

# The **MM** Newham Mag

issue 413 // 13 Sep – 10 Oct 2019 // Monthly



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Interview with  
the Mayor



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Fighting for  
climate change



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Interview with  
Norman Jay MBE

**YT**  
Youth Takeover



## **We're in charge**

Special Youth  
takeover edition



# Mayor Rokhsana Fiaz

Hi everyone and welcome to this exciting young people's 'takeover' edition of the Newham Mag.

It's packed full of articles written by young people for young people and you can read an interview they did with me. They asked some really tough questions about what it's like to be Mayor. They were much better at it than many journalists I've spoken to!

This impressive bunch were all from the Shipman Centre Youth Zone in Custom House who have been taking part in a summer programme called Xpand, run by the centre and wonderfully supported by community group PEACH (People's Empowerment Alliance for Custom House). They've really benefited from the experience and I'm sure they've taken with them some skills that will serve them well in later life.

There's been some exciting stuff happening around the Council as well. Following the launch of our biggest ever youth worker recruitment campaign reflecting the largest expansion anywhere in the country, solid progress has been made and the recruitment process is going well.

Young people have also been involved every step of the way, including participating in youth stakeholder panels to meet shortlisted candidates. It is exciting stuff to see the youth expansion actually happening for our youngsters in the borough. Over the summer we expanded all sorts of provision for them across our Youth Zones and provided them with a whole host of opportunities to get involved in what we do, including producing this Newham Mag.

Also it was great to hear about the A-level, BTEC, and GCSE successes of our young people. Congratulations to each and every one of them. Enjoy this special edition. Rokhsana



**Congratulations to the editorial team: Ashantay Miller, Joel Brown, Shanade Sinclair, Cadeem Brown, Kehinde Orekoya, Triza Nakayenze, Faustina Aniagon, Mustafa Mohammed, Saleh Mohammed, Odestas Mazukna and Eugenia Bossman. You've all done a great job.**

Look out for the next issue from **11 October 2019.**

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# News

## New pupils wearing it well

**Ten children celebrated the first day at their new school with brand new uniforms after being selected in a prize draw that encourages parents and carers to apply for school places online.**

All online applications received for 2019 Newham school admissions at reception class in primary school and Year 7 level at secondary school were automatically entered into the draw.

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

Councillor Julianne Marriott, Cabinet member for education, and Cabinet colleagues, presented the uniforms to some of the lucky recipients. She said: "It's great to see our children proudly wearing their smart new uniforms as

they start their primary or secondary school journeys.

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

The prize draw will be running again for people applying for school places starting in 2020. To apply online go to [www.eadmissions.org.uk](http://www.eadmissions.org.uk) to create a password to start your application.

Those applying for secondary places have until 11.59pm on 31 October 2019 to complete the application and be eligible for next year's draw. All on time applicants are automatically entered. The deadline for reception class places is 15 January 2020.



Pupils Diya Patel and Hoorum Khan, both at Elmhurst primary School, Forest Gate, collect their uniforms from Cllr Marriott and Cabinet colleagues



Diya and Hoorum

## Apply online for school places

# News

## Talented young students

**Pupils across Newham have shared their success stories following the announcement of results in GCSE, A-level and Business Technology Education Council professional qualification exams.**

More than 1,400 young people sat A-level exams in the borough this year. Councillor Julianne Marriott, Cabinet member for education, and Councillor Jane Lofthouse, Deputy Cabinet member for education, celebrated with students at Newham Sixth Form College (NEWVIc) in Plaistow who collected their results.

Councillor Marriott said: "I met young people with many different stories – students who've been ill or realised they first chose the wrong course or arrived from abroad at 15 – all getting great results and are now off to apprenticeships, jobs or university. Achievement is not just about getting a string of As, which is of course still fantastic – it's also about working hard to gain qualifications when faced with adversity."

Jothy Jain achieved DDM in Applied Science BTEC, which meant she secured an apprenticeship at a pharmacy in Plaistow. This route suits her as it means she can stay in Newham and study alongside some real work experience.

Nawshad Rahman who received A\* in Maths, A in Physics and A in Chemistry was looking forward to celebrating with his parents. He moved to the UK from Italy in 2015 and only spoke limited English on his arrival.

Grace Culverhouse is off to Bournemouth University. She initially started studying A-levels at NewVIc but after falling ill, switched to BTEC Business. Her DDM grade earned her a scholarship of £1,000 from the university.

Twins Tasnia and Nafisa Uddin both got triple As in Chemistry, Biology and Maths. The sisters started at the college three years ago with a basic level of English and no GCSEs and joined NewVIc's progress to advanced course, which is designed for young people in their situation.



NewVIc students celebrating

# are the pass masters



Eastlea School, Canning Town

Bogdan Csomos achieved a DDD\* in Sports Fitness BTEC. He will now take a gap year before applying to study Sports Science at university.

Almost 4,000 pupils sat GCSE exams in Newham across 17 schools. Provisional figures showed students performed above the national average in English Literature, English Language and Mathematics.

The new GCSE exams are based on final written tests with no course work taken into account. They are awarded on a number system where 9 is the highest and 1 is the lowest (4 is considered equivalent to the old grade C pass under the previous system and 7 equates to an A).

At Cumberland School, Plaistow, Maheraj Ahmed's results secured a scholarship to the world famous Eton College. He said: "All summer I thought I'd failed. I worried I hadn't put my name on the paper! It was shocking."

Maheraj wants to become a cardio-thoracic surgeon. He said: "My family has a history of heart conditions and they are scared and I'm scared for them so if I can understand what is going on, that fear is gone."

Luke Edwards, who attends Eastlea School in Canning Town, has cerebral palsy affecting his legs and arms which



Cumberland School, Plaistow

meant he had to dictate his answers for someone else to write down. Despite this, he achieved fantastic results. He said: "I thought I was going to fail everything and I haven't. I've done well enough to get into my college so I'm really happy." Luke will now fulfil his dream of studying music at a college in Havering on the way to his ultimate ambition of becoming a music producer.

Fellow Eastlea pupil, Lakai Baptiste, faced a battle with depression that led to her missing some schooling. A diagnosis of autism helped her and her teachers understand the best way to help her achieve her goals. She said: "I got a lot of help through therapy and support in school. I'm going on to do a BTEC in Law, with A-levels in Politics and History. I hope that somehow I can make a positive influence for people like me who face struggles at school and in their professional lives."

Mohamed Ahmed Khan was another happy Eastlea pupil, having achieved ten scores of 9. He said: "I am now going to the London Academy of Excellence in Stratford to study Maths, Further Maths, Physics and Chemistry." He also works in his spare time as a freelance web designer and developer for clients around the world.



The Mayor with Shipman young people

# Mayor Rokhsana Fiaz



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

 **@rokhsanafiaz**

 **Rokhsana\_Fiaz**

 **rokhsanafiaz**

On the 8th of August 2019, the Shipman Youth Centre had the opportunity to interview Mayor Rokhsana Fiaz. It was a very beneficial experience and we learned a lot about the Mayor's ambitions.

**1) You were born and brought up in Newham and it's clearly a borough that you love. Can you tell us about your journey in Newham which led to becoming its Mayor?**

I very much love Newham. My parents moved here in the mid-1960s, and throughout my period of growing up I was quite interested in things we can do as an individual, or part of a wider community to make life better for people. I remember growing up witnessing quite horrific acts of racism that my parents were exposed to. It made me really angry and I wanted to be part of a movement that could help improve relationships between people. I also saw things like poverty and was very reflective about what was happening and so the first organisation that I joined was the World Wildlife Fund which was about protecting animals. I wanted to save the planet from the destruction being caused by humankind. Then I got into a whole

area of work around social justice and campaigning and then I realised to make the world better was to be involved in politics. I decided I should use my voice to improve the borough and become a councillor. Then I became a candidate for Mayor. I was motivated by having a different perspective and different view about how Newham could be different.

**2) Were there aspects of your childhood growing up in this borough that has influenced some of your decision making today?**

The manifesto I presented to voters in Newham has shaped the way I operate as Mayor of Newham. Because of what I experienced as a child I find it important to bring everyone together and build bridges, doing lots of work to bring all kinds of religious communities together because we live in an age where a lot of voices are trying to tear us apart; that has very much influenced my decision making. I also had the experience of seeing my mum not being listened to by the Council.

**3) If you could compare yourself to an animal, which would it be and why?**

I would compare myself to a cat because cats wander around and are



### Facing some challenging questions

very inquisitive and they are quite independent and they like to spend their time alone. My mum always used to call me a cat. Cats like exploring things and it helps me through exploring to understand the work better from a different perspective and to see things I wouldn't necessarily see if I was stuck in an office 24/7.

#### **4) What does it feel like to be elected into such a powerful high office which gives you the opportunity to improve things for all your residents?**

At times it's quite overwhelming, but it's a feeling predominantly of real privilege. As in I feel very privileged to be in a position where I am serving the residents of Newham and I feel a very great sense of public service and public duty. I feel very motivated every day in everything that I do. When I reflect on big decisions I have to make, I am very much thinking about how this will affect the range of communities we have in Newham. As you know it is the most diverse borough in the country. We have so many different people from so many different parts of the world and it's a real beauty and strength, but we

need to make sure that we are a local family. So this position, although it's a privilege, is also a huge responsibility. This borough is the equivalent of 100 companies and we are responsible for the safeguarding of all the children especially the children who are in care. We have a population of 343,000 people and it is going to grow to nearly half a million. As Mayor I have to make sure that I am responding to the needs of more residents in a way that makes them feel that we are on their side.

#### **5) If you had an opportunity to end three things in Newham what would they be?**

If I had the opportunity to end three things in Newham I would end homelessness, fly-tipping, affordable housing, and to add one more; I would really love to see the reduction and ending of violence and hate against young people.

#### **6) What do you think are some of your greatest achievements so far as Mayor?**

If I look back over the past 14 months the biggest achievements I would say are transforming a company the Council owns into a company that

is going to help us to deliver genuinely affordable homes so that our people can afford them. It's a credible house building programme with 237 homes already started. It took Hackney four years to build 250 homes and I was able to do that in 12 months so that's a great achievement. Another big achievement so far is being able to demonstrate to young people that we are going to put money to reverse a disinvestment in youth services, with £1.4 million secured for the next year to lead to the most significant expansion of our youth service provision. Another thing I'm really proud of is challenging a major bank that Newham Council had previously taken a loan from, and we were paying a huge amount of interest. We negotiated with the bank and we were able to terminate the contract and save Newham people £143 million worth of interest for the next 41 years, which can now be used for Newham.





# Climate warriors fighting for change

Many people are very concerned about climate change affecting the borough and the whole world, and some of them are waiting for politicians to repair this devastating situation. Demiante, Amelie, and Ognjen, three students from North Beckton Primary School investigated climate change to find how to tackle the situation and improve the entire environment.



**Demiante, Amelie, and Ognjen being interviewed**

Demiante has already changed from using plastic straws to using metal ones. The response from Amelie is to stop using single use plastic. She has already decided to use a water bottle which can be used again and again.

In October 2015, the Government introduced the new carrier bag charge, which costs mainly around 5p to 10p. Amelie and her mother manage to avoid wasting money on plastic bags by bringing reusable ones. Demiante agreed with Amelie about the benefit of reusable bags for shopping. She said her mum would buy plastic plates but instead she now uses metal plates. They are washable, unbreakable and reusable.

Ognjen said he was talking to his family about how to stop using all plastic items such as bags and water bottles contaminated with microplastics. "It is the best way for them to save the environment and the economy," he said.

Ognjen said the School Council was more aware of the impact of climate change and tried to raise awareness a few times, but other students didn't know or understand why it is important in our lives and in the area.

The students also talk about what they may change on

their journey to school. Ognjen normally uses his scooter to get to school or even walks his way there. Amelie lives far away but sometimes has to take a car to school but likes to walk as well.

All the young people are aware that transport that uses petrol can affect fresh air. They say if primary school children are able to take action by getting to school by bicycles or scooters, they are good ways to protect the environment by not polluting the area and causing a negative effect on the population.

Also they are concerned about what is going to happen in the future and young people around the borough have to take action to fight climate change.

Demiante said that unfortunately "they had started to save the planet a bit late" and it was a challenging problem to solve. She said that if people cared about saving the whole environment by running campaigns and workshops, then they have a greater advantage to be able to spread awareness across the world and make a difference. Ognjen said: "It's our society; it's our country; it's our nation."



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London Borough of Newham  
COMMUNITY NEIGHBOURHOODS



## Reading Friends Project Volunteer Co-ordinator Required

Reading Friends is a brilliant new programme that brings people together by using reading as a way to spark conversations and get everyone chatting.

We are currently looking for a volunteer co-ordinator who will be a part of the Royal Voluntary Service. As a volunteer co-ordinator you will be organising a small team of volunteers to plan and deliver a Reading Friends project.

Training will be provided. If you are interested in this role please email: [library.activities@newham.gov.uk](mailto:library.activities@newham.gov.uk)

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Newham Leisure Centre, 281 Prince Regent Lane, Plaistow, E13 8SD

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

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SAVE OUR KIDS!

Credits: Shanade Sinclair, Kehinde Orekoya,  
Triza Nakayenze  
Shipman Youth Zone



# World Mental Health Day Event

In partnership with ASK



Thursday 10 October 2019 11:00am - 3pm  
Promoting Good Mental Health  
Free lunch and raffle  
All Welcome

Highway Church Hall, 88a Romford Road,  
Stratford, London, E15 4EH.  
[newhamworldmentalhealthday.eventbrite.com](http://newhamworldmentalhealthday.eventbrite.com)



## Carers Festival

Hosted by Association of Director of Adult Social Care (London) and London Carers lead

21 September 2019  
Bromley by Bow centre.  
12-9pm

Celebrate the contributions of informal Carers with a wide range of activities and learn about services available to Carers across London.

People at the Heart of Everything We Do

## Tenant and Leaseholder Forum

**Are you a council tenant or leaseholder based in either Forest Gate North, Forest Gate South, Stratford, New Town & West Ham?**

If so, come along to this forum to discuss issues that matter to you. We want to hear about where you live and how we can improve these areas.

[tandforum@newham.gov.uk](mailto:tandforum@newham.gov.uk)

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



## Newham Community Based Domestic and Sexual Violence Support Service

Newham Council has commissioned Hestia to provide community based domestic and sexual violence services.

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

- 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;
- supporting women and girls who have experienced or are at risk of FGM;
- support for individuals to leave sex work.

24/7 Phone Number **0808 196 1482** or [referralsnewhamdsv@hestia.org](mailto:referralsnewhamdsv@hestia.org) and [infonewhamdsv@hestia.org](mailto:infonewhamdsv@hestia.org)



# Pupils full of bright ideas



**James Lynskey, Rayan Junaid, Usman Ahmed, and Eric Tadlas, from Forest Gate Community School won the Teach First prize in Shell's annual national schools' competition, The Bright Ideas Challenge. They wrote this article for this special edition of the Newham Mag.**

"The Bright Ideas Challenge is a completely free annual challenge, in which children from across the UK compete to create an innovative idea that would help reduce global emissions.

"Our bright idea, which we invented, was solar panel sunroofs as well as windows, which work by using the energy from the sun to power the car. Moreover, they can also be used on skyscrapers to reduce the amount of fossil fuels used to power the building.

"The reason we came up with this idea is due to the fact that cars are the biggest emitters of carbon fumes out of all vehicles. In addition, despite the fact that there are now electric cars, unbeknown to many people, creating the supply of energy used involves the burning of fossil

fuels. Therefore our idea not only saves money, but also is completely eco-friendly.

"We were lucky enough to be given our own masterclass from scientist Huw James and also granted the chance to create a prototype for our design which we presented to a panel of judges that included well known TV star Rachel Riley. However, the best parts weren't only at the Invention Rooms, but we were also fortunate enough to get a VIP screening of Aladdin and then have a private bus tour around London.

"Throughout the experience we learnt a lot about how to present our ideas, as well as building our teamwork skills, whilst also learning about the devastating effects of the burning of fossil fuels. As well as that, because of our successes, our idea won our school £1,500 which they're going to put towards Science, Technology, Engineering & Maths (STEM) subjects.

"So if you want to have a chance to experience all of these amazing things that have happened to us, the Bright Ideas Challenge is open to teams aged 11 to 14."



# BLACK HISTORY NEWHAM.

## Recognising the Past, Shaping the Future

A month of events including theatre, exhibitions, films, music, workshops and author evenings

Full programme and booking details available at  
[www.newhamblackhistory.org](http://www.newhamblackhistory.org) (from mid September)



# YOUTH ZONE FUN DAY



**A fun day at the Shipman Centre in Prince Regent Lane, Custom House, was an opportunity for four youth zones to come together in order to have fun and challenge the notion that young people don't travel around the borough.**

Members of our local voluntary organisation PEACH and the Royal Docks regeneration team and support group CGL (Change, Grow, Live) were present throughout the day, both to support the event and offer advice.

It was a fantastic day. Now in its fifth year, our Community Fun Day is getting bigger and better all the time. We had really good attendance and fantastic feedback.

Thanks to everyone who helped out and everyone who came along!

A big thank you to the Xpand Programme young people who gave their time and efforts to ensuring the Fun Day ran smoothly and successfully.

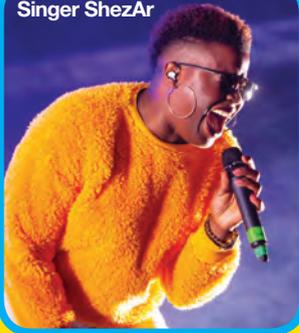


# UNDER THE STARS

## Norman Jay MBE

Newham Under The Stars took place in Central Park, East Ham, over the course of two evenings with live entertainment, which was accessible to everyone bringing the borough of Newham together. A group of young people from Shipman Youth Centre had the privilege to interview famous British DJ Norman Jay MBE.

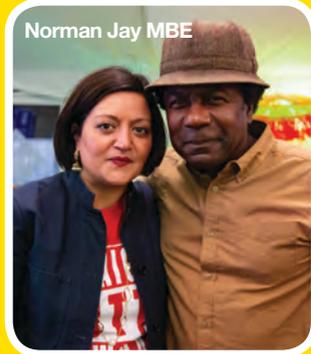
Singer ShezAr



Dennis Seaton



Norman Jay MBE



Naughty Boy and the Gold Vocal Collective



Mayor Rokhsana Fiaz and Xpand group members



### 1. What was it like for you growing up?

I was born and bred in London, coming from Notting Hill, which is not how it used to look back in the day. Back when I was a kid it was a ghetto. I was also a part of the post Windrush generation. Life was difficult but I still think that life is more difficult for the youth of today especially youth of colour. Now the youth of today face different trials and tribulations than I did back then. It wasn't easy but a few of us were able to knuckle down, kick the door in, and hold it open for the generations to come afterwards.

### 2. What influenced you to become a DJ?

I became a DJ by default. I did not start off trying to become a DJ, but I am part of the first generation of black DJs in the UK that made it. Now on the internet there are many DJs that have come through. When I was doing it there was only a handful of us and I am happy I was included in that. In the 70s there were no people of colour represented in any shape or form in media. I was in and out of work and liked going to different clubs. I did not think of becoming a DJ. I was a serial record collector which may seem funny to your generation as I collected records. No downloads or streaming. I am talking 40 to 50 years ago, but I wasn't going to be beaten down by the system or the gate keepers who were telling me how to embrace and enjoy my culture. With my brother we built our own sound system and started to play our own music and

became visible to the media in this country. I do not give interviews all the time. I don't do showbiz, entourage or celebrity. I am a quiet family man. I may not have all the skills that these younger DJs have but I do have knowledge which is key.

### 3. What do you believe to be your biggest achievement?

Being born would be one of my biggest achievements. I could have had the misfortune of being born somewhere where people are starving, hungry and ridden by diseases. My next biggest achievement would be staying alive. I really wouldn't want to be a teenager today particularly black youth facing the trials and tribulations of what is going on in the world right now. My parents came here right after the Second World War and it was very difficult for them. We are just a nation of survivors and smiley people.

### 4. What do you think of the negative press that young people face today?

There is a lot of negative press but when I was growing up we had no way of challenging that. Today you guys can and do. You can challenge it, address it and rewrite it. You got the opportunity to do all of those things where my generation never could. Yes there was negative press but you guys are in the position to promote the positive to bookmark the achievements that people are making. I used to tell my kids when they were growing up, don't be a bookend, be a bookmark. What

some of these kids in this generation fail to grasp is that education is in the most part free. Other countries do not have that opportunity and some places are even lucky that they have a school. We got schools here that some kids don't bother with it. Some places if you don't have money you can't have no education, but over here it is free and everyone should take advantage of it.

### 5. If you can volunteer in any field what would it be?

I used to do mentoring. I would go into schools and speak to disadvantaged kids and tell them how their story is similar to mine. Do not put on a sad face and tell me how hard it is for you. You come and met me. I have already had your tribulations and you can overcome that. I had enough grief when I was given an MBE from The Queen in 2002. I had most of my community congratulating me and other people questioning why am I accepting this thing from the British Empire. It is only a word. They could have given me a chocolate bar for all I care. It is all about acknowledgement. I am born in this country and I have every right.

### 6. What would your next step be?

Try and stay healthy. Stay alive and continue with what I am doing. You are only limited by yourself. I hope I have inspired you. Just do what you want to do. They are not going to teach you, you are going to have to learn yourself.

**Interview by Ashantay Miller and Xpand group members**

Spectacular fireworks



**More than 20,000 residents flocked to East Ham's Central Park to enjoy two nights of music Under the Stars.**



Super producer Naughty Boy headlined the first of the two-night Newham Council-organised festival. He was joined on stage by singer ShezAr and Newham singer Byron Gold and the Gold Vocal Collective. Earlier the audience was treated to reggae from band Musical Youth and lead singer Dennis Seaton who performed classic reggae hits. There was dance from Coco Jam and a set from DJ Norman Jay MBE with disco, soul and funk hits from across the decades.

The second night saw the return of the Royal Philharmonic Orchestra accompanied by soloists Alison Jiear and Ross Ramgobin. The evening started with performances from Newham Music's Bridging Sounds Orchestra and Newham's Young 'n' Gifted Choir and ended with a spectacular display of fireworks.

**Photos by Ashantay Miller**



Fairground attraction



Royal Philharmonic Orchestra



Musical Youth





# Newham Family Information Service

Our website provides information and sign posting to services that support families in Newham, including details of:

- Local childcare and early years provision
- Family and children health services
- Education
- Parenting support
- Help to get back into work, training or education
- Financial support
- Relationship and family support



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



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Cancer Research UK is a registered charity in England and Wales (11089464), Scotland (SC041666) and the Isle of Man (1103). Northern Ireland charity registration pending.



## the newham mag

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# workplace

Creating a better future

## Metropolitan Police recruitment day

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- Must possess a level 2 qualification in English Language at a GCSE grade C or above
- Must have lived in the UK for at least three years

For more information on requirements visit [www.met.police.uk/careers](http://www.met.police.uk/careers)

To book a place you must be registered with Workplace.

Email [workplace.engagement@newham.gov.uk](mailto:workplace.engagement@newham.gov.uk) or call 020 3373 1101

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# YOUNG VOICES HEARD

in search for good people



**Vital to Newham Council's £1.4m expansion of youth services – the biggest expansion anywhere in the country – is the recruitment of more than 30 youth workers to support existing staff in working with young people and supporting them to achieve their goals.**

Solid progress has been made and the recruitment process has been going well with young people involved every step of the way, including participating in youth stakeholder panels to meet shortlisted candidates.

Florina St Marthe, a youth worker at the Shipman Centre in Custom House, said: "The young people brought energy and their ideas of the ideal youth worker. They were able to offer real life scenarios that enabled them to challenge and test the candidates on the response."

The idea to involve them in the interviews came from the recent series of Youth Assemblies. Flo said: "Young people raised concerns that their voices were not being heard and they wanted to be part of the Council's recruitment process and decision-making panel. Having young people at the interview made a real difference to the people being interviewed."

Youngsters Fatou, Destany, and Safia, from Forest Gate Youth Zone were involved in the process. Fatou said: "Training and workshops helped us to understand what a good youth worker would be like and we interviewed

each other as a fun activity." Safia said: "I attended workshops and training and we interviewed each other as practise."

Destany added: "I mentally prepared myself for the job as I wanted to put myself in the candidate's position. It was important to be part of the interview. I was also able to develop some skills in leadership, speaking, and how to communicate in the future."

Fatou said: "It helped me to make a change in the community by being part of something big and able to make decisions that run through us. I was able to learn about what to do or not do as an interviewee."

Safia said: "As a young person it was important to have a say on who we wanted to work in our youth centre and our borough. I appreciated the experience that I would not have been able to achieve anywhere else."

Destany added: "I learned a lot about the interview process and how to express myself and advertise my skills."

They all had views on the important qualities for a youth worker. Destany said: "Non-judgmental as I need to be able to trust them and be myself." Safia added: "Good communication skills and approachable at any time." And Fatou concluded: "Understand where young people are coming from in certain situations and understand the difference in opinions. Also comfortable to talk to, and trustworthy."

## Buzzing about love of words

Pupils showed their passion for words when they took part in the seventh Newham Spelling Bee tournament.

The 2019 challenge, supported by Newham Council's library service and the Elmhurst Teaching School Alliance, began earlier in the year. Youngsters from Years 3 to 6 were tested in their individual schools and then against each other.

The final took place at Elmhurst School in Forest Gate involving pupils from St Francis, Shaftesbury, Gallions, Plaistow, Hallsville, Star, Apex, Selwyn, Essex, Monega, Dersingham, and Carpenters schools. They were tested on spelling, word meanings and conundrums.

St Francis Catholic Primary School were gold award winners, followed by Shaftesbury with silver and Plaistow with bronze. Prizes were awarded by poet Justin Coe who wrote *The Dictionary of Dads*.

Lewis Bonsu, from Year 3 at St. Francis School, said: "It was challenging and quite fun as well. I was delighted to win first place."



Pupils from St Francis School



## Exhibition of children's art

Young residents of Newham have produced more than 4,000 pieces of art for an exhibition held at the University of East London.

The Art Matters Exhibition, which was in its 21st year, presented the work of across 2,000 students from more than 50 primary and secondary schools the borough of Newham. It has a collaboration between UEL, university of the arts, Manor Primary school and Plashet Secondary School.

The show ran from the 3rd to the 12th of July on weekdays from 10am to 6pm at UEL's Dockland Campus in the School of Arts and Digital industries AVA building.

Dr David Tann, head of UEL's school of Architecture, Computing and Engineering said, "We are delighted to host the annual Art Matters Exhibition for the 21st time and we are proud to present the creations of a future generation of world class architects, artists and designers."

## YOUNG ONES LOOK AFTER THEIR PARK

Children and young people got together with older residents and local councillors to give their local park a clean-up.

Members of the Central Park Community group in East Ham gathered to give part of Central Park a tidy up. The park clean was a follow-up to a very successful street party event they held in June.

Residents of all ages were asked to join in and despite some rain on the morning of the event there was an exceptional turnout. More than 40 local people got involved, including East Ham South ward councillors Susan Masters and Lakmini Shah.

The residents stayed for more than an hour-and-a-half collecting rubbish and talking to park users. They collected more than 20 bags that included beer cans and bottles. Akhter Raouf from Central Park Community hoped other residents would be inspired to gather and look after their neighbourhoods.



The clean-up team

## Youth worker to volunteer overseas

Youth worker Jessica Leedham, 18, is off to Ghana in November to work as a volunteer community arts tutor and learning mentor for children and young people aged eight to 16.

She will be based in the Volta Region in a town called Sogakope. Jessica intends to use her passion for music in her work and will teach children the process of making a song from writing it, to performing it.

Jessica, from Upton Park, works with Rights & Equalities In Newham (REIN), and volunteers with the Renewal Programme in Manor Park. She said: "Working in Ghana will be a life-changing experience. I've been passionate about youth work and volunteering since I was 11.

"This trip will give me confidence and will allow me to become a better role model and youth worker. With support and encouragement, everyone has the potential to become the best version of themselves and positive and productive members of society."



## PUPILS DIGGING UP THE PAST

A group of 15 Year 9 pupils from Lister Community School in Plaistow visited Barratt London's Upton Gardens development in Green Street, Upton Park, for a lesson on the site's history.

The site was once home to Green Street House, commonly known as Boleyn Castle because of a potential association with Anne Boleyn, the second wife of Henry VIII, who was thought to have stayed there. In 1904 the grounds and gardens were taken over by West Ham United.

Expert archaeologist Duncan Hawkins told pupils about the building's original foundations. He showed them pieces of pottery and coins that had been found on the excavation site.

Nazmin Begum, careers leader at Lister Community School, said: "Students were incredibly excited to visit the site and receive a hands-on lesson in local history. It was a unique opportunity for them, which will tie in brilliantly with their current studies in history."

Archaeologist Duncan with pupils



# SHIPMAN YOUTH CENTRE

**Joel Brown has written about why the Shipman Youth Centre is so important to him. He is also a talented poet who has shared his life experience.**

I have been going to Shipman Youth Centre in Prince Regent Lane, Custom House, for almost three years. At the time my reason for attending was to ease the pressure that I had been put under by the final major project that I had to complete for my first year of college.

One of the reasons that I continued to go to the youth centre was to get the work done that I couldn't do at home and to socialise with more people.

The youth centre has many facilities such as a studio, IT Room, astro-turf or table games, but I prefer to make use of the IT room because I am a gamer, and the astro-turf because of my fondness for football.

# BEHIND THE MASK



Yes, you've guessed it  
This is about me.  
Look deep into my eyes and you'll see  
Hidden there inside is pain and deceit.  
I've only grazed the surface  
Cause I'm afraid of what's beneath.  
For all this time I've bottled it up  
But now the jar has cracked.  
It seems as if I've given up  
Cause I can't live with that.  
I've managed to collect my life  
I'm ready to give it back.  
Here, I'll give it up  
But who'd want the remains of that.  
So just like my crippling depression  
It's stuck with me, like my hat.  
You now know a fraction of what I live with  
You've not yet passed the test.  
If you find the real me  
Then he'll tell you about the rest.

**Joel Brown**



# Give Back

**Over the course of the summer, one of the many projects taking place within the Shipman Youth Zone in Custom House is a group called VOCAL.**

VOCAL stands for Voices of Challenged Adolescent Learners and it is a SEND group (special educational needs and disability). The purpose of this group is to help build confidence in the members and to develop skills that will allow us to become resilient.

We were asked to assist an elderly woman in the community with her front garden, which was overgrown. And she had mobility issues so was unable to attend to the garden herself.

It is really important for us to connect more with the elderly in the community, and to teach our peers to do the same, because we could learn a lot from the elderly and develop a better understanding between both generations.

If you would like any further information about VOCAL please email [youth.zones@newham.gov.uk](mailto:youth.zones@newham.gov.uk)

# Flo is my inspiration



Inspirational quote from  
Kehinde Orekoya

“Hard work  
beats Talent  
until Talent  
works hard”



**Shanade Sinclair has written an article about the person who inspires her most – youth worker Florina St Marthe.**

Over the number of years I have known her, Florina St Marthe has inspired me to better myself no matter what the situation.

Florina has worked within Newham Youth Service for an astounding 24 years. She is currently the centre manager at Shipman Youth Zone in Custom House and has been for the past eight years, previously managing Beckon Youth Zone for 18 months.

During this time Flo has helped many young people in a number of ways including me. One of the ways she does this is by providing us with a variety of different opportunities for us to progress, better ourselves and earn money such as with

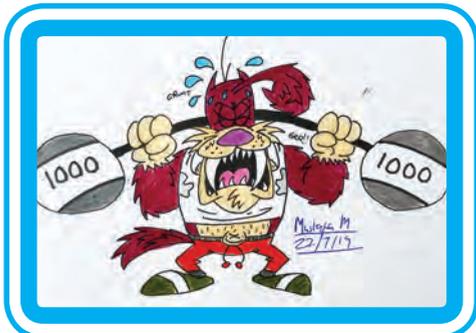
Xpand, which is a summer programme for young people.

Flo is easy to talk to and inclusive, and is always ensuring that everyone is involved within the different activities going on at the centre. She supports our inspirations and is extremely supportive of our choices in life as well as providing us with opportunities to begin or further our careers.

I have learned a number of valuable life lessons as well as key skills under her supervision and with her guidance I am certain I will continue learning.

In my opinion Flo is a caring, understanding, firm but fair person ,who dedicates her time to help us be the best version of ourselves that we can be, focusing on maintaining our strengths and combatting our inhibitions. I believe that is what makes an effective youth worker as well as a successful leader. Passion.

## Fun drawings by Mustafa Mohammed



# 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 (term time only)

**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

**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 (term time only)

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

**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

**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



## 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

**Steelpan Workshop (13yrs+)** 🌟 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

**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

**Academy Achievers (8-12yrs)** Learn to create algorithms to help you design, build and program Lego robots in fun environment. Call 0788 990 7999 for more details. Sat, 12.30-2pm, Manor Primary School, Richardson Road, Stratford

**Chatter Books (7-12yrs)** 🌟 Book club aimed at inspiring young children to read for pleasure. Sat, 2.30-3.20pm, Plaistow; Tues, 4-5pm, North Woolwich; Mon, 3.30-4.30pm, Manor Park; Sat, 3-4pm, Custom House & Canning Town; Weds, Fri, Sat, 4-5pm, East Ham

**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



ACTIVITIES AND SUPPORT

**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

**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; Tues, 11.30am-1.30pm, The Well C.C

**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

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

**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

**E20 Board Games** ★ [www.facebook.com/groups/E20BG](http://www.facebook.com/groups/E20BG) Thurs, 8pm, The Hall, 2 Victory Parade, E20

**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](mailto: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

**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

**Drawing classes** Experimental drawing techniques for beginners and enthusiasts. Book at [www.madgegilldrawingproject.eventbrite.co.uk](http://www.madgegilldrawingproject.eventbrite.co.uk) 22 and 29 Aug, and 5 Sept, Stratford

**Social Garden** ★ A series of outdoor events dedicated to art and community including an art exhibition, crafts, DIY workshops, live music, food and nature. 17 Aug, 14 Sept, 3-9pm, at Craftory Workshop Garden (side gate), 1 Wythes Road, E16 2DN

**The Women's Circle** A series of events dedicated to women by women, giving them an opportunity to come together, network and spend some time away from everyday worries. Entry is £2 via EVENTBRITE and on the door. For more details email: [info@craftoryworkshop.com](mailto:info@craftoryworkshop.com) 24 Aug, 7 Sept, at Craftory Workshop, 1 Wythes Road, E16 2DN.

**Doodling the Docks** ★ Interactive art exhibition by local artist Matt Ponting. Royal Albert Dock London, E16 2YP. For more details, visit <https://rad.london/news-events/doodling-the-docks> Fri to Sun, 12-6pm, 31 Aug – 29 Sep, with drop-in workshops between 12-4pm, Sat, 31 Aug and 21 Sep.

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

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



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](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, £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** Weds, 5.45-6.15pm Tots (3-4 year olds); 6.15-7.15pm Under 8s, 7.15-8.15pm Over 8s; Sat, 2.15-2.45pm Tots (3-4 year olds), 2.45-3.45pm Under 8s, 3.45-

4.45pm Over 8s. East Ham Leisure Centre. 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: [khanqkblackbelt@yahoo.co.uk](mailto:khanqkblackbelt@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 John's Green, Albert Road, North Woolwich; Fri; 10am-1pm. Grow Together, Be Together Community Garden, Wellington Rd, E6

**Community Gardening Course - Cody Dock** 🌈 Sessions for the over 55s. Call 020 7473 0429 or 0754 3810969 for details. Weds, 1-2pm, Cody Dock, 11c South Crescent,

Canning Town; Tues, 11.30am-1.30pm, The Well C.C

**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](mailto:mick1f@talktalk.net) or [paulwillis83@live.co.uk](mailto: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



## HEALTH AND FITNESS

**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](http://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](mailto:yogabreathandbody@gmail.com) for details. Beginner/Level 1 hatha yoga: Mon, 7.15-8.45pm, 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, E6



## 50+ ACTIVITIES

**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

**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

**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 Programme** Weds, 3.30-4.30pm, Plaistow

**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

**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

**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. Call Alison Skeat on 0207 366 6403, for details email [alison.skeat@chctcrp.org.uk](mailto:alison.skeat@chctcrp.org.uk) Fri, 10.30am-4.30pm, St Luke's C.C, Tarling Road, E16

**Tai Chi** Fri, 11am-12pm, Plaistow; Mon, 12.15-1.15pm, £2, The Well C.C

**Resistant Band Pilates** Thurs, 12.15 to 1.15pm, Jeyes C.C; Mon, 12.15-1.15pm, £2, The Well C.C

**Chair Based Zumba** Tues, 11.30am-12.30pm, Jeyes C.C

**Creative Coffee Morning (65yrs+)** For more information, call Colette on 020 8279 1002 or [colette@stratford-circus.com](mailto:colette@stratford-circus.com) Thurs, 10am-12pm, Stratford Circus Arts Centre, Theatre Square, Stratford, E15

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

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 Fitness**  Contact courses@bonnydowns.org or call 020 8586 7070 for more details Mon, 6-7pm, The Well 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 (16yrs+)** 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



FOOTBALL

**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

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 671082

**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](http://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, 16 Sept, 7pm, Council, Old Town Hall, Stratford; Weds, 18 Sept, 7pm, Audit Cttee; Mon, 30 Sept, 7pm, Local Development Cttee; Tues, 1 Oct, 6pm, Cabinet. 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, 14 Sept, 10am-12pm, Forest Gate Library, Woodgrange Road, E7 Call 020 8430 2000 to book or email [Mayor@newham.gov.uk](mailto:Mayor@newham.gov.uk)

**Telephone surgery 18 Sep** 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
- The Well Community Centre** 020 8586 7070

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

ROYAL & DERNGATE, NORTHAMPTON AND THEATRE ROYAL STRATFORD EAST PRESENT

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EAST**

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**SARAH BONNELL  
SCHOOL**

## Open Evening

4:30pm to 7pm

**Monday 30 September 2019**

Headteacher and Head Girl talk at 5:15pm and 6pm

## Open Morning

9:15am to 10am

**Friday 27 September, Friday 4 October  
and Thursday 17 October 2019**



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*"The school motto is 'Be Proud, Aim High, Work Hard, Be Nice, No Excuses'; staff and pupils live this motto to the full. Pupils are quite rightly very proud of their school and their own excellent achievements."* **Ofsted February 2018**

Find out more here: [www.sarahbonnell.com](http://www.sarahbonnell.com)

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# YOUR CITIZENS' ASSEMBLY UPDATE

Find out what has been achieved on your community plans and have the opportunity to feedback on progress so far.

EVENT	EVENT DATE	EVENT TIME	VENUE
Stratford & West Ham Community Assembly	Tuesday 24 September	6.30pm-8.30pm	Old Town Hall Stratford, 29 Broadway, E15 4BQ
Green Street Community Assembly	Wednesday 2 October	6.30pm-8.30pm	Katherine Road Community Centre, 254 Katherine Road, E7 8PN
Beckton & Royal Docks Community Assembly	Thursday 3 October	6.30pm-8.30pm	Beckton Community Centre, 14 East Ham Manor Way, Beckton, E6 5NG
Manor Park Community Assembly	Thursday 10 October	6.30pm-8.30pm	Jack Cornwell Community Centre, Jack Cornwell Street, Manor Park, E12 5NN
Plaistow Community Assembly	Thursday 17 October	6.30pm-8.30pm	Old Town Hall Stratford, 29 Broadway, E15 4BQ
Custom House & Canning Town Community Assembly	Monday 21 October	6.30pm-8.30pm	Custom House & Canning Town Community Neighbourhood Centre, 18 Rathbone Market, Barking Road, E16 1EH
Forest Gate Community Assembly	Wednesday 23 October	6.30pm-8.30pm	Forest Gate Learning Zone, 1 Woodford Road, E7 0DH
East Ham Community Assembly	Thursday 24 October	6.30pm-8.30pm	Newham Town Hall, Barking Road, East Ham, E6 2RP

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

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