Tai Chi, board games, gardening and sewing. **Fri, 10.30am-4.30pm**, St Luke's C.C, Tarling Road, E16. Call Alison Skeat on 0207 366 6403, for details email alison.skeat@chctcrp.org.uk

FEMALE SPORTS

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 £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 Mon, 10.30am-12.30pm, Katherine Road C.C

Zanga Zanga Fitness (16yrs) £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 (18yrs)  Mon, 10-11am (except Bank Holidays), Call 07790 384413 for more details, Memorial Park AstroTurf, E15 3BP



AIR Football (16yrs) 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

FOOTBALL

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 (14-25yrs) Multi sports for disabled young people. Mon, 5-6pm, Newham Leisure Centre. Weds, Fri, 5-6pm, NewVic, E13 Contact Paul495@btinternet.com or call 07811 671 082

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



RUNNING AND ATHLETICS

Running and Athletics Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

East End Road Runners Coached sessions. Newham Leisure Centre, E13. Tues, Thurs, 7pm; Sun, 9am. Call 07979 261647



COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. Mon, 17 Jun, 7pm, Council, Old Town Hall, Stratford, E15; Mon, 24 Jun, 7pm, Local Development Cttee; Tues, 2 Jul, 6pm, Cabinet For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 22 Jun, 10am-12pm, East Ham Library, Barking Road, East Ham, E6. Sat, 13 July, 10am-12pm, Canning Town Library, Rathbone Market, Barking Road, E16. Call 020 8430 2000 to book or email Mayor@newham.gov.uk

Telephone surgery Weds, 19 Jun. Weds, 17 July. Call 020 8430 2000, 1-2pm. Leave your contact details and information about your query.

 CONTACT DETAILS

LIBRARIES

- Beckton Globe** 020 3373 0853
- Canning Town** 020 3373 0854
- Custom House Library** 020 3373 0855
- East Ham** 020 3373 0827
- Green Street** 020 3373 0857
- Forest Gate** 020 3373 0856
- Manor Park** 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
- 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

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