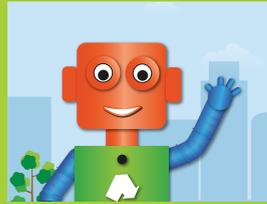




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Rewarding work



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Reduce waste



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Coffee and tunes

the newham mag

issue 419 // 13 March 2020



Child's play

Improving the environment (p15)

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PUBLICATIONS OFFICER: Kay Atwal
STAFF PHOTOGRAPHER: Andrew Baker
Call the Mag team on **020 3373 1517** or
email newham.mag@newham.gov.uk
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Julie Madell on **07890 529 090**

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News

Inspirational women are applauded

Newham Council celebrated International Women's Day by unveiling a blue plaque to honour Susan Lawrence, the first female MP representing East Ham North.

The unveiling took place at Newham Town Hall in East Ham at the end of a tea party celebration that included Mayor Rokhsana Fiaz, Deputy Mayor Councillor Charlene McLean, councillors, Newham Council chief executive Althea Loderick and around 100 inspirational women from across the borough.

International Women's Day this year had the theme of Each for Equal and called for a gender equal world. Mayor Fiaz said: "All the women of Newham are an inspiration. Susan Lawrence challenged injustice, poverty and inequality, and we celebrate her legacy with this plaque."

Susan Lawrence was twice elected MP for East Ham North from 1923 to 1924 and from 1926 to 1931.

Women's History Month in March is being marked with two discussion panels – Women in Technology on 16 March from 6pm to 8.30pm at the Old Town Hall Stratford, and Women and Faith on 24 March from 6pm to 8.30pm at Newham Town Hall, East Ham.



Unveiling the plaque



Sir John Heron school

Pupils give lesson on vehicle idling

Children at a primary school in Manor Park have been learning more about the impact of poor air quality and some of the simple changes we can all make to improve our environment.

The pupils at Sir John Heron School were joined by Councillors Jane Lofthouse and James Beckles plus parents, carers and Newham Council enforcement officers, who reminded drivers of the importance of not idling car engines whilst stationary.

There was a special school assembly about air quality, an environmental game of snakes and ladders, and a banner for use outside of the school encouraging drivers to help reduce pollution.

Councillor Lofthouse said: "We all have a role to play in reducing the level of pollution in the borough and making Newham a safer and cleaner place to visit, live and work, whether that is by turning off our car engines when parked or leaving the car at home when possible and using cleaner alternative modes of transport such as walking, cycling or public transport."

News



A brighter future for young people

£4.5m growth investment each year in services directly for young people. This includes:

- £0.75m to implement Youth Safety Board recommendations
- £1m for safeguarding adolescents at risk from violence and exploitation
- £1.2m to double the number of youth hubs to eight, including a new flagship arts youth hub at Stratford Circus
- £0.5m for the Headstart emotional mental health and wellbeing programme for young people
- £1m to support care leavers, foster carers, young people with special educational needs to travel independently, and the child and adolescent mental health service



Housing

Newham currently spends around £190m on housing and will increase funding by a further £138m annually. This includes:

- £1.4m per year to address rough sleeping
- £0.4m to create a team to repurpose unused properties

Budget that will make

Mayor Rokhsana Fiaz and Newham Council have agreed a three-year Budget to help make residents' lives better by addressing poverty, keeping young people safe, building much needed homes and tackling the worst levels of air pollution in the country.

At the heart of the Budget is the Mayor's Community Wealth Building vision which will unlock opportunities for residents and address climate emergency through paving the way for the first emissions-based parking scheme in the borough.

The Budget allows for investment growth of £10m each year above what is spent already, for new services or enhancing existing ones in line with the Mayor and administration's priorities.

Mayor Fiaz said: "This Budget is about transforming this borough so that it works for our people. Through tackling poverty, inequality, and climate change, this Budget is Community Wealth Building in action. It's also a Budget that continues to invest in our young people, builds homes our people can afford, keeps our streets clean and addresses crime and anti-social behaviour.



Schools

- Dedicated Schools Grant of £433m to support schools in providing the best possible educational opportunities
- £2.2m per year to ensure personalised Education, Health and Care Plans for children with special educational needs and disabilities
- continued funding of the Eat for Free programme of free school meals for all children to address the inequality of hunger and food poverty



Climate and Health Emergency

- £1m per year in services to tackle the climate and health emergency
- moving towards a fairer emissions-based system of car parking charges whereby the least polluting cars would pay less
- £2m funding to make Council homes more energy efficient

News

people's lives better is agreed

“This Budget also helps deal with the impact of toxic air pollution which has caused a public health emergency in Newham and is leading to higher rates of asthma in our children, as well as 96 deaths per year. That’s why we’ve proposed to charge for the most polluting vehicles through an emissions-based parking policy, but if you own an electric or some hybrid cars, it will remain free.”

As part of the Council’s agenda of good governance and transparency, residents took part in the conversation about the spending priorities and savings challenges through either Budget Forums or an interactive online simulator.

The Budget addresses a £45m funding gap over the next three years, which will be closed by savings totalling £36.2m achieved through improved financial management and smarter working, and additional income of £9.6m from an increase in Council Tax over each of the three years.

A ten-year freeze in Council Tax prior to last year’s Budget has meant that the Council has £19m less each year to spend over the next three years. An increase in the Newham element of Council Tax of 3.99 per cent in each of the three financial years has been agreed, of which two per cent is ring-fenced for adult social care.

In 2020/21 this is a weekly increase of 69p for properties in Band C, the Band where most Newham properties are classified. Newham’s level is still expected to be the lowest in outer London. The Council will continue to protect those residents on the lowest incomes who will not be required to pay the full amount of Council Tax.

This is the first time the Council has passed a three-year balanced budget to put itself on a firm financial footing. Councillor Terry Paul, Cabinet member for finance, added: “We are working hard to make our services more efficient in order to respond to the growing needs of our residents. We have felt the impact of Government austerity and reduced funding, but our balanced budget, in addition to tackling air pollution, will build new homes and develop Community Wealth Building, which means we will buy local and keep more money and jobs in our community.”



Cleaner Newham

- £0.6m to move to weekly recycling
- £0.5m to enhance street cleaning services



Safe and liveable streets

- £1m to preserve funding for Metropolitan Police officers to focus on environment crime and anti-social behaviour

Newham Budget



Together We Create Exhibiton



Together We Create Exhibiton



Cllr John Gray, left, with Mr Hall at Stepping Stones

Mayor Rokhsana Fiaz

Since I stepped into office as Mayor there hasn't been a day when this Council under my administration hasn't been focused on youth safety. That's why I was heart-broken to hear at the start of this month that another young person has lost his life in our borough.

No family should have to suffer the anguish and pain of loss that the family and friends of 16-year-old Shanur Ahmed are going through. I have written to them expressing my deepest sympathy and condolences, and last week, along with local ward councillors and East Ham MP Stephen Timms, met with Shanur's father and relatives to reassure the family that they have our full support as the police establish what happened and perpetrators are brought to justice for this hideous crime. I know I speak for all of us when I say that our thoughts are with them.

Violence needn't be part of anyone's childhood and tackling violence against young people is a serious issue and a personal priority for me. Shanur's death is a devastating reminder and underlines the urgency we are placing on expanding our youth services in the borough and taking steps to make the young people of Newham safe.

I promised parents, carers and young people themselves, that Newham

will become one of the best places in the country to grow up. The Youth Safety Board I created will form the foundation upon which everyone must now take action, and our Budget agreed at Council at the start of the month allocates £750,000 for each of the next three years to implement the recommendations of the Board, alongside £1m allocated for adolescent safeguarding in the borough.

Our recently expanded team of youth workers will support young people to make sure they have opportunities to fulfil their potential in safety. Our Budget also allocates £1.2m in each of the next three years to double the number of youth zones in the borough to eight, including a new flagship arts youth hub at Stratford Circus, which will be opened in April. Having more youth zones will lift whole communities and offer safe environments in which children and families can thrive.

The Budget also commits £1.4m per annum for three years to improve the services supporting rough sleepers and creating better preventative services to reduce the risk of others becoming homeless. We have also committed £0.4m each year to create a team to bring empty properties back into use to improve the range of offers for families in need.

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz



Youth Safety Board



Anti-idling event at Sir John Heron School



One of the Newham Budget Forums

This is on top of all the money we are spending to build homes our residents can afford. Forty per cent of the 1,000 social rent homes I promised when I was elected are now on course to being built, with 261 already started, and 174 gaining planning approval. That's a total of 435 in under two years, supported by £107m we've received from the Mayor of London who is delivering on his promise to build affordable homes for Londoners. Working with councils across the Capital like Newham, he's delivering the largest increase in genuinely affordable housing than at any time before.

It was with that news that I joined residents for the opening of an exhibition of 25 portrait photographs called Together We Create: A Portrait of Newham. The photos capture the borough and the people who live and work in it. The exhibition will be visiting our libraries, but you will also be able to see the wonderful images by photographer Max Miechowski when they start appearing on hoardings around the various sites that are part of our ambitious home-building programme.

In the last edition I told you that the Government accepted our bid for funding from its Rough Sleeping Initiative and we have been awarded

£1.2m to build on the significant work we have been doing to help rough sleepers through a variety of measures including accommodation, access to specialist health services and housing advice.

Luke Hall MP, a Minister for Housing, Communities and Local Government, came to see what has been going on at Stepping Stones, our 25-bed assessment centre for rough sleepers in Forest Gate. In the past six months, we have made significant strides with enhanced outreach, assessment and support to help the street homeless population. Since April 2019 there have been 324 accepted accommodation offers for verified rough sleepers.

But just focusing on rough sleeping is not going to address the substantive issue of us needing more genuinely affordable homes. I'm delighted that our new homes programme moved another significant step forward with planning permissions being granted to build a further 124 affordable homes. The eight planning permissions are spread across the borough, many on the sites of former garages that were attracting anti-social behaviour.

Another main priority for my administration has been tackling dangerous levels of air pollution and an additional £1m per year is in the

Budget for services to tackle the climate and health emergency.

Pollution from vehicles is a major contributor to poor air quality as our recent anti-idling event at Sir John Heron School in Manor Park showed. Parking policies have the ability to influence the number and type of vehicles using our roads. Our proposals to change parking policy are designed to incentivise people to switch to cleaner less polluting cars or adopt more sustainable modes of transport like walking, cycling and using public transport.

Some have erroneously tried to characterise this as creating a 'cash cow' tax to extract money from residents that use cars. This is not true. Money raised by charging for residential permits can only be ring-fenced by law to encourage sustainable travel and improve our local roads. It will help reduce toxic air quality that is killing 96 residents a year, alongside causing high asthma rates in our children.

Many residents cannot afford to own cars and 52 per cent of all households don't have access to a private vehicle. We aim to redress the balance of fairness so that those who create the most pollution pay towards the remedial measures we have to introduce.

PARKING REVIEW PROPOSALS SUPPORT DRIVE TOWARDS CLEANER AIR

Addressing poor air quality, the climate emergency and emissions from vehicles is at the heart of a set of ambitious parking proposals Newham Council is now consulting on.

The proposals are aimed at encouraging residents to switch towards less polluting vehicles and to make more local trips by sustainable modes of transport.

Last year, the Council declared a climate emergency and published a 25-point action plan to address the challenges of poor air quality, including measures to reduce the amount of pollution created by vehicles.

Poor air quality is directly linked to the physical development of young people, who account for more than 38 per cent of residents. Newham has some of the highest rates of hospital admissions for asthma in children aged under nine in the country. In the elderly population, poor air quality exposure is linked to increased rates of strokes, asthma, impaired lung function and memory loss.

Councillor James Asser, Cabinet member for environment, highways and sustainable transport, said: "It is clear that the Council's previous parking policies and procedures were

doing nothing to help meet our air quality or public health objectives and that a comprehensive review was long overdue."

During the last election campaign the Mayor made pledges to make parking fairer in the borough, at the same time as tackling the air quality crisis which is taking 96 Newham lives prematurely every year. The Council believes this can be achieved by:

- Incentivising cleaner vehicles by encouraging residents to switch to less polluting vehicles by introducing differential residential and business parking permit charges, based on the vehicle's emissions
- Promoting lower car ownership by increasing parking permit charges for multiple vehicles registered at a single address, with every household vehicle now being subject to an emission-based charge and an additional vehicle supplement

"It is clear that the Council's previous parking policies and procedures were doing nothing to help meet our air quality or public health objectives and that a comprehensive review was long overdue."

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- Improving sustainable and active travel by investing in sustainable transport, like walking, cycling or public transport, and by increasing existing parking charges (both on street and off-street), and making cleaner and healthier travel a more attractive option.

The key parking changes proposed are:

- The introduction of five emissions-based vehicle charging bands for residential permits
- The first permit will be free for electric and most plug-in hybrid vehicles
- Business permit charges will also become emission based, with zero and hybrid emissions vehicles receiving free business permits, and new charges introduced for three further emission tiers
- On and off-street parking charges will increase by 15 per cent across the board, in line with retail price inflation from 2012 (since the last charge review).

The Council estimates that 38 per cent of all vehicles (almost 23,000) registered in the borough will be liable for a modest residential permit charge of £60 per year – that’s just £1.15 per week. It has been established that 52 per cent of our residents, don’t own a car at all – yet under the existing system they are actually subsidising those that do.

The policy proposals aim to redress the balance of fairness so that those who create the most pollution pay towards the remedial measures that have to be introduced. They also address pledges to make Newham a safer and more pleasant borough to live in.

Some have erroneously tried to characterise this as creating a ‘cash cow’ tax to extract money from residents that use cars. This is not true. Money raised by charging for residential permits can only be ring-fenced by law to encourage sustainable travel and improve our local roads. It will help reduce toxic air quality that is killing 96 residents a year, alongside causing high asthma rates amongst children.

To address the climate and health emergency in the borough an additional £1m per year is in the Budget for

services to tackle the climate and health emergency.

Parking policies and have the ability to influence the number and type of vehicles using roads. The proposals to change parking policy are designed to incentivise people to switch to cleaner less polluting cars or adopt more sustainable modes of transport like walking, cycling and using public transport.

Alongside these changes, the review proposes modernising Newham’s parking service by moving towards a fully cashless system. This will mean removing any remaining pay and display parking machines and the introduction of a paperless pay-by-phone App system across the borough. It will be supplemented by more than 150 pay point locations at retailers and other locations.

Using new technology would allow the introduction of a virtual parking wallet for all residents, which will contain credits which can be used to park for short periods in busy shopping hotspots outside their own residential zone. This not only increases flexibility for users it also supports the local economy and businesses in line with the commitment by Mayor Rokhsana Fiaz to Community Wealth Building.

As part of the review, the Council is also committed to including a re-examination of existing Resident Parking Zones (RPZs) to look at whether they are working effectively and achieving the aims for which they were introduced.

The Council has already undertaken an extensive engagement process with residents and businesses, which helped shape the new parking proposals.

Residents and businesses can also give their feedback on the proposals through an online consultation at www.newham.gov.uk/parkingconsultation by Sunday 22 March.



Note: If a resident owns multiple vehicles, each vehicle will be subject to the relevant emission charge for the type of vehicle, plus an additional £100 for the second vehicle and £200 for each subsequent vehicle.

HMRC Band	CO2 emissions (g/km)	Engine Size (c.c.) (Pre - 2001)	Newham Emission Tier	Example Car Models
A	0	1-600	Tier 1 (Free)	All battery electric vehicles e.g. Nissan Leaf, Tesla models, BMW 1 models, VW e-Golf, and some hybrids e.g. Passat Hybrid, Mercedes C/E 330e models, Toyota Prius Plug-in
B	1-50	601-900		
C	51-75	901-1000	Tier 2 (£60)	Most hybrid models, e.g. Toyota Prius, Yaris & Auris, Range Rover PHEV and most small petrol and diesel vehicles, e.g. Ford Fiesta, Focus (newer models), Vauxhall Corsa, Astra, Kia Ceed, Peugeot 308, Renault Megane, Clio, BMW 1 series etc.
D	76-90	1101-1200		
E	91-100	1201-1300		
F	101-110	1301-1399		
G	111-130	1400-1500	Tier 3 (£100)	Audi A2,3,4 & 5, BMW 2, 3, 4 series (smaller engines), Ford Focus 2.0, Mondeo, Mercedes A, C, E class (newer 180d, 200d and 220d models), VW Golf, Jetta, Hyundai i30, Kona, Seat Leon, Ibiza, Citroen C3, C4, Berlingo, etc.
H	131-150	1501-1650		
I	151-170	1651-1850		
J	171-190	1851-2100	Tier 4 (£150)	BMW 2,3,4 series, X2, X3, X4, X5, VW Touareg, Tiguan, Audi Q7, Q8, Porsche 911, Cayenne, Land Rover Range Rover & Discovery (sport models), Mercedes E350, GLC
K	191-225	2101-2500		
L	226-255	2501-2750	Tier 5 (£200)	Jaguar F Type V6, Jeep Wrangler 2.8, Mitsubishi Shogun 3.2, Mercedes AMG 63 models, Bentley models, Rolls Royce models, Ferrari models, Maserati models
M	Over 255	2751 and above		

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Your rubbish and recycling collection days are different throughout Easter 2020

Normal collection day

Friday 10 April (Good Friday)
Monday 13 April (Easter Monday)
Tuesday 14 April
Wednesday 15 April
Thursday 16 April
Friday 17 April
Monday 20 April
Tuesday 21 April
Wednesday 22 April
Thursday 23 April
Friday 24 April

Revised collection day

Tuesday 14 April
Wednesday 15 April
Thursday 16 April
Friday 17 April
Saturday 18 April
Monday 20 April
Tuesday 21 April
Wednesday 22 April
Thursday 23 April
Friday 24 April
Saturday 25 April

Visit www.newham.gov.uk/myneighbourhood

Jenkins Lane Reuse and Recycling centre - open as usual



Discover the rewards of social work



Shalarie Williams-Parkinson

Keeping young people happy, confident and safe, and giving them the kind of support they need, are key principles that underpin Newham Council's commitment to making the borough the best place for children and families.

In addition to recruiting 40 youth workers, the Council is also looking to attract much needed social workers who can bring their specialist skills to helping the borough's young residents reach their potential in life.

Shalarie Williams-Parkinson came to Newham from a neighbouring borough as a social worker and has been with the Council for more than four years. She said: "I would recommend Newham to anyone who is interested in working in a supportive and diverse working environment."

Shalarie works with looked after children. She became a social worker because she wanted to support young people at risk of sexual and criminal exploitation.

She said: "Before becoming a social worker, one of my most rewarding experiences was working with young offenders within a supportive role. At university I completed

two research papers that explored young people at risk of becoming involved with gangs and drugs and it gave me a better understanding of why young people think, feel, and act the way they do. It also helped me appreciate why early intervention is key to prevent them falling into social care or the criminal justice system."

Shalarie is proud of the fact that her work has allowed her to help young people make positive changes in their lives. She said: "That's why I love being a social worker. My additional learning needs, dyslexia, haven't stopped me from achieving my goal. I want everyone I work with to achieve theirs too!"

To find out more about being a social worker in Newham, visit www.newhamsocialworkerjobs.com



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The Investec Beyond Business Programme, at the Bromley by Bow Centre is offering start-up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham.

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To be eligible for a start up grant of up to £20,000 your idea for a Social Enterprise must:

- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding
- Have a clear social purpose and outcomes
- Full eligibility criteria will be sent to all applicants.

Need an expression of interest form?

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

The closing date for Submission of Expressions of Interest is 5pm - 15th May 2020.



London Borough of Newham COUNCIL TAX – 2020/2021

NOTICE IS HEREBY GIVEN that on 2 March 2020

Under Section 30(2) of the Local Government Finance Act, 1992, the Council of the London Borough of Newham set the following amounts of Council Tax for the period 1 April 2020 to 31 March 2021.

Dated 11 March 2020

Valuation band	Amount of Council Tax
A	£922.18
B	£1075.89
C	£1229.58
D	£1383.28
E	£1690.67
F	£1998.08
G	£2305.46
H	£2766.56

Dated 11 March 2020
Althea Loderick
Chief Executive

TOGETHER, WE'RE BRINGING COLOUR TO OUR BOROUGH

A series of proposed designs for public art and public space projects to be installed across Newham will soon be unveiled at an exhibition in East Ham.

The designs, which are part of the Shape Newham project, have all been based on the preferences expressed by residents who attended a series of interactive workshops in autumn 2019. The projects cover town centre areas in Beckton, East Ham, Green Street in Upton Park, Little Ilford, Plaistow, Manor Park, Maryland in Stratford, and Forest Gate.

The project is part of Newham Council's goal of putting people at the heart of everything it does by getting them involved in the decision-making process.

Mayor Rokhsana Fiaz said: "I'm really excited to see what these designs look like because I know they will help us all to feel proud of the place we all call home."

Since September last year, hundreds of people have got together to debate and discuss the kind of projects and where they want to see them installed in their borough.

Three resident and two youth group selection panels chose the artists who will work in their areas. Following this, meetings and workshops were held to make sure local communities had the chance to shape the designs to be exhibited.

The designs will be unveiled at the Shape Newham Design Exhibition on Thursday 2 April at East Ham Library. All residents, businesses and visitors to Newham can see the designs for the eight town centres. The Mayor will lead the celebration with a special launch at 6pm.

The designs, which will include creative street furniture, wall murals, greening, and artistic installations, will be installed later in the year. For further updates on the project, visit the Shape Newham website at www.shapenewham.co.uk

SHAPE
NEWHAM
DESIGN
EXHIBITION

EXHIBITION
THURSDAY 2 APRIL
EAST HAM LIBRARY
BARKING ROAD, E6
11AM-8PM

Citizens across the borough took part in workshops

A scene from the production *Soldier of Orange*

Royal Docks to host hit show



Residents are in for a treat after Newham councillors gave the go-ahead for a temporary theatre to stage *Soldier of Orange* – the hit Dutch musical already seen by more than three million people – in the borough's historic Royal Docks.

The innovative purpose-built theatre consisting of three buildings will be known as Royal Docks Theatre. It will include an auditorium with a 360-degree rotating 1,150 seat platform giving audiences an unforgettable experience as it turns from set to set to reveal a coastline with sand and sea, rainstorms, a palace, and a DC3 Dakota airplane.

Soldier of Orange – The Musical has broken all Dutch theatre records and is the longest ever running musical in The Netherlands. It celebrated nine years of sold-out performances last October.

It is based on the autobiography of Dutch resistance fighter Erik Hazelhoff Roelfzema who joined the Royal Air Force as a pilot during the Second World War. He was awarded the highest Dutch military honour for his work in the resistance.

Mayor Rokhsana Fiaz said: "It's a real privilege to welcome this world class production to Newham and to London. It's an exciting addition to our new plans for a dynamic and vibrant cultural offer in our borough and highlights our commitment to offer residents access to a rich, diverse and creative range of events and activities in Newham.

"The Royal Docks is fast becoming a vibrant new cultural quarter in London, complimenting the exciting programme of creativity, art and academic excellence emerging in Queen Elizabeth Olympic Park through the East Bank

project. All of this will support our innovative community wealth building and inclusive economy agendas where all our residents benefit from the opportunities accelerating in Newham."

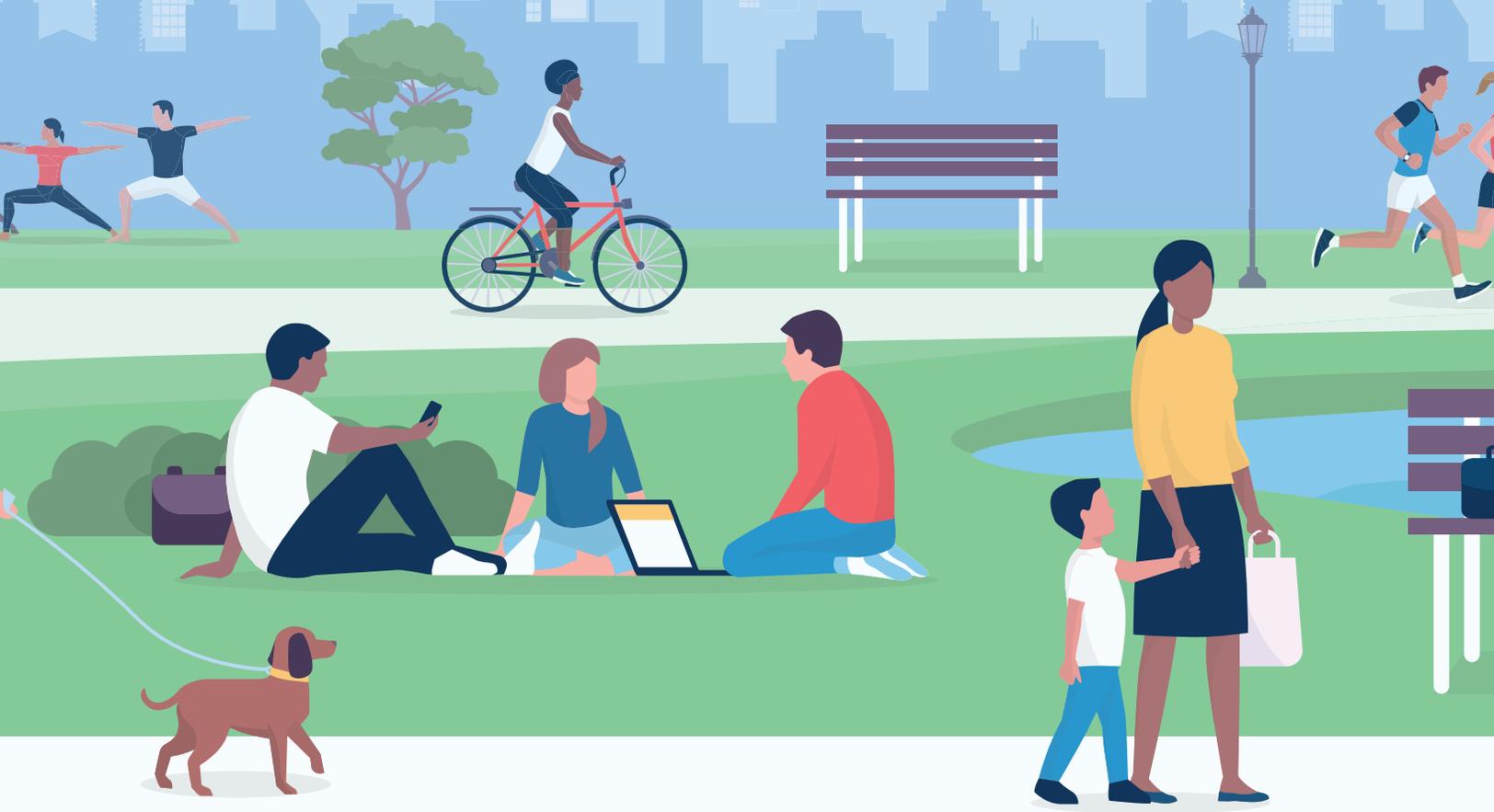
It is expected that 150 full-time jobs will be generated while the theatre is built, in hospitality and for the production itself. *Soldier of Orange* Ltd have promised to work with the Council's employment support service Workplace to maximise opportunities for local residents.

View of the entrance to the Royal Docks Theatre



An image from the hit show





Park life is an environment for all

One of the priorities for Newham Council is to ensure residents are proud of where they live and enjoy shared surroundings – and that includes improving satisfaction with parks and open spaces.

Robert Hastings has been a regular visitor to Beckton District Park where he first took his daughter Amelia as a six-month-old baby. Amelia is now aged six, and has been joined by brother Freddie, three, and the family still enjoy their visits to the slides, swings, climbing bridges, zipwire, and other play equipment in the park’s children’s area off Tollgate Road.

Amelia wrote to Mayor Rokhsana Fiaz, asking for her favourite park to have more things for her and her friends to play on, and for some of the older play equipment to be replaced.

Robert said: “Slowly over the years, some of the things got broken and were taken away and not replaced. Last summer I took Amelia and Freddie to the park and a bridge had been taken down and boarded up. This was one of Amelia’s favourite things to play on and she was upset. She said: ‘It’s not fair. There is nothing left to play on in the park, only a couple of swings.’”

The play area has now been transformed with £70,000 investment from Newham Council’s parks service and refurbished with a wide variety of new equipment, giving children a chance to enjoy the area.

The Council has also installed outdoor fitness equipment in Priory Park, Grangewood Street, East Ham; Hermit Road Recreation Ground in Plaistow; and Plaistow Park in Plashet Grove, East Ham.

Councillor James Asser, Cabinet member for environment, highways and sustainable transport, said: “We know that parks and green spaces help our residents lead healthier and more active lives and are very important to local communities.

“We are serious about investing in the future of our parks to benefit all our residents especially our younger park users like Amelia and Freddie. I’m glad the new play area gets the thumbs up from Amelia!”



Amelia with father Robert and friend Victoria Batir

ECOBOT JOINS THE CAMPAIGN TO BOOST RECYCLING

One of the ambitions of Newham Council's bold agenda to deal with the climate and health emergency is to encourage residents to waste less and recycle more. A colourful character is now helping to spread the word.

Ecobot is a mascot created as part of a competition with the borough's school children and developed by the Council's waste and recycling service.

Young people created sculptures using plastic bottles, paper and cards, and then the recycling team developed their designs into a mascot made from recyclable metal cans. Residents were invited last summer to suggest names for the new mascot and Ecobot was born.

Ecobot will be touring the borough with the waste and recycling service and will also appear on social media to demonstrate the changes we can all make to reduce our impact on the environment.

The Council is determined to tackle the climate emergency that is having a detrimental impact on the lives and health of residents. Encouraging people to reduce waste and recycle more will make an important contribution towards achieving that goal.

As part of the Council's Budget for the next three years, there is a proposal to invest an extra £600,000 each year to improve weekly recycling collections.

Councillor James Asser, Cabinet member for environment, highways and sustainable transport, said: "We have been working hard with residents to improve the rate and the quality of recycling.

"Recycling more reduces the need for extracting, refining and processing raw materials that leads to substantial air and water pollution. It also saves energy, reduces greenhouse gas emissions, and so helps to tackle climate change. If Ecobot encourages our residents to recycle more and reduce waste, it will play a vital part in helping us, as a borough, to tackle the climate emergency that affects us all."



LOVE FOOD, REDUCE WASTE

NEWHAM
CLIMATE
NOW

Half the rubbish thrown in the bin by Newham residents is uneaten food. This is made up from items like leftovers or food that has gone off before it could be eaten. In effect it means they are throwing away hundreds of pounds every year.

Getting rid of wasted food also costs Newham Council and there is an environmental impact of dealing with wasted food. There is an additional cost to the planet because food production, packaging and transportation, all produce carbon emissions which contribute to climate change.

Analysis by the Council reveals that half of what goes into Newham's bins is wasted food and more than half of this could have been avoided. If residents waste less food, it will cut both their costs and the Council's, allowing it to spend money on other services.

A group of residents took part in a four-week trial, measuring how much food they threw away and estimating its cost. The figures revealed they were throwing away on average 3kg of food every week, at a cost of £7.23 per household. One person threw away more than 5kg. Many said the trial had helped them realise just how much food they were wasting while others became aware that their food was going straight from their fridge or cupboard to the bin.



Reducing waste is a key target for the Council's waste and recycling team. The team gave residents tips on throwing away less food with the result that by the end of the trial people were wasting 30 per cent less. One of the tips that most helped people save money was making sure they knew what they needed to buy before they went shopping, either by making a list or taking a picture of what they already had in their cupboards or fridges so they didn't double buy.

Love Food Hate Waste, a campaign that raises awareness of the need to reduce waste, estimates an average family of four could save £720 every year by cutting the amount of food they waste. For tips visit www.lovefoodhatewaste.com/why-save-food and also look for food waste reduction tips from Newham's Ecobot on social media. Be sure to follow the #NewhamEcobot tag.

What you said:

"I HAVE SEEN THAT MOST OF MY FAMILY'S FOOD WASTE IS COMING FROM THE FRIDGE AND THE CUPBOARD VIA FOOD THAT HAS GONE OFF."

"MY WASTE IS FROM THE UNUSED FOOD. I DEFINITELY OVER BUY AND STORE TOO MUCH. I DO COMPOST BUT IT'S LIKE I'M JUST PUTTING MONEY IN THE COMPOST BIN ON SOME DAYS."

Visit www.newham.gov.uk/recycling for the Council's online Recycleopedia to see what you can and can't recycle, when your recycling collection day is, and how to report missed collections.

Change in frequency of the Newham Mag



Newham Council publishes the Newham Mag as a way of keeping residents informed about essential services, events and activities happening across the borough.

After this edition of the Newham Mag, frequency will be reduced from one edition per month to one edition every two months, and then a further reduction to quarterly publication at a later date. This is being done as a way of saving money and in an effort to lessen the impact on the environment.

Newham Council is committed to keeping residents up to date with what is happening, including all the latest news and information about what's going on in your borough. You can continue to follow us on Twitter (@NewhamLondon), Facebook (newhamcouncil) and Instagram (@NewhamLondon). You can also find news and information, as well as accessing services, on our website

www.newham.gov.uk

We are developing a proposed regular resident e-newsletter to send the latest Newham news and information straight to your inbox. If you would like to sign up for future newsletters please email us at Newham.mag@newham.gov.uk

We will keep your data secure and you can unsubscribe at any time. We will also not share your data with anyone else without your consent.

Tell us the sort of things you would like to hear about, and how often you would like to receive emails from us. We still want you to see us as a key point for vital information that reflects the borough, its diversity, its people and your achievements. And you can still look forward to receiving the next edition of the Newham Mag in print and online sometime in May.



CULTURE

UNLOCKING A FEAST OF

Newham's residents are set to benefit from a cultural festival of events and activities across the summer and beyond that showcase the rich cultural and diverse mix of creativity that exists in the borough.

A new look festival is being unlocked with residents and arts organisations in a bid to unleash the artistic talents of the borough's people and especially the younger generation.

Mayor Rokhsana Fiaz said: "We have some marvellous opportunities and big plans to embrace the creativity that is bubbling away here and ignite it further by co-producing a powerful arts and cultural programme with our residents that reaches all of our diverse borough, opens opportunities and gets more people taking part."

The Mayor has met many of the arts and academic organisations already in Newham or emerging in Stratford's Queen Elizabeth Olympic Park through the East Bank project. These include Rosetta Arts, Theatre Royal Stratford East, Sadler's Wells, BBC Symphony Orchestra, the Victoria & Albert Museum, the Smithsonian Institution, English National Ballet, London Film School, East London Dance, the Royal Docks Enterprise Zone, Future Foundation for London plus

many more.

The events programme will be part of a new cultural strategy for the borough that supports the Mayor's Community Wealth Building and Inclusive Economy agendas.

The cultural strategy goes hand in hand with a commitment by the Mayor to deliver the biggest expansion of youth services seen in Newham for a generation. It includes the Stratford Circus building as a creative youth arts centre offering creative experiences and opportunities for young people, offering them the best of training, mentoring, and development in one of the fastest growing sectors in London. It will form part of a network of youth zones offering young people safe spaces to enjoy a range of activities, development opportunities alongside support and guidance to achieve their best

The cultural strategy will also shape plans to celebrate the tenth anniversary in 2022 of Newham hosting the 2012 Olympic Games and Paralympic Games.

More information about the exciting programme of events will be published at www.newham.gov.uk/events as they become available.

Bloomin' Forest GATE

Throughout March Bloomin' Forest Gate will be making things cleaner and greener in Forest Gate with an exciting month long programme of planting activities, park events, gardening lessons, children's activities and much more.

For more information and to see the full programme go to: www.newham.gov.uk/BloominForestGate



#Bloominforestgate



Newham Door to Store Shopping Service Canning Town South receives a grant of £10,400 from The Post Code Community Trust

Newham Community Transport Canning Town South Door to Store Service, due to launch on the 6th March 2020, has received a grant of £10,400 from The Post Code Community Trust. Postcode Community Trust is a grant giving charity funded entirely by players of the People's Postcode lottery.

The funding will enable Newham Community Transport (operated by Community Transport Waltham Forest) to start up a much-needed shopping service for individuals living in the Canning Town South area who require assisted transport to undertake their everyday essentials such as shopping. The service will be taking clients to the Gallions Reach Shopping Centre which offers a supermarket and a wide variety of retail outlets. The service offers a home pick up and return, (£2 each way) with a good 2 hours available to spend at Gallions Reach Shopping Centre. There will be plenty of time for clients to do their shopping, meet new people, have a meal or share a cup of tea with a friend before returning home. This service will form part of a wider service package aimed at reducing loneliness and isolation among older people in Newham such as our Excursions programme and Sunday Lunch Club. Bob Belam, Chairperson Community Transport Waltham Forest, said "This grant will provide the foundation to building a community designed transport service in Newham to best meet the needs of residents with a mobility need to access and participate in undertaking their everyday essentials as well as becoming active engaged citizens in community life."



Get Up and Go EAST Excursions Club

Our excursions club for the Elderly is a firm fixture in the calendar for our Newham members seeking day trips and outings to places of interest, trips have included Cambridge, Southend, Rochester, Whitstable. We are already planning for this year's trips.

More information on the service contact Jackie Mattock Newham Outreach Officer on 07719964166 or email jackie@ctwf.co.uk



Sunday Lunch Club

Newham Community Transport in partnership with local charity Ambition Aspire Achieve hold a Sunday Lunch Club twice a month at the Arc in the Park. The Sunday Lunch is for people that are over 60, living alone and are social isolated, the session includes a meal, activities and time for chat with a door to door pick up service for individuals with a transport need.



Newham Community Transport is operated by Community Transport Waltham Forest and aims to provide transport services to individuals and organisations in Newham who have a transport need.



DRIVEN BY OUR COMMUNITY



More information on the service contact
Jackie Mattock Newham Outreach
Officer 07719964166





Have you washed your hands?

Regular careful handwashing, or hand sanitiser use, are highly effective ways of stopping viruses.

It's best to do this when you get home or into work, blow your nose, sneeze or cough, eat or handle food.

For the latest information and health advice on Coronavirus (COVID-19) go to [nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)

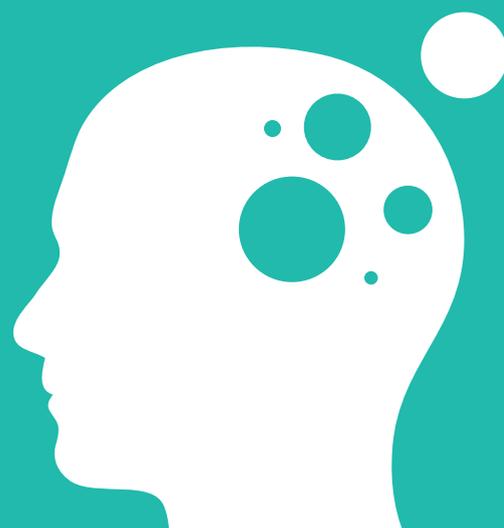
If you are concerned that you may have come into contact with Coronavirus please go to 111.nhs.uk/covid-19

Helping students stay strong



Citizen Journalist Catarina Joele writes about the mental health challenges faced by young people at a key point in their lives.

mental health



One in every four people suffers a mental health problem every year, according to the mental health charity Mind.

For many, the first signs of mental health difficulties appear while at university. Stephen Buckley, Head of Information at Mind, said: “Changes in your environment such as living independently, often for the first time, meeting and working with new people, managing money, being away from your support network and work deadlines or exams can all cause pressure and stress.”

He believes universities can play a vital role in helping students look after their mental health and wellbeing. They can offer them opportunities to speak openly about their mental health both in listening services and peer support networks. He also thinks they can go further by extending deadlines, allowing exam resits and offering the chance to complete courses part-time.

University of East London (UEL) provides access to support 24/7 through an online space called Big White Wall at www.bigwhitewall.com and it also has a student wellbeing team that can make referrals to specialist services as and when needed.

The university is linked to the Royal Docks Medical

Practice, giving students easy access to GP services. UEL can also help young people access other specialist NHS services such as counselling or talking therapies.

Staff offer daily appointments across both Docklands and Stratford campuses for students to talk about their difficulties at Drop-in Advice sessions. They can get advice and information or be referred to wellbeing practitioners (counsellors/CBT therapists), mental health practitioners, consultant psychiatrists or other external agencies.

Yannis Andreadakis manages the counselling service at London Metropolitan University and has been working in higher education for 12 years. He acknowledges that “for the last five years, we’ve registered a continuous increase on the demands for support and the complexity and intensity of the difficulties we work with”.

He said the top two issues that students are facing when they seek support from the counselling services at the university are mental health and mood issues – including depression, anxiety and panic attacks, in more severe or mild intensity. Other issues include personality disorders, eating disorders, gender identity disorders,

disorders, eating disorders, gender identity disorders, grief and other acute mental health difficulties.

Yannis says students also look for help in the counselling service following distressing experiences such as discrimination or sexual harassment that have happened away from the university.

Different institutions have different approaches to counselling and mental health. Instead of providing reactive care – students seeking help when they already have a problem – London Metropolitan University invests in proactive care. This includes educational workshops where students learn about coping mechanisms and strategies. “Students who are aware of this are less likely to develop mental health issues or feel lonely and isolated,” says Yannis.

A report by the Institute for Public Policy Research in 2017, Not by degrees: Improving student mental health in the UK’s universities, revealed:

- A record number of students, 134, died by suicide in 2015, an increase of 79 per cent between 2007 and 2015.
- In 2014/15, a record number of students (1,180) who experienced mental health problems dropped-out of university, an increase of 210 per cent compared to 2009/10.



24/7 HOUR MENTAL HEALTH CRISIS PHONE LINE 020 7771 5888



Support is available for anyone living or working in Newham from a 24-hour Newham Mental Health Crisis service telephone number, 020 7771 5888. This is the number to call if someone’s mental health is deteriorating, they are in distress or can’t cope.

For a full list of all East London Foundation Trust (ELFT) crisis line phone number services across ELFT, visit: www.elft.nhs.uk/Contact-Us/Get-Help-in-an-Emergency

Mind offers tips to cope with student life online: <https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/about-student-mental-health/> but to speak in confidence call 0300 123 3393 (Mon - Fri, 9am - 6pm) or 07850 788514 for support out of hours.

Newham’s Citizen Journalist panel was formed as part of a commitment by Mayor Rokhsana Fiaz to ensure open and transparent democracy in Newham. Panel members write articles on subjects that matter to them and offer a different perspective about what’s happening in the borough.





Lorrie Brown
- A salute to
Vera Lynn

Let's party like its 1945

On 8 May it is the 75th anniversary of Victory in Europe (VE) Day and Newham Council wants to help residents mark the occasion with street parties.

The Council will be joining the rest of the country to celebrate the end of the Second World War in Europe in 1945 with events including a tea dance at the Old Town Hall, Stratford on 8 May. At 3pm, the Council will take part in the Nation's Toast to the Heroes of World War II with a special drink.

Residents can look forward to an afternoon of live music, dancing, singing and refreshments as well as a prize for the best dressed person. The afternoon will also include performances from The Simon Bates Big Band who will treat audiences to a diverse range of tunes from Louis Armstrong and Perez Prado to Glenn Miller and Duke Ellington, as well as Lorrie Brown's A Salute to Vera Lynn. The tea dance is open to all ages, young and old. For more information go to www.newham.gov.uk/teadance email CN.Stratfordwestham@newham.gov.uk or call Stratford Library on 020 3373 0826.

If you would like to join in and organise festivities of your own, you can apply to the Council for a Let's Get the Party

Started grant. Visit www.newham.gov.uk/party for more details.

The Council's community neighbourhoods will also be organising events across the borough. More details will be released once exact events have been confirmed. Visit www.newham.gov.uk/CommunityNeighbourhoods to find out more.

Councillor Charlene McLean, Deputy Mayor and Cabinet member for community neighbourhoods, said: "Seventy-five years ago the nation came together to celebrate the end of a six-year-long war that cost millions of lives, tearing apart families, homes and entire cities. When news came that Germany had surrendered people across the world celebrated with street parties, dancing and singing.

"These anniversary celebrations are an important way for us all to acknowledge the sacrifices of the armed services, some of whom came from far flung corners of the British Empire and fought to protect and preserve our way of life."

**VE Day 75th Anniversary Celebration, Friday 8 May,
1.30pm to 4.30pm, Old Town Hall, Stratford, E15.
FREE to all Newham residents or £5 for non-residents.**

Make a difference to a child every month

We are looking for short break foster carers who can spare at least one weekend a month to care for a child with a physical or learning disability.

Just one weekend a month makes all the difference to a family.

As a Short Break Foster Carer we will support you through:

- A generous allowance
- A one-off grant of £750 to set up your home
- Bespoke training in relation to the child you are caring for
- Support from our specialist services
- Being part of a team supporting children in Newham

Interested?

If you would like to find out more about respite fostering please give us a call on **0800 0130 393**.

www.newham.gov.uk/fostering



Age
3-4

30

hours

Newham London



Attention working parents Free childcare for 3-4-year-olds

See who is offering places in Newham at
www.newham.gov.uk/30freehours

Apply early and don't miss out.

For further information please contact
30hourschildcare@newham.gov.uk
020 3373 0980



Newham London

Are you interested in the provision of education and keen to support your local community?

Admission Appeals Parents/guardians have the right to appeal against the decision of the Admission Authority when their child is not allocated a place at their preferred school. These appeals are heard by an Independent Panel consisting of lay persons and school governors.

Voluntary members are currently being recruited to sit on these hearing panels.

We are looking for people from a range of backgrounds. You do not

need any particular qualifications or be involved in the education sector, but you will need to be:

- Articulate
- Non judgemental
- Able to make rational and reasonable decisions
- Community focused and keen to participate in a voluntary non-paid role (A fixed rate is paid to cover expenses)
- Able to attend full day training sessions (Admission Training is scheduled for Monday 23rd March

– both at Newham Dockside. (1000 Dockside Rd, E16 2QU). You must attend the training day relevant to the Panel(s) you applied for).

All panel members are required to undertake a DBS check and may be required to attend a short informal interview.

For more information and how to apply visit

<https://www.newham.gov.uk/Pages/ServiceChild/Volunteering-opportunities.aspx>

LOCAL DEMOCRACY BEARS FRUIT



Food festivals, the installation of green gyms in parks and food growing initiatives are just some of the exciting projects that have been delivered after Newham residents chose them during Citizens' Assemblies.

Thousands of residents have taken part in the assemblies held across the borough's community neighbourhoods where they discussed a variety of local projects to help improve their environment.

Now, at the next round of assemblies, which begin in April, residents will have the chance to find out which projects were successfully completed. They will also have an opportunity to share their experiences of taking part in Citizens' Assemblies and suggest how similar, future engagement could be improved.

These assemblies mark the end of an 18-month period of engagement which began in September 2018 and included the development of community plans agreed in April 2019. Since then, the Council has delivered a variety of projects chosen by residents.

Mayor Fiaz said: "I want Newham to become a shining example of participatory democracy and Citizens' Assemblies are a key part of my vision for our borough.

"The fact that residents have turned out in their thousands to share their ideas and plans for their communities shows they are keen to play an active part in the decision-making that ultimately affects them on a daily basis. I hope they will continue that collaboration by attending this latest round of assemblies, sharing their thoughts with each other and with our community neighbourhood staff to strengthen our participatory democracy."

Registration is preferred but not essential.

To register visit www.newham.gov.uk/CitizensAssemblies

For more information contact CitizensAssemblies@newham.gov.uk

SPRING ASSEMBLIES

Manor Park:

Weds, 1 Apr, 6.30-9.30pm,
Jack Cornwell Community Centre, Jack Cornwell Street, Manor Park, E12 5NN

Beckton & Royal Docks:

Thurs, 2 Apr, 6.30-9.30pm,
Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16 2JB

Green Street:

Sat, 4 Apr, 11am-2pm,
Katherine Road Community Centre, Katherine Road, E7 8PN

Custom House & Canning Town:

Weds, 8 Apr, 6.30-9.30pm,
Canning Town Library, 18 Rathbone Market, Barking Road, E16 1EH

Plaistow:

Tues, 14 Apr, 6.30-9.30pm,
Old Town Hall (Will Thorne Chamber), 29 The Broadway, E15 4BQ

Forest Gate:

Thurs, 16 Apr, 6.30-9.30pm,
Forest Gate Learning Zone, (Sports Hall) 1 Woodford Road, E7 0DH

East Ham:

Tues, 21 Apr, 6.30-9.30pm,
Newham Town Hall (Lister Room), 328 Barking Road, East Ham, E6 2RP

Stratford & West Ham:

Weds, 22 Apr, 6.30-9.30pm,
Old Town Hall (Will Thorne Chamber), 29 The Broadway, E15 4BQ

VOTE FOR THE MAYOR OF LONDON AND LONDON ASSEMBLY ON 7 MAY

On Thursday 7 May residents in Newham will join fellow Londoners in going to the polls to elect a Mayor of London and who they want to represent them on the London Assembly.

On polling day you can go to your polling station between 7am and 10pm. Before the election, you will receive a polling card telling you where your polling

station is located.

You don't need to bring the card with you to the polling station, but if you do, it will help the staff find your name. You can also find out where your polling station is by visiting www.newham.gov.uk/vote

You will be given three ballot papers. Each ballot paper is a different colour.

Voting for the Mayor – PINK ballot paper

You can vote for your first and second choice of who you want to be Mayor. The ballot paper shows which political party each candidate belongs to, or if they are standing as an independent candidate.

In column A, you mark X in the box next to the name of your first choice. In column B, you do the same thing for your second choice. Your second choice must be different from your first choice. If you mark the same name twice, or only mark a second choice, your votes will not be counted.

If a candidate receives more than half of all the first choice votes they are elected immediately. If this does not happen, the two candidates with the most first choice votes go through to a second round. All other candidates are eliminated.

The second choice votes of everyone whose first choice has been eliminated are then counted. Any votes for the remaining two candidates are added to their first round totals. So, casting a vote for your second choice doesn't reduce the chances of your first choice candidate being successful.

The candidate with the highest combined total of first and second choice votes will be elected as Mayor of London.

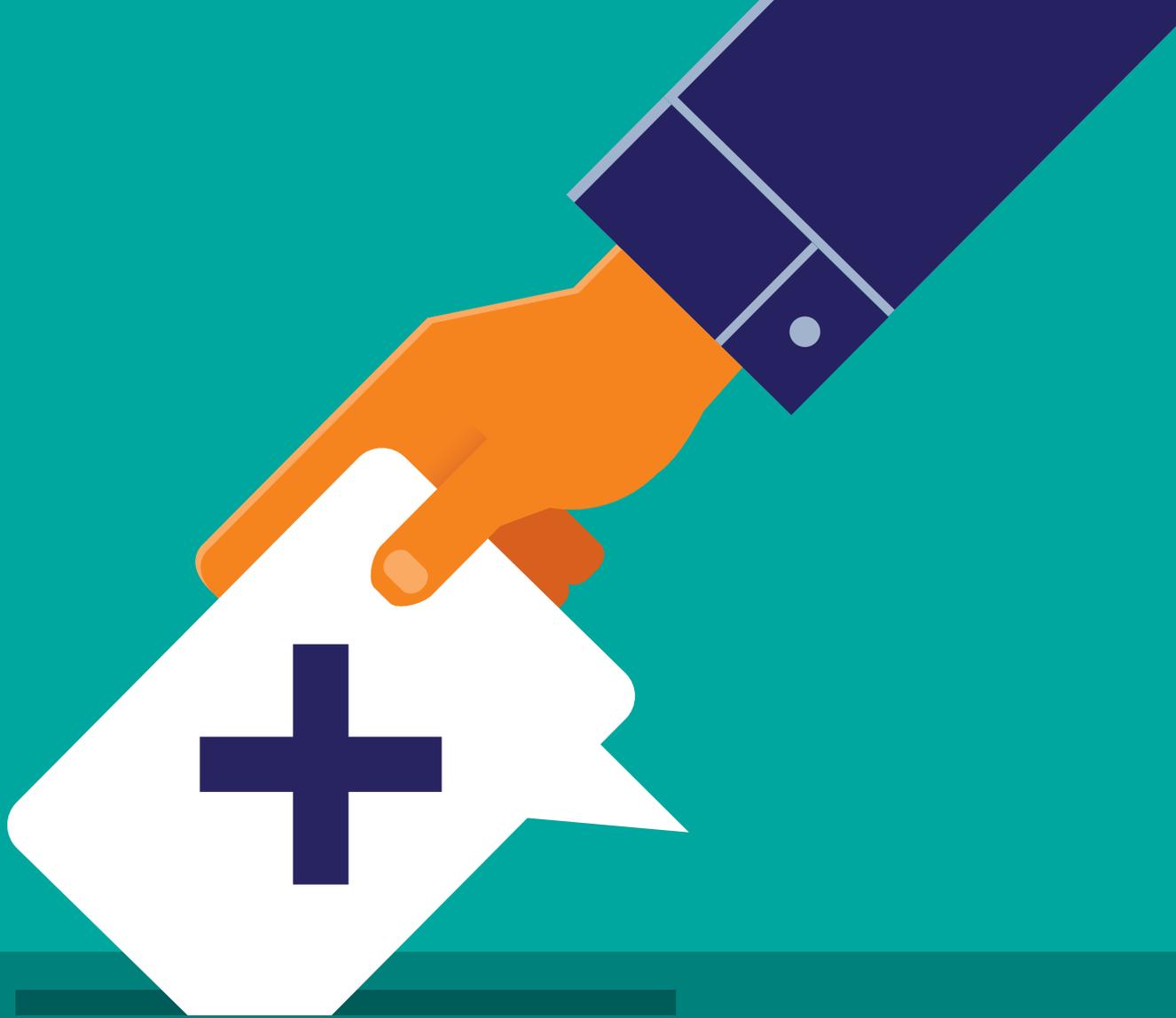
Voting for your Constituency London Assembly Member – YELLOW ballot paper

You can vote for one candidate to represent your London Assembly constituency.

Mark the box with an X next to the candidate you would like to vote for. Your London Assembly constituency is not the same as the constituency you vote for in general elections. Newham's constituency is City and East.

Vote for your London-wide Assembly Member – ORANGE ballot paper

You can vote for one candidate to represent the whole of London on the London Assembly. Again, you mark the box with an X next to the candidate you would like to vote for.



Registering to vote

If you are registered you can vote in the Mayor of London and London Assembly elections in person, by proxy or by post. The deadline for registering to vote in person is Tuesday 21 April. You can register at www.gov.uk/registertovote

If you are not able to vote this time, you can still make sure you're on the register for future elections.

Postal and proxy voters

If you've applied to vote by post, you should receive your ballot papers about 11 days before the election. You need to return your marked papers in the sealed, pre-paid envelope provided. Your ballot papers must reach us before 10pm on 7 May for your vote to be counted.

The deadline to register for, or amend an existing, postal vote is 5pm on Wednesday 22 April. Download a form from <https://www.gov.uk/government/publications/>

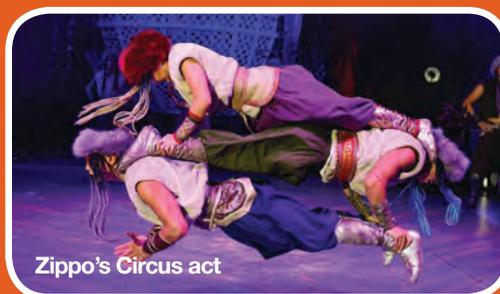
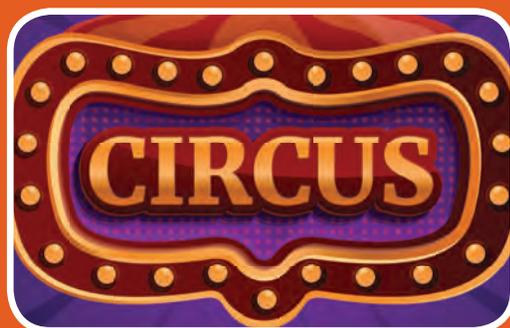
apply-for-a-postal-vote

If someone else will be voting on your behalf (by proxy), they will go to the polling station and mark the ballot papers as you've requested. The deadline to register for, or amend an existing, proxy vote is 5pm on Wednesday 29 April. Visit www.gov.uk/voting-in-the-uk/voting-by-proxy for more details.

If after Wednesday 29 April you have an emergency that means you can't get to a polling station, you can apply for an emergency proxy vote. The person who is voting on your behalf must be registered to vote in their own right. You can find emergency proxy forms at <https://www.electoralcommission.org.uk/i-am-a/voter/voting-person-post-or-proxy/voting-proxy>

Votes will be counted on Friday 8 May. For more information about voting and the elections, visit <https://londonelects.org.uk/>

WIN TICKETS TO SEE ZIPPO'S CIRCUS



Zippo's Circus act

Families keen to get a taste of old-fashioned fun have a chance to win tickets to see Zippo's Circus when it comes to East Ham.

On offer are five sets of VIP ringside family tickets (two adults and two children), complete with free popcorn and candyfloss for each member of the family.

Visitors can look forward to a new 2020 production called Nomads to reflect the Mongolian Troupe of acrobats who will be appearing in the UK for the first time. The thrilling Brazilian Lucius Team of motorcyclists will also be taking centre stage as they perform at speeds of 60mph in the Globe of Death.

Zippo's Circus will be in Central Park, High Street South, East Ham, from Tuesday 28 April to Sunday 1 May.

For a chance to win one of the prizes, just answer this question:

How fast do the bikers go in the motorcycle Globe of Death?

Send your answer to: outtalondon@gmail.com by 31 March, together with your name, email, and phone number.

Councillor is awarded Freedom of the City of London

Councillor Nazir Ahmed, Deputy Chair of Newham Council, has received the honour of being awarded the Freedom of the City of London for his legal and community services.

Councillor Ahmed, who represents Little Ilford Ward, received the award at the Guildhall, City of London.

He has been actively involved in community works in the East End for the past three decades and has been practising law for the last 20 years. In addition to his legal work he has also written five books and been recognised for his literary works with a Fellowship from the Royal Society of Arts.

Councillor Ahmed said: "I am extremely humbled to have received this honour and would like to dedicate this to my community, particularly to the beloved residents of Newham. This honour will, no doubt, inspire and motivate me to work more for the betterment of the community."



Cllr Nazir Ahmed with award

RED DOOR STUDIOS – so much more than a vintage café



DJ Phil



Citizen Journalist Neandra Etienne discovers the delights hidden behind Red Door Studios, a gem located in the heart of East Ham.

Typically, anything to do with vintage or hipsters is usually associated with Brick Lane, Shoreditch or Hackney, but I am very pleased to be able to add East Ham to that list.

Just past Central Park, on Masterman Road, opposite a car mechanics and repair shop, is the cutest community café inside Red Door Studios. But it's so much more than a quaint café; it offers a variety of activities and events for creative minded people including workshops, classes, music, literary and arts festivals, exhibitions, cabaret, poetry, podcasts, album and book launches.

Liz Clough, curator at the studios, took over from the previous owner in 2013. She said: "I saw it as a valuable opportunity to run an interesting creative project in a lovely old building. I could also base my studio and artistic practice there as I was already living locally."

I felt the vintage vibe as soon as I entered and walked

past an old style J.Sainsbury delivery bicycle. The outdoor seating conservatory area featured lots of quirky furniture, collectables and bric-a-brac accessories. I felt right at home because I love this style of interior design.

At an open window you can order refreshments, meals and homemade cake – I tucked into vegan chocolate cake, washed down with an herbal tea.

The main room is a mixture of eclectic style, an old piano, lots of books tucked away in cupboards and old school vintage chairs.

DJ Phil Russell played a variety of Blues, Swing, Jazz, Rhythm & Blues, Rockabilly and Rock & Roll dance music from the 1930s, 1940s, 1950s and early 1960s during Phil's Rockin Music Session. There was even room on the dance floor for anyone who fancied having a boogie.

Sometimes, usually in the evening, local musicians perform and I was lucky enough to see The Magic Lantern and Campbell Sibthorpe play live. It was a lovely atmosphere.

The cafe is open on the last Saturday of every month from 12pm to 5pm. For more information, visit www.throughthereddoor.org

Newham's Citizen Journalist panel was formed as part of a commitment by Mayor Rokhsana Fiaz to ensure open and transparent democracy in Newham. Panel members write articles on subjects that matter to them and offer a different perspective about what's happening in the borough.



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



Aaisha Assad Mahatma, 10



Sirumalla Srija, 11



Lily Itoje, 8



Liyana Ahmed, 5

Poem

HOSPITAL!

GOSH!

The food is boring,
Every night I hear people snoring.
I hear people talking,
People walking,
OMG!
It's really annoying.

Great Ormond Street Hospital,
Compared to it I'm very small.
The doctors and nurses are very kind,
But when it comes to staying behind,
When finding out you were going
home tonight,
It makes your temper very high!

Having a blood test,
Is not my best,
Because my veins don't show,
I want to go,
But the nurse says NO!

When I had two operations,
I saw other patients.
Before we were leaving,
We had to wait for my medications.
The nurse had to take my
observations,
The doctor had to give me another
examination.

Brooklyn Singh, 13

Colour-me-in Word-Fit

Word-Fit

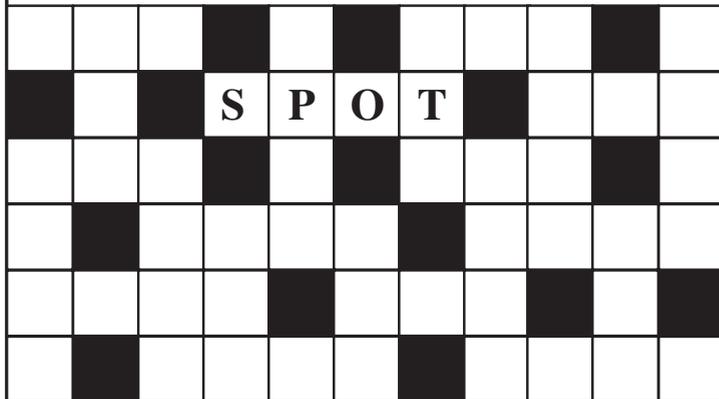
You must fit all the words into the grid

3 letters

- Axe
- Bus
- Emu
- IOU
- Ode
- Oil
- Own
- Set
- Sty
- Vex
- You

4 letters

- Apex
- Buff
- Clam
- Flex
- Menu
- Nine
- Open
- Prom
- Stem
- Taxi
- Tour



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.



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, 10.30-11.30am, Forest Gate; **Tues, 10:30-11:30am, Thurs, 2-3pm, Plaistow**; Tues, 10.30-11.30am, Beckton; **Mon, 10.30-11.15am, Custom House**; Tues, Fri, 11am-12pm, Stratford; **Tues, 10-11am, Thurs, 10-11, 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. Run by Rebecca Cheetham Children's Centre. **Mon, 10-11.30am, Stratford**

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, 10am -11am, Tues, 9.30-11am, 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 **Mon, 16 Mar, Mon 23 Mar, 2.30-4pm, at NCT Milkbar, Rebecca Cheetham Nursery Children's Centre, Marcus St, E15**

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 🌈 Parents with children aged three or under welcome for pre-school fun and activities. Contact Mrs F Patel on 020 8514 9860 for more details. **Tues, 2-3pm, term time. Sir John Heron Primary, School Road, Manor Park.**

Saturday Family Fun Older siblings welcome. **First Sat of the month, 10.30am-12.30pm, Beckton Globe Library.**



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; Mon, 4.30-5.30pm, Plaistow**

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

Homework Club 🌈 Free study support for young people at their local library. 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**

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

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

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**

Chatter Books (7-12yrs) 🌈 Book club aimed at inspiring young children to read for pleasure. **Sat, 2.30-3.20pm, Plaistow; Tues, 4-5pm, Fri, 5-7.30pm, Sat, 3.30-5.30pm, 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**

Science Club Join our fun, interactive science club conduct experiments, watch demonstrations and record the results. **Tues, 4.30 -5.30pm, Plaistow; Mon, 4-5pm, Manor Park**

Children's martial arts For children aged 15 and under. Learn a range of martial arts including Shaolin mantis kung fu and Indian kalari payyat. **Mon, 5pm; Sat, 11am, Ithaca House, 27 Romford Road, Stratford, E15. First lesson free. For more details, call Paul 07702 594 398**

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 ★ 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 Tues of the month, 6.30-7.30pm, East Ham; First Tues of the month, 6.45-7.45pm, Plaistow; 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. Fourth 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

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

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

E20 Board Games ★ 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 sonsequin@

hotmail.com Mon, 6-7.30pm, Stratford; Thurs, 5.30-8pm, East Ham

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; Forest Gate, Mon, 11am-12.30pm, Beckton;

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

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

Studio Sessions - Music Production Workshops ★ Fri, 5-7pm, term time, ASTA Community Centre, 14a Camel Road, Silvertown, E16; Contact Newham Music for more details on 020 3598 6260. Thurs, term time, 6.30-8.30pm, Little Ilford Learning Zone, 1a Rectory Road, Manor Park, E12

Sing East Community Choir ★ Weds, 8-9pm, term time, Chobham Academy, 40 Cheering Lane, Stratford E20. Contact Newham Music for more details 020 3598 6260

East Edge Sisters (E6) Monthly meeting of the Women's Institute branch to allow women to develop new skills, discuss important issues and build new friendships. First meeting free. For more details, email: eastedgesisters@gmail.com Second Tues, of the month, 7.15-9.15pm, St George & St Ethelbert's Church, Burford Rd, East Ham.

Talking Point English Conversation Classes (intermediate) for adult learners seeking to improve their conversation skills. Call Chris on 07722 521032 for more details. Sun, 3.30pm-5pm, £2 p/class, USS, 1 Salway place, Stratford, E15 1NF

Long Term Health Conditions Support Group Join our User-led Support Group which aims to bring together residents with various health concerns to support each other and to share information/experiences. Third Thurs of month, 4.30-6.30pm, Canning Town

Charity Car Wash Help raise funds for the Fire Fighters Charity at a car wash at Stratford Fire Station, 117 Romford Road, Stratford. Sat, 28 Mar, between 12 and 4pm

Celebrate Easter Come along and join our fun Easter activities at Plaistow Library. Mon 6 Apr to Sat 18 Apr



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



COMMUNITY
ACTIVITIES

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**

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



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

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: khanqublackbelt@yahoo.co.uk or call 0798 4684805. **Fri, 6.45-7.45pm, Green St**

Silat Martial Arts Classes Classes for boys (7-16), 12-1pm, £5; girls (7-16) 11am to 12pm, £5; and men (16+), 2-4pm, (£10). Sun at 266 High St North, Manor Park. Register online at <http://tiny.cc//martialArtsAtJamia> or call 020 8472 5663



GREEN

Newham Green Gym Conservation at East Ham Nature Reserve, Norman Rd, E6. Visit www.newhamgreengym.org for more details. **Weds, last Sat of the month, 10am-1pm**

Community Gardening **Thurs, 4.30-6pm, St John's Green, Albert Road, North Woolwich; Fri, 10am-1pm.** Grow Together, Be Together Community Garden, Wellington Rd, East Ham

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 Earham Grove, E7 9AS**

Advice and Advocacy Service

Help with benefits, universal credit, housing, employment, money and form filling. Open to all, no appointment needed. **Mon, 12-5pm, Ascension Church Centre, Baxter Road E16 3HJ** www.ascensioncommunitytrust.org/advice-service



HEALTH AND
FITNESS

Yoga Build strength and tone muscles, reduce body pain, stiffness and fatigue. Suitable for all levels, open to men and women. **Mon, 6-7.30pm, Beckton (open to all); Thurs, 6-7.45pm (over 55s), Forest Gate; Sat, 10am-12pm, Thurs, 5.45-7.45pm (£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, Katherine Road C.C; Weds, 5.30-6.30pm; (Cost: Donate what you can).**

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

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

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**

Pilates and Back Solutions **Mon, 10-11am; Tues, 8-9am; East Ham**

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

Hatha Yoga £5 first class, email 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

Zumba with Cuban David For more details call David on 07950424778 or Chris on 07956723915. Mon, 6.30-7.30pm, £5 per class. Queens Road West Community Centre, 63 Queens Road West, Plaistow, E13 0PE.

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

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

Fitness 🌟 Sessions free for over 55s but £1 for under 55s. 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

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

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

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

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 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 (55yrs) 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 Fri, 10.30am-4.30pm, St Luke's C.C, Tarling Road, E16

Tai Chi Mon, 12.15-1.15pm, £2, The Well C.C; Weds, 8.15-9.15am, Forest Gate

Creative Coffee Morning (65yrs+) 🌟 For more information, call Colette on 020 8279 1002 or colette@stratford-circus.com Thurs, 10am-12pm, Stratford Circus Arts Centre, Theatre Square, Stratford, E15; Tues, 2-2.30pm, Katherine Road C.C

Over 55's fitness session 🌟 Register at Plaistow Library. Fri, 11am – 12pm, Newham Leisure Centre

Keep Fit Line Dancing for Over 55s 🌟 Weds, 2.30-4pm, Custom House & Canning Town neighbourhood centre, E16. Call 07930 352453 for more details.

Chair-based Exercise Fri, 11am-12pm, East Ham

Move Me Dance Tues, 10-11am, East Ham

Walking Group Social walks in the Beckton and Royal Docks areas. Every third Fri of the month, 1.15pm, Beckton: Saturday walking group meet at 10.45am weekly. Email CN.BecktonRoyalDocks@newham.gov.uk for more information.

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 07306 010857 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 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. Tues, 17 Mar, 7pm, Overview and Scrutiny Cttee. Mon, 30 Mar, 7pm, Council, Main Hall, Old Town Hall, Stratford; Mon, 6 Apr, 7pm, Local Development Cttee; Tues, 7 Apr, 6pm, Cabinet
For the full list of meetings visit www.newham.gov.uk/councilmeetings

CONTACT THE MAYOR

Mayor's Surgery By appointment only. Sat, 21 Mar, 10am-12pm, Stratford Library, The Grove, Stratford, E15; Sat, 11 Apr, 10am-12pm, Forest Gate Library, Woodgrange Road, E7; Sat, 25 Apr, 10am-12pm, East Ham Library, Barking Road, E6. Call 020 8430 2000 to book or email **Mayor@newham.gov.uk**

Telephone surgery Weds, 22 Apr; Weds, 20 May. 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
- Plaistow** 020 3373 0859
- Stratford** 020 3373 0826
- Archives and Local Studies** 020 3373 6881

COMMUNITY CENTRES (C.C)

- 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

HOW ACTIVENEWHAM CAN SUPPORT YOU TO BE YOUR OWN HERO!

Our Poolpods

Following on from the success at the London 2012 Paralympic Games, Poolpods are now available in Newham. activeNewham have been lucky enough to receive funding to create inclusive swimming environments for people with long-term health conditions, disabilities and rehabilitation needs.

Poolpods are available to use at East Ham and Newham Leisure Centres. Poolpods offer a variety of benefits, ensuring independent and dignified access for activeNewham customers with pool-side struggles or disability restrictions when entering and exiting the pool by the traditional method. Poolpods are operated by a wristband, which is used to activate the pod on pool-side arrival, and while in the pool. This removes the need to require staff/carer assistance. Fitted with an automatic safety door and seat belt, this protects, reassures and makes the user feel comfortable they are safe from any possible falling danger while in the pod.



Our Outdoor Synergy 360



The SYNRGY360 at Manor Park offers some variety to your usual workout. The outside construction allows for individual training or works as a hub for small group training. Working out in the outdoors is known to have many positive benefits. From improving your mood to reducing depression, there are so many reasons why you should head outside!

- Improves your motivation
- Increases your energy levels
- Positive effect on your vitality and sense of enthusiasm

Our Programmable Gym

Atherton Leisure Centre has opened it's new ground floor programmable gym, allowing more space for general gym sessions, more Women Only sessions and we will be running new Quiet and Inclusive gym sessions throughout the week from the new gym. Quiet and Inclusive sessions are open to all members who can find the usual gym scene slightly overwhelming; there will be very low or no music playing allowing customers to enjoy a peaceful workout or use their headphones to enjoy music of their own taste! We look forward to seeing customers making great use of the fantastic Life Fitness equipment and the new sessions being introduced!



DON'T MISS OUT! OFFER EXTENDED!

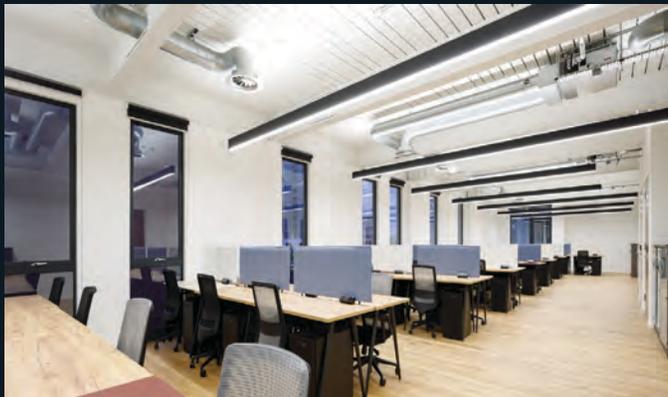
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