



10

Summer fun returns



15

Remembering tower block tragedy



18

Guests at historic wedding

# the newham mag

issue 391 // 1 June – 14 June 2018 // Every fortnight



## Making their point

Young speak out (p8)

Look out for the next issue from **15 June 2018**.

# Contents



## On the Cover

- 10 SUMMER FUN, MARY POPPINS' STYLE**  
– a guide to the Newham Show
- 15 RONAN POINT MEMORIAL**  
– event remembers tower block tragedy
- 18 BY ROYAL INVITATION**  
– residents share wedding experiences



## In this issue

- 08 FOCUS ON YOUNG**  
– Mayor hears youth's concerns
- 13 WHY I LOVE MARMALADE**  
– Paddington shares the love
- 16 ANNUAL GATHERING**  
– Newham's councillors meet



## Regulars

- 03 NEWS** – three pages of news from across the borough
- 06 MAYOR ROKHSANA FIAZ** – Mayor speaks to residents
- 22 OUR NEWHAM** – community news
- 24 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try



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# News

## Pledge to tackle housing crisis

**A commitment to develop a joint action plan to increase the number of genuinely affordable homes in Newham has been made by Mayor Rokhsana Fiaz and James Murray, London's Deputy Mayor for Housing and Residential Development.**

The commitment came as Mr Murray visited a potential development site owned by the Greater London Authority in Canning Town. They were joined by Councillor John Gray, Cabinet member for Housing Services.

Mayor Fiaz said: "Collaborative working with the Mayor of London and the Greater London Authority is essential to tackling the capital's housing crisis and I look forward to working closely together in future.

"Newham has more than 26,000 households on the housing register, more than 4,800 families living in temporary accommodation and high levels of homelessness. I am committed to tackling these problems and increasing the number of homes which are genuinely affordable to the many families desperate for somewhere sustainable to live."

Mr Murray said: "The Mayor of London has bold targets to build more social rented and other genuinely affordable homes. We look forward to working with Mayor Fiaz to support her exciting plans for Newham residents."

Mayor Fiaz has pledged to build at least 1,000 new council owned homes at social rent levels by 2022 and start to build 100 in her first year.

The Government has announced it will pay for the removal and replacement of cladding on high rise buildings following the Grenfell Tower fire tragedy.

Newham Council owns three tower blocks with Aluminium Composite Cladding material – Ferrier Point, Tanner Point and Nicholls Point. Most of the cladding has been removed already from the blocks.

Mayor Rokhsana Fiaz said: "In the wake of the Grenfell tragedy last year, Newham took immediate action to keep residents safe. We welcome this long overdue decision by the Government. It is something we have repeatedly asked for. We have already spent thousands of pounds on remedial measures so it is essential the funding is retrospective."



Mayor Fiaz, Cllr Gray and Mr Murray

## 100 affordable homes in first year

# News

## Eyesore is now a tunnel of love

Children from Star Primary School joined Mayor Rokhsana Fiaz in cutting the ribbon to unveil a new work of art that has helped to transform an eyesore underpass in Canning Town.

Young people from the school contributed to the design of the new Wharfside Art Tunnel located beneath the A13 between Wharfside Road and Bow Ecology Park.

The large sculpture installation was commissioned by Newham Council and created by West Ham-based visual art centre Rosetta Arts working with artist Helena Roden.

Mayor Fiaz said: "I'm delighted to see the artistic talent of our young people being showcased in this way. The pupils of Star Primary have been amazing contributors to this project which has seen local artists and the community come together to improve our environment. The underpass is a very unusual space, but it's something

I hope residents will be encouraged to use more."

The sculpture is made of painted metalwork and fixed into a concrete wall that holds up the A13. The pink, yellow and mauve colours have been inspired by the plants and flowers that grow in the ecology park, while its grid pattern has been influenced by the new contemporary Manhattan-style buildings in Canning Town.

The underpass had previously been a target of anti-social behaviour. In future it will form a vital link in a walking and cycling route along the River Lea from Queen Elizabeth Olympic Park down to the River Thames.

Sanaz Amidi, chief executive officer of Rosetta Arts, said: "This project will pave the way for a host of others which aim to revive Newham and create a sense of place, as well as incorporating and celebrating the ecology of the area."



The Mayor, pupils and centre staff with the artwork



Star Primary pupils talked about the project

## Pupils help create art project

## Further Cabinet posts announced



The Mayor and Cabinet members

Mayor Rokhsana Fiaz named two further Cabinet members who will support her in ensuring that residents are at the heart of everything Newham Council does.

The members added to the initial appointments announced previously were Councillor

Rachel Tripp, responsible for Environment and Highways, and Councillor Susan Masters, who will be responsible for Health and Adult Social Care. Further announcements of final Cabinet positions were expected this week.

The two latest members will support the Mayor in advancing her agenda on sustainable transport, better roads, fairer parking and improved health outcomes for residents.

The Mayor is leading on the portfolio areas of Strategic Housing Delivery, Regeneration and Planning. Other Cabinet positions are Councillor Charlene McLean (Deputy Mayor, Youth Safety Board and Corporate Parenting), Councillor Julianne Marriott (Education, Children and Young People), Councillor John Gray (Housing Services), and Councillor Terence Paul (Finance).

Mayor Fiaz said: "I am excited and looking forward to working with this talented, creative group of people as we enter into a new era of open government for Newham."

## Victory for bet stake cut campaign

Rokhsana Fiaz, Newham Mayor, has welcomed the Government's decision to support Newham Council's campaign to reduce the maximum stake available on Fixed-Odds Betting Terminals (FOBTs) from £100 to £2.

Mayor Fiaz said: "Newham has been at the forefront of the campaign to protect the poorest and most vulnerable. The industry has brought this upon itself by targeting the most deprived areas in the country."

The terminals currently allow £100 to be bet every twenty seconds. According to statistics the Campaign for Fairer Gambling, nearly £20 million was lost through FOBTs by Newham residents alone in a single year.

The Mayor added: "I have committed to protecting our borough from the social problems that these addictive machines create and ensuring that deprived communities and vulnerable residents are not exploited. The Government's decision is a victory for our campaign but there is more to do to tackle irresponsible gambling practices online as well as on the high street. We must ensure this decision is implemented without further delay."

## New homes on the way

Mayor of London Sadiq Khan has supported a pledge by Newham Mayor Rokhsana Fiaz to build more than 1,000 new social homes in Newham over the next four years.

Mr Khan's Building Council Homes for Londoners programme will see £1.67 billion spent on 10,000 new properties over the next four years. Newham is one of the first councils involved. The programme also proposes

that councils should get to keep money collected from properties sold under Right to Buy.

Mayor Fiaz said: "I share the Mayor of London's commitment to kick-start major council house-building in the capital as the only way we can realistically tackle the housing crisis. I have pledged to build at least 1,000 new council homes at social rent levels in the next four years."

# 1,000 properties at social rent levels



# Mayor Rokhsana Fiaz

Last week the first meeting of the new full council was an opportunity to show how we are going to put people at the heart of everything we do, and how we will listen to residents and involve them in decision making.

I have talked a lot about how we are going to do things differently and be more transparent, more open and more accountable to residents. It represents a bold vision and a new era of open government with more council meetings, public question times and more scrutiny.

As part of the meeting I hosted a Citizens' Assembly (the first of many) to discuss the key issues that face us as a borough and as a community. Many people raised the importance of tackling youth violence and addressing the housing crisis, and these will be my top priorities as your Mayor (see pages 16 and 17).

I have been deeply impressed by the level of engagement and ideas from young people in Newham. At Durning Hall in Forest Gate I heard some of the challenges our young people face, particularly concerns that they do not feel safe. Too many lives have been shattered by the growing tragedy of youth violence. I want to have young people around the table with me as we work with the police, schools and residents to develop genuine community-based



solutions to this issue (see pages 8 and 9).

Housing is huge challenge that faces us as a borough. Too many families are in desperate need of good quality, affordable homes. I have made a clear pledge that we are going to deliver 1,000 council-owned homes at social rent levels over the next four years and I will be working closely with the Mayor of London Sadiq Khan to ensure that this happens. He supported my pledge with his announcement of a Building Council Homes for Londoners programme. We are one of the first councils to support the scheme, which also proposes that we get to keep the money collected from properties sold under Right to Buy.

Following the weekend of royal wedding mania (I enjoyed it with residents in Ling Road, Canning Town), I spent a sombre day reflecting on the devastation caused by extremism and joined council staff to remember all those innocent people who lost their lives in the Manchester terrorist attack last year. We also sent a

public message of solidarity to the people of Manchester on behalf of the whole council and Newham residents

On a happier note, I had an enjoyable time opening the Wharfside Art Tunnel in Canning Town alongside children from Star Primary School. The underpass sculpture has been commissioned by the council and the Rosetta Arts Centre. It's great to see how we can use art and creativity to improve our neighbourhoods.

The art project is also an excellent example of how councillors and council officers, residents, our young people and community organisations can work together to achieve more. There is so much potential in Newham, and I am looking forward to hearing your ideas to make the most of it.

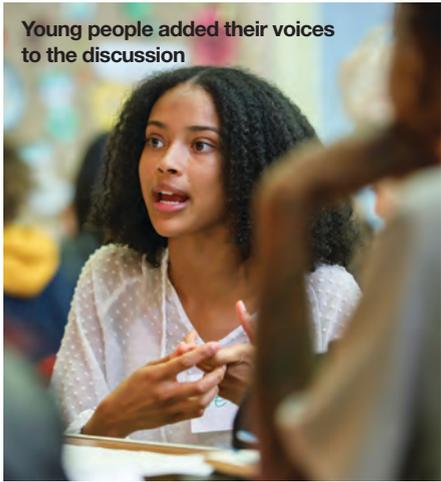
**Mayor Rokhsana Fiaz OBE**

**Rokhsana.Fiaz@newham.gov.uk**  **@rokhsanafiaz**

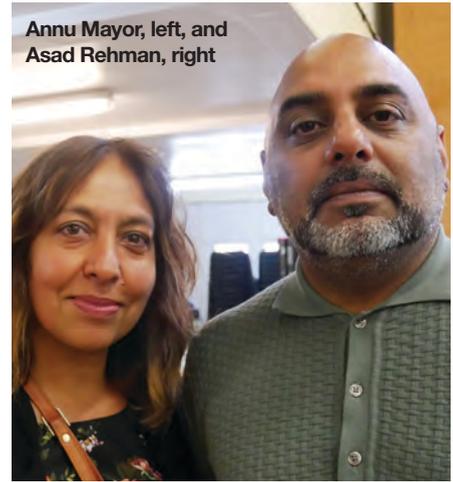
# Working together to end youth violence



Mayor Rokhsana Fiaz has called on everyone to work together in a more collaborative and meaningful way if problems are to be solved and challenges met. She joined a group in Forest Gate to begin a discussion on tackling youth violence.



Young people added their voices to the discussion



Annu Mayor, left, and Asad Rehman, right

The public meeting at Durning Hall was called in response to the recent death in the area of student Sami Sidhom, 18, and a 14-year-old boy last year.

Almost 200 residents and organisations involved in tackling youth crime and prevention, including Newham Council, discussed and listened to opinions. Annu Mayor, one of the event organisers and Sami Sidhom's neighbour, said: "We shared our concerns on youth safety and discussed collective action. We are collating the findings, involving Sami's family in the process, and will be presenting these to the council."

Resident Asad Rehman, who also attended, said: "This was an important first step in local people coming together to call for real action to stop the violence which has become a brutal reality for so many young people in our community. Local people are clear that we have to tackle the structural inequalities and despair that is failing to give young people any hope for a better future."

Mayor Fiaz led a minute's silence in memory of the two who died and spoke of her commitment to having young people at the heart of conversations about how Newham can be made a safer place for everyone. Attendees were invited to commit on a pledge wall what they could do to

support young people.

The Mayor said: "My decision to emphasise the importance of youth safety as part of my role hasn't been a consequence of the events that we have all witnessed over recent weeks and months; it has been a constant feature in the lives of our young people for some time. Their safety is something we must all drive forward.

"Young people have told me they want to feel safe. They feel that our youth services and youth clubs are important places of safety, but are fearful of being in our streets and in our parks. They accept and have become used to violence.

"But despite everything, they say they are growing up in a borough they love. They embrace its diversity, its vibrancy, and its dynamism, but what they want is to be listened to and want us as adults, be it parents, teachers, carers, or neighbours, to step up and make them feel safe.

"Based on that, I am going to make sure they are round the table with me, designing and delivering together the programmes they want. They will be rewarded and valued for their contribution and I hope everyone will help me to achieve that and help them too. I believe we achieve more when we all work together as a team."



Almost 200 people and organisations attended the meeting



The Mayor with young attendees

# The Newham Show

The Newham Show, the borough's biggest **FREE** event, returns to East Ham's Central Park on Saturday 7 and Sunday 8 July, from noon until 6pm. It will give everyone the opportunity to enjoy summer in style this year with Newham's legendary urban beach, have an adventure with Mary Poppins or celebrate the circus in our cabaret tent.

## NEWHAM SEASIDE

Enjoy a taste of the seaside with our very own urban beach. With 90 tonnes of sand, the tennis courts at Central Park will be transformed into Newham's very own seaside. Just throw down your towel, grab an ice cream or a book, and soak up the atmosphere. There'll be a helter-skelter, activities for children, a live steel pan band and when it really hots up, you can take a refreshing dip in our giant paddling pool.



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People at the Heart of Everything We Do



## CHILDREN'S ACTIVITIES

### The Cabaret Tent

The theme for this year's tent is Circus Stars, hosted by the incredible The Strongest Lady on Saturday and unicycle extraordinaire Matt Pang on Sunday.

We will also be welcoming acts such as Bippo's Circus, Claudia Contortionist, and The Chinese Acrobats with their stunning displays of dragon dance and martial arts. The Ragroof players will also be dancing up a storm!

# Sand, helter-skelters and circus at The Newham Show

### It's a jolly holiday with Mary!

We'll be taking visitors young and old back in time with our Mary Poppins-themed activities in the heart of Central Park. From Pearly Kings and Queens to cheeky chimney sweeps, we'll have the whole family singing "Let's Go Fly A Kite"! Join Mary & Bert as they jump through a pavement drawing and have an adventure. Children can take to the horses on a traditional Edwardian carousel.

Strolling through the park, children will get the opportunity to try coconut shies, penguin skittles, or have a go at chalk pavement drawings with helpful tips from a local artist. Families can also make their very own kite to take away and fly later in the day.

Grab your broom and follow Bert through the East End streets of 1910 London. Get your knees up, step in time and dance away on our London rooftops as our professional dancers teach families the Chimney Sweep routine. There'll be whistling workshops, Cockney rhyming slang, a jamboree and even a cartoonist to draw pictures that children can take home with them as a souvenir of their day.



For more information visit

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

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

@NEWHAMLONDON #NEWHAMSHOW NEWHAMEVENTS

# Cricket ticket giveaway

## Exclusive offer for Newham residents

Up to 100 tickets are up for grabs for Essex Cricket Specsavers County Championship home games.

Successful applicants will automatically be entered into a ballot to win two tickets for the first day of the tourist match against India (25 July).

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

\*Terms and conditions apply.



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## Balaam Leisure Centre

Balaam Leisure Centre, 26 Balaam Street, Plaistow E13 8AQ

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

To find out more call **0300 124 0123<sup>†</sup>** or visit  
[www.activeNewham.org.uk/hot-yoga](http://www.activeNewham.org.uk/hot-yoga)

# The Newham Show

## Talking marmalade with Paddington™

The Newham Mag sat down with everyone's favourite Peruvian, Paddington™! We chatted about the summer, how he'll be preparing for this year's Newham Show and of course, marmalade. Paddington will be at this year's Newham Show in East Ham's Central Park. Come and see him during story time sessions, led by a narrator, at intervals on Sunday 8 July.

**The Newham Show is all about bringing everyone together. Who do you like spending time with?**

"I like spending time with my friend Mr Gruber for elevenses and also my family, the Browns."

**What do you do in preparation for a performance?**

"I try to eat an extra marmalade sandwich."

**Are you planning to visit Newham's Seaside area at the show?**

"I do like going to the beach so I hope so."

**What do you like to do in your free time?**

"I like to stick things into my scrapbook or write postcard to Aunt Lucy telling her all about my adventures."



**What do you like to do in the summer?**

"I enjoy going to the beach with the Browns."

**What do you love most about being a bear?**

"I can eat quite a few cakes and marmalade sandwiches."

**What do you think about your recent movie success?**

"I'm pleased everyone liked my movie. I enjoyed making it."

**What is your secret to making the perfect marmalade sandwich?**

"It has to be fresh thickly sliced bread, a generous smear of butter and a thick layer of the best quality marmalade with plenty of chunks."

**What other food do you like apart from marmalade?**

"I'm very keen on Mrs Bird's stew and I always enjoy buns and cocoa for my elevenses with Mr Gruber."

# SHOWS TO SEE THIS JUNE



The true story of New York's first racially integrated jazz club. Full of swinging jazz, blues, gospel and bebop, and boasting a stellar cast including Ciyo Brown, China Moses, Vimala Rowe and Judi Jackson.  
**5 - 16 Jun 2018**



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

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## Health Fair

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

**Thursday 21 June, 11am-3pm**

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

**A free goody bag and lunch will be provided.**

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



**Newham London**

# Ronan Point

## remembered



**Fifty years ago, on 16 May 1968, four people died after an explosion on the 18th floor of a 22-storey tower block in Custom House called Ronan Point. Another 13 were injured and 80 families were left homeless as the building collapsed partially.**

To mark 50 years since the tragedy, a special memorial event was organised by campaigners Patricia Jolly and Paul Wade who want to see a permanent memorial to those who lost their lives.

Mayor Rokhsana Fiaz attended the event, laying flowers where Ronan Point once stood. She was joined by Councillor Pat Holland, who represents Custom House ward, and Newham Council chief executive Kim Bromley-Derry.

Patricia Jolly, who lost a relative in the collapse, told a group of around 50 who gathered at St Mark's Church Community Centre in Beckton: "The collapse of Ronan Point was an unexpected and awful tragedy, but it is a part of the history of Custom House and Newham, and should not be forgotten."

The Mayor pledged the council would create a respectful permanent memorial to the tragedy. As guests remembered the Ronan Point victims, the deaths of the 71 residents in the Grenfell Tower Fire were never far from their thoughts.

Mayor Fiaz said: "Once again the country has been shocked into action and there is rightly a renewed focus on the safety of tower blocks and all social housing. We in

Newham have not, and will not forget the tragic lessons of Ronan Point and Grenfell Tower and will make sure building safety lessons are not forgotten."





# NEWHAM: A BLUEPRINT FOR DEMOCRACY

**Mayor Rokhsana Fiaz hailed a phenomenal and historic moment in a speech at the first Annual Council Meeting of her new administration.**

The meeting was preceded by the first of a new kind of democratic forum, the Citizen Assembly, which brings residents together with councillors and council officers to share experiences of living in the borough, to ask what residents want the council to prioritise and to assess how the council is working.

Themes which emerged included a pride at living in a diverse and vibrant young borough, a desire to see the housing crisis challenged and a demand for more support for young people.

Mayor Fiaz said: "I thank those who took part in our first Citizen Assembly. It represents something phenomenal and something historic. It represents a council that after years of not listening, is going to be listening to our people, and we will be putting people at the heart of

everything we do."

She told the annual meeting how she started that listening process right away by meeting frontline workers at the council's homelessness service, and listening to 100 young people at Forest Gate Youth Zone.

The Mayor described meeting a mother, a teacher with young children, who was struggling to afford a home in the private rented sector. Mayor Fiaz said the woman had felt abandoned by the council, but after meeting with her and talking to officers, she managed to find a solution for her and her family.

She said: "I wish we could do that for everyone but we are at the front line of a raging housing crisis and that young mother's story is all too familiar. But what we don't do as a council is turn our back. We listen and we find



solutions.

“We have 24,000 people on our housing list and 4,500 families with children in temporary accommodation. That is why I have made genuinely affordable housing at social rent levels my top priority. That’s why I am going to deliver in my first year 100 homes at social rent levels and a further 1,000 over the next four years.”

The Mayor also pledged young people would be a top priority. At her inaugural mayoral event, the youth assembly at Forest Gate, Mayor Fiaz said she had heard young people discuss their fear of violence, fear of being on the streets, and of experiencing first hand the death of friends due to violence.

She said: “They are traumatised and they feel that they have nowhere to go. I am not going to allow that to

continue. I will be doubling the number of youth hubs, I will establish a youth safety board and I am going to be listening to our young people about what they want us to deliver for them.”

Mayor Fiaz pledged that her administration would be more open, more accountable and more transparent with an increase in the number of council meetings, public question times, and regular scrutiny of the council’s work.

She said: “Newham is going to become a blueprint for participatory democracy in this country. But we have to do this together. I need you all on this journey. I need your passion. I need your energy. I need your ideas, and I need your solutions. Together we will demonstrate how people can be at the heart of everything we do in this council.”



Mayor Rokhsana Fiaz joined residents in Ling Road, Canning Town, for their celebration party

# Sharing in the magic o

**The wedding of Prince Harry and Meghan Markle attracted hundreds of millions of viewers across the world while tens of thousands flocked to Windsor to witness the historic event.**

Several Newham residents were among those lucky enough to be part of the royal occasion when they were invited to the wedding.

Ryan Hicks, 15, a Year 10 student at Rokeby School in Canning Town, was chosen because of his work campaigning against knife crime with the Diana Award Mentoring Programme which pairs young people with mentors to develop a campaign. Air cadet Sebastian Stewart was picked to attend by his Commanding Officer at 282 Squadron (East Ham) for his hard work and achievements.

When Ryan's mother first told him about the invite he thought she was playing a joke on him. Ryan said: "Then she

sent me a picture of the invite and my jaw just dropped. I did not believe what had just happened. It was too big and too good to be true." He was interviewed on TV's Good Morning Britain on Friday morning and spent the night at the Hilton Hotel Windsor ahead of the wedding.

He was inside Windsor Castle, close to the entrance to St George's Chapel, and saw the happy couple emerge as husband and wife. He said: "The most magical thing that happened that day was being inside the castle and watching Meghan and Harry going in and coming out. It was so great to be there."

Cadet Warrant Officer Sebastian, 19, thought his Commanding Officer was playing a prank on him when he was originally told he had been picked. It was only when he received the invite addressed to him that he realised it was for real. He said: "I felt privileged to be invited to be part of history.

"We were about 20 metres outside the church and saw



Sebastian Stewart at Windsor Castle



Ryan (second right) was joined by other guests from the Diana Award Mentor Programme



# of the Royal Wedding

all the guests arrive. It was all really well organised and we were really well looked after. Everything was perfect, the professionalism of it. It was amazing.” Sebastian was accompanied by his mother Malgorzata.

Flt Lt Chris Booty, commanding officer of the squadron, said he chose Sebastian because he was an excellent example of a fantastic cadet. He said: “He is a fantastic role model to our cadets and reflects all that the Royal Air Force Air Cadets stand for.”

Mayor Rokhsana Fiaz joined residents who threw a party outside their homes in Ling Road, Canning Town.

Residents young and old enjoyed music, food, fun and games. Mayor Fiaz said: “It was really great to see neighbours coming together to celebrate. I had a wonderful time with the residents. Congratulations to the new Duke and Duchess of Sussex.”

The street party was just one supported by a grant from

Newham Council's Let's Get the Party Started fund. Deputy Mayor Councillor Charlene McLean and Councillor John Gray, Cabinet member for Housing Services, visited parties at the Holden Point sheltered housing scheme and the Community Road community centre, both in Stratford.

Parties were also held in Ling Road, Canning Town; Hayday Road, Canning Town; Campion Close, Beckton; Berkeley Road, Manor Park; Wakelin Road, Stratford; and Barclay Road, Plaistow.

Residents at Stanley Holloway Court in Coolfin Road, Canning Town, and children at Kay Rowe Nursery in Osborne Road, Forest Gate, and Sandringham Primary School, Forest Gate, also celebrated the wedding.

For details about the Let's Get the Party Started fund visit [www.newham.gov.uk/party](http://www.newham.gov.uk/party) or email [communitygrants@newham.gov.uk](mailto:communitygrants@newham.gov.uk)

# Fostering

Make a difference

## Fostering Information Evening

Wednesday 6 June 2018, 4pm - 7pm

Do you want to find out more about fostering? Come along to our next recruitment event and hear stories from our existing foster carers, find out about the type of children who need fostering and meet some of the staff team who will be there to answer your questions.

Forest Gate Community  
Neighbourhood Centre  
6 - 8 Woodgrange Road  
Forest Gate E7 0QH

For more information call

**0800 0130 393**

[www.newhamfostering.co.uk](http://www.newhamfostering.co.uk)



# Care in Newham

Go online for a quick and easy way to find out about local adult social care and health services.

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



## Vulcan Wharf (Cook's Road)

### Public Exhibition

**London Square would like to invite you to a public exhibition on the proposed redevelopment of the site at Vulcan Wharf (Cook's Road).**

#### About the Vulcan Wharf

The site is currently made up of underused industrial land and is in need of redevelopment. As allocated by the aims of the Olympic legacy and LLDC, we are proposing a unique and exciting masterplan of coexisting employment and residential space, including the new home of one of East London's very own independent breweries.

The public exhibition will provide you with the opportunity to meet the team, see and hear our vision for the site, and tell us your own views about how the future of this hugely important site should be shaped.

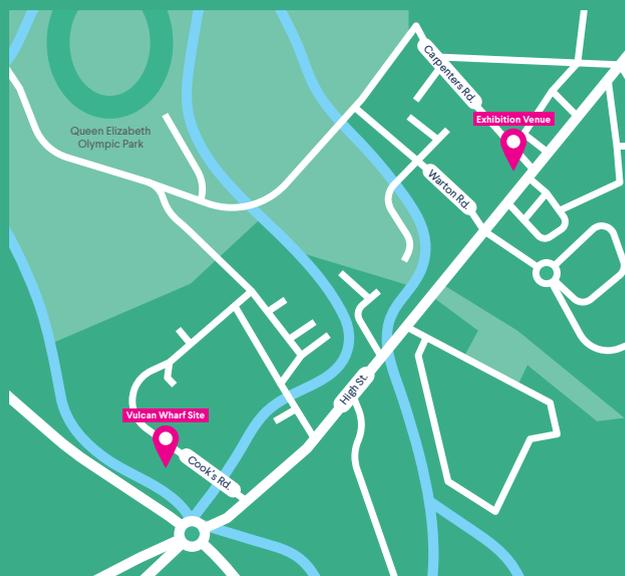
We are due to submit a planning application later this year. This public exhibition will therefore be a very important part of the process as we look to ensure that our vision meets with the needs and aspirations of the people who live and work in this exciting part of East London.

Exhibition details on reverse

Should you be unable to attend the exhibition but still be keen to learn more, please contact us on:

Email: [vulcanwharf@kandaconsulting.co.uk](mailto:vulcanwharf@kandaconsulting.co.uk)  
Phone: 020 3900 3676

### Exhibition Details



#### WHEN?

Saturday 9<sup>th</sup> June 2018 10:00-14:00

#### WHERE?

The exhibition will be held at:  
**Holiday Inn Express 196 High St, London E15 2NE.**  
The venue will be fully wheelchair-accessible.

## New branch of the Rotary Club opens in Stratford

A new Rotary Club is looking to recruit members who are willing to get involved in serving the community.

The club, based in Stratford, will be an informal humanitarian and community service organisation comprising business, professional and community leaders – all sharing the common aim of making a difference in their local and wider community.

The club meets at the Holiday Inn at Westfield Stratford City on Mondays at 6.30pm and is looking to have its official

formation this month. Members will be involved in a range of activities including youth support and environmental projects like tree planting.

President of the club, Himanshu Jain, said: “As a large and diverse organisation, Rotary provides individuals with the power to help those in need. There are countless opportunities to make a difference to those less fortunate than ourselves.”

If you are interested in joining, please contact [hj@rotarystratford.london](mailto:hj@rotarystratford.london)

**sign up now!**



## Running club seeks new members

A running club for people of all abilities is hoping to recruit new members from the local community. East End Road Runners is based at Newham Leisure Centre in Prince Regent Lane, Plaistow, and trains three times a week on Tuesdays, Thursdays and Sundays in sessions led by qualified coaches and leaders.

Mark McColgan, who joined the club in January, said: “I am an experienced runner and my girlfriend is completely new, but that

didn't matter as East End Road Runners supports runners of all paces. It is a club that is truly at the heart of the community.”

Every year the club hosts a 5km midsummer race in Queen Elizabeth Olympic Park for runners of all abilities. This year it will take place on Thursday 21 June at 7.30pm. Anyone interested in participating can sign up at <https://www.entrycentral.com/event/105209> or visit [www.eerr.org.uk](http://www.eerr.org.uk) for more information.



Hermit Park in Canning Town

## Residents can help transform community space



A community group wants to hear from Newham residents who have ideas for transforming Hermit Park in Canning Town.

The Friends of Hermit Park group was set up recently by local residents to involve others in creating a new vision for the park, in partnership with Newham Council.

It wants to encourage local young people to become actively involved in making the park a creative space for the whole community while reducing anti-social behaviour.

Friends of Hermit Park have planned a festival in early September with a barbecue, games, stalls and inflatables, so local people can get to know each other, have fun and join in with making the park a positive focus point for the neighbourhood.

The group is keen to hear from local residents, young and not-so-young, who have fresh ideas for how Hermit Park can be enjoyed by everyone. To find out more email [hermit.park.e16@outlook.com](mailto:hermit.park.e16@outlook.com)

## Scouts head to international jamboree

Two Scouts from Newham have been chosen to attend an international jamboree in the USA where they will join thousands of Scouts from across the world.

Daniyal Saunders, 14, and Joe Pavey, 15, from the Newham District Explorer Unit, were selected after attending a weekend camp with more than 140 other young people from Greater London North East and Newham. They were chosen after taking part in various challenges and team exercises.

Their selection marks the first time the borough has been represented at such an event in several decades.

The 24th World Scout Jamboree will be held in America over three weeks in July and August next year. Both boys will need to raise £3,800 each and are planning a variety of events to help them collect the necessary cash.



Daniyal, left, and Joe, on the right

## CODY DOCK'S BIG SUMMER EVENT

A bake off competition, singing performances and the chance to explore a community boat are among the activities on offer for residents at this year's Cody Dock Big Summer Event.

The event will be held on Saturday 16 June from midday until 5.30pm. With free entry, the day promises to provide great fun for all the family, with live music, children's games and Cody Dock's own Big Lunch.

In recent years, between 300 and 500 people have enjoyed the day and organisers are hoping this year's event will attract an even bigger crowd.

Visitors will get the chance to explore the River Princess and see the Your River Lea photography exhibition. A day or evening's hire of the boat will be up for grabs for one lucky winner in the annual raffle.

Cody Dock, in South Crescent, Canning Town, is run by a charity, Gasworks Docks Partnerships, which plans to bring the old dock back into use.



The day promises fun for the whole family



# Kids' Corner



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

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

## GALLERY



Maryam Yonis, 11



Maisha Rahman, 9



Aisha Tahirs, 6

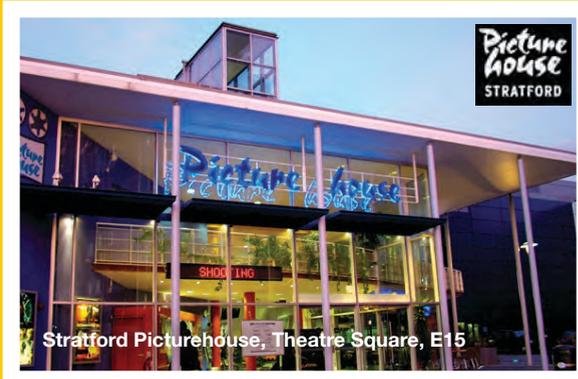


Shiv Shanmuga Sundaram, 5

## Tickets to Stratford Picturehouse

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

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



# Colour-me-in Wordsearch

## Jokes

**Q** What starts with a P and ends with an E and has a million letters in it?

**A** A Post Office.

**Q** What did the computer do at the beach?

**A** It put on a screen saver and surfed the net.

**Q** How do skeletons contact each other?

**A** With a mobile bone.

**Q** What do birds look at on the news?

**A** The feather forecast.

**Q** Why was the broom late for work?

**A** Because it overswept.

**Abira Subasgar, 8**

### Wordsearch

You must find the following words in the grid



S	K	C	S	H	S	R	C	O	N	E	S	L	P	N	O	F	F	A	B	
G	E	N	E	L	S	E	N	O	R	P	S	A	C	S	L	R	P	A	F	
N	A	G	I	D	R	A	C	A	K	E	T	A	A	E	I	L	A	N	R	B
I	O	S	R	T	G	T	D	I	M	T	I	A	L	C	E	T	A	N	A	M
W	H	T	R	E	T	A	N	S	E	A	T	E	E	O	N	C	C	B	I	
E	T	A	E	C	L	I	N	R	C	I	C	C	S	A	S	K	E	G	B	
S	W	L	H	C	W	R	N	S	I	D	H	R	E	P	M	U	J	E	A	
E	O	L	C	A	S	L	T	G	M	E	E	P	A	T	E	T	H	M	C	
Y	T	L	D	K	U	O	R	H	A	N	S	T	O	M	R	C	E	C	R	
R	G	S	I	M	X	O	U	M	E	S	E	L	D	E	E	N	I	N	S	
S	N	L	A	U	A	W	O	P	T	R	S	R	E	W	O	L	W	T	E	
G	L	C	O	T	R	W	A	S	D	E	R	P	L	A	T	E	M	S	S	

Ball  
Cardigan  
Jumper  
Knitting

Macrame  
Needles  
Pattern  
Scarf

Sewing  
Skill  
Stitches  
Wool

# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE

- 1 Stratford Singers** - A free, fun community singing group open to all ages and abilities. No booking needed. Fridays, 6pm to 7.30pm, Stratford Library, The Grove, Stratford, E15.
- 2 Ballroom Dancing** - Join Stratford Latin and ballroom dance classes, learn new moves, get fit and make new friends. Mondays, 12-12.45pm for beginners, 1-1.45pm for advanced. Carpenters and Docklands Centre, 98 Gibbins Road, Stratford, E15.
- 3 Women's badminton academy** - Get expert advice from a female coach. All standards welcome. £2.05 charge. Fridays, 1-3pm, East Ham Leisure Centre, 324 Barking Road, East Ham, E6. Call 07930 162505 for more details.

## TRY SOMETHING NEW

### PLAISTOW YOUTH MARKET

Browse quality goods crafted and sold by young people. Everyone welcome. Fourth Saturday of each month, 11am to 3pm, The Greenway, stretch between Prince Regent Lane and Barking Road, E13.



### ★ Indicates free sessions

Libraries unless stated.

#### UNDER-FIVES

#### Storytelling ★

Mon, 10.30-11.15am, Custom House; *Tues, 10.30-11.30am, East Ham CNC, Tues, 10.45-11.30am, Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 10.30-11.30am; Tues, 11am-12pm, Stratford; Mon, 10.30-11.30am, Manor Park CNC; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Tues, 9.45-10.30am, Thurs, 1-2pm, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe*

#### Stay and Play ★

Support for parents and carers to develop their child

*through play. Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford; Mon, 10.45-11.30am, Canning Town; Sat, 10.30-11.30am, Beckton*

#### Triple P Parenting ★

Parenting techniques for children aged 18 months plus. *Tues, 5.30-7.30pm, East Ham CNC; Weds, 12.45-2.45pm, Manor Park CNC*

#### Bumps & Bundles Group

Interactive session for parents and carers of babies under 18mths. *Mon, 10am-12pm, Stratford*

#### Bumps and Babies ★

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

#### Bubble Time and Nursery Rhymes

A free interactive session designed for children to

*engage with one another. Sat, 12.30-1pm, Green St*

#### Music and Movement ★

A free session for children and parents or carers to get active using different types of dance and musical instruments. *Tues, 10-11am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC*

#### Move it to music ★

A chance for parents and children to join in with a free interactive session with music and dance. *Mon, 1.30-2.30pm, Stratford*

#### YOUNG PEOPLE

#### Chatterbooks (7-12) ★

A new book club to inspire young children to read for pleasure. *Sat, 2.30-3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues, 4-5pm, North Woolwich, Mon, 4-5pm, Custom House CNC, Mon, 3-3.30pm,*

*Beckton Globe; Mon, 3.30-4.30pm, Manor Park CNC; Sat, 3-4pm, Custom House CNC Weds, 4-5pm, East Ham CNC;*

#### Arts and Craft Workshop (6-12yrs) ★

*Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC*

#### Family Movie Club ★

*Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Fri, 4-5.30pm, Manor Park CNC*

#### Homework Club ★

Study support from volunteers. Age: Varies site

to site. *Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC*

**Tae Kwon Do Classes** 

**(4-14yrs).** *Sat, 12-1pm, Custom House & Canning Town CNC, Fri, 6.45-7.45pm, Green St* Contact Master Khan on 07984 684805 or email: Khanqublackbelt@yahoo.co.uk

**Family Wallball**

Fun social activity involving left to right co-ordination using a ball. *Sat, 10.30-11.30am, Green St*

**Let's Learn** 

Study support session for Key Stages 1 and 2. Join our free fun learning class which focuses on English comprehension and Maths. *Fortnightly, Sun, 2-4pm, Stratford*

**Code Club (7-11yrs)** 

Bring your laptop if you have one. *Sat, 10-11am, robotics, under 8s, 11am-12pm, Alexa, over 8s; Custom House; Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe*

**The Chill Spot**

**(11-19yrs)**  Initiative to bridge the gap of after-school provision with activities including table tennis, discussions, workshops and much more. *Mon and Weds, 3.30-6pm, Stratford*

**East Ham Youth Drop in**

Sony PS4, DJ Decks and other activities for 11-19-year-olds. Includes support in using IT for homework. *Mon, 4.15-6.15pm; Tues, 4.15-7.15pm*

**Youth Voice: Study Support Programme**

A mix of practical and social

support for students taking their GCSE and A-Level exams. This programme is running in partnership with Newham's Young Mayor.

**Supported Study Sessions**

English – *Tues, 4.30-6.30pm*  
Science – *Weds, 4.30-6.30pm; Maths – Thurs, 4.30-6.30pm;*

**Youth Activity PS4**

Come along to with your friends to play PS4. For 13-17-year-olds. *Mon, 4.30-5.30pm, Plaistow*

**ACTIVITIES AND SUPPORT** 

**Chess Club** 

*Tues, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Thurs, 5-6pm, Plaistow; Thurs; 5-6.30pm, Sat, 11am-12.30pm, Manor Park CNC*

**Coffee Mornings** 

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

**Do It Online (18+)** 

Computer classes. *Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning*

*Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton; Thurs, 11am-1pm, Green St*

**Life in the UK Classes** 

12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. *Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton*

**English Conversation Club**

Practise spoken English. *Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 11am-12pm, Beckton Globe*

**Book Club and Creative Writing Group** 

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. *Ages 15+. Tues, 6-7.30pm, Manor Park CNC*

**Adult Reading Groups**

Come and talk about your favourite books and discover new writers. *Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate CNC*

**Memory Lane Café**

People with dementia and their carers can come together, share experiences, exchange information and socialise. *Last Thurs of the month, 1-3pm, East Ham CNC; Third Weds of the month, 12-3pm, Jack*

*Cornwell C.C, First Fri of the month 2-4pm, Canning Town CNC*

**Dementia Cinema**

For dementia patients. Cost is £4 although carers go free. Advance booking required for wheelchair users. *Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15*

**Skills For Life**

Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. *Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St*

**Workplace Drop-Ins** 

For Newham residents looking for employment to discuss job vacancies and training. *Thurs, 14 Jun, 3-5pm, Manor Park CNC; Weds, 13 Jun, 3-5pm, East Ham CNC; Weds, 13 Jun, 2-4pm, Stratford.* For more information, email: Rehana.b@newham.gov.uk

**Grants Surgery**

Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's Get The Party Started or Go For it Grants. *Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC*

**Help Keep Forest Gate Clean**

Activities include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. *Last Thurs of the month, 10am-12pm, Forest Gate CNC*

**ICT Drop in**

Support with emails, My Newham, Parking permits. *Tues, 11am-12pm, Green St; Weds, 11am-1pm,*

Forest Gate CNC

**Creative English** 

Programme of English speaking and listening lessons from the 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. **Weds and Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St**

**Home Creations Craft Group**

A chance to meet your neighbours and develop your creativity while producing something special to brighten your home. **Tues, 10.30am-12.30pm, East Ham CNC**

**Reading for Pleasure Group**

Make new friends and explore the world of reading. **Fortnightly, Thurs, 6.30-7.30pm, Stratford**

**East Ham CNC Meet and Greet**

Are you a new library member or do you just want to know more about the services that we offer? Then come and meet the team, take a tour and find out more. **First Thurs and Tues of the month, 9.30-11.30am, East Ham CNC**

**Knit & Natter (16+)**

**Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC**

**Youth Activity Discussion (13-17)**

If you are aged between 13 and 17, come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. **Mon,**

4.30 to 5.30pm, Plaistow

**Crochet** 

Learn how to crochet. All ages welcome. **Mon, 10am-12pm, Plaistow**

**Art Group for stroke Survivors (16+)**

Come and enjoy creative art activities with light refreshments. Speak to the group leader to book a place. **Mon, 12-2pm, Beckton C.C.**

**Criss-Cross Pottery Club**

Join the Criss Cross potters for an arts and crafts workshop based on the theme of words. £5 charge. Ten places are available. To book, call Chris Wong on 0750 691 3032. **Mon and Tues, 10.30am-3.30pm, Beckton C.C.**

**Monthly Movie Matinee**

See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm. **Last Fri of the month, 12.30pm, Forest Gate CNC**

**Diabetic Clinic**

Drop-in clinic for adults. **Weds, 2-3pm, Custom House & Canning Town CNC**

**Creations Arts and Crafts Group**

Try out a variety of Arts and Crafts with this friendly and welcoming group of local residents. **Tues, 10.30am-12.30pm, East Ham CNC**

**Crafty Parents**

A new craft session for parents with a play space for toddlers. Bring photos and other items that you would like to 'scrapbook' and any other craft that you would like to share. **Weds, 1am-12pm, East Ham CNC**

**COMMUNITY ACTIVITIES**



**Newham Super Choir** 

All ages. **Tues, 10.30am-12pm, Beckton C.C.**

**Beckton Women's Group**

Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. **Tues, 10.30am-12.30pm, Beckton C.C.**

**A1 Judo Club**

Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

**Health is wealth**

Women's health based group. For more information, contact [healthiswealthproject@outlook.com](mailto:healthiswealthproject@outlook.com) **Last Mon of the month 12-2pm, Beckton Globe**

**Career Progression Hub**

To book call 020 7476 1666 **Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road North Woolwich, E16**

**Self defence and fitness**

**Fri, 8-9am, East Ham CNC**

**Stratford Singers** 

Fun community singing group, open to all ages and abilities. **Fri, 6-7.30pm, Stratford, no booking required.**

**North Woolwich Voices (16+)**

Community singing group. No experience required. **Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16.** Contact [northwoolwichvoices@gmail.com](mailto:northwoolwichvoices@gmail.com)

**Art Expression**

A voluntary group set up by the Stroke Association for people affected by a stroke to help in their recovery and perhaps discover a hidden talent. All abilities welcome. **Mon, Beckton Globe, 1-3pm**

**Are You Ready for Social Media Marketing?**

Interactive workshop will help you find out if your

business is ready for social media marketing. Bring a pen, marker and note book. **Sat, 9 Jun, 1-3pm, Beckton Globe**

**Walking Football (18+)** 

Mon, 10 - 11am (except Bank Holidays), Memorial Park AstroTurf, E15. Call 07790 384413

**BOXING AND SELF DEFENCE**



**Boxing and Self Defence**

**Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.**

**West Ham Boys ABC**

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

**Women's Boxing**

Mon 9.15-10.15am, Katherine Rd C.C.

**Taekwondo (4-14)** 

Learn new martial arts skills. **Sat, 12-1pm, Custom House & Canning Town CNC**

**Capoeira (18+)** 

Brazilian martial arts and dance with music. **Mon, 4-5pm, Custom House & Canning Town CNC**

**HEALTH AND FITNESS**



**Salsa Dancing (18+)** 

Mon, 3.15-4.45pm, Beckton C.C.; **Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe; Fri, 6.15-7.15pm, East Ham CNC**

**Yoga**

Free. **Mon, 6-7pm, Beckton; Weds, 6-7.30pm, £2, East Ham Town Hall; Thurs, 8-9am, East Ham CNC; Sat, 10am-12noon, £1 Plaistow; Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, (over 50s) Forest Gate CNC; Fri, 8.05-**

8.45am, Custom House & Canning Town CNC; *Thurs*, 6-7.30pm, Stratford £2 per session; *Tues*, 1.30-2.30pm, £1, *Mon, Tues*, 6-7.30pm Green St; *Weds*, 12.30am-1.30pm, Katherine Rd C.C. First class £5, then £8, *Mon* 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

**Stroke Club (18+)** 

For men and women living with the effects of stroke. *Weds*, 2-5pm, Katherine Rd C.C.

**Pilates Classes (18+)** 

*Mon*, 9.30-10.30am, Jack Cornwell C.C.; *Thurs*, 6-7pm, Manor Park CNC; *Thurs*, 8-9pm, East Ham CNC

**Tai Chi in the Park (18+)** 

Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. *Mon*, 10.15-11.15am

**Zumba**

Registration essential. Bring water and a towel, for all ages and abilities. *Mon* 9.30-10.30am (£3) *Fri* 9.30-10.30am (£2) *Over 50s free*, Jack Cornwell C.C.; *Fri* 6-7pm (free) Custom House & Canning Town CNC; *Weds*, 6.30-7.30pm (free) Manor Park CNC; *Tues* 5.30-6.30pm (free) Stratford

**Space For Me (16+)**

Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036. *9.30-11am*, Beckton Globe Youth Zone

**Breathe Easy Group**

For people with lung conditions. Over 18s. *First Thurs of month*, 12.30-2.30pm, Beckton C.C.

**Nordic Walking**

Contact 07787 731809

for details. *Weds*, 9.15-10.15am, Forest Gate CNC

**Plaistow Social Walk**

Social walk to improve fitness and make friends. *Tues, Sat*, 10-11am, meet at Plaistow Library

**Woodside Badminton Club**

Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. *Fri*, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbons Rd, Stratford.

**Green Street Striders**

Whether you're walking to improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Meet at Green Street Library, *Sat*, 10.30-11.30am, Green Street.

**Healthy Home Cooking**

*Thurs*, 4-5.30pm, Custom House and Canning Town CNC and Library. To book and get more details call the library on 020 3373 0854 or [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk)

**50+ ACTIVITIES** 

**Quadrille Dancing** 

Try this classic dance style. *Mon*, 1.30-2.30pm, East Ham CNC

**Bingo** 

*Mon*, 11.30am-1.30pm, Beckton C.C.; *Mon*, 12-4pm, Jeyes C.C, *Thurs*, 7-9pm, Jack Cornwell C.C.

**Dominoes Group** 

*Weds*, 1.30-4.30pm, Plaistow

**Get Active, Get Healthy, & Exercises for Fitness** 

*Thurs*, 11am-12pm, Jack Cornwell C.C.

**Chair Based Exercise**

For all fitness levels. *Fri*, 10.30-11.30am, East Ham CNC; *Tues*, 12.30-1.30pm, Manor Park CNC; *Mon*,

10.30-11.30pm, Green St; *Mon*, 12.30-1.30pm, Jeyes C.C; *Fri*, 11.15am-12.15pm, Forest Gate CNC; *Weds*, 1.15-2.15pm, Canning Town CNC

**Fitness** 

Fitness circuit, mixed, 9.15-10am, *Thurs*; Fitness circuit, mixed, 10-10.45am, *Thurs*; Zumba, 1-2pm, *Tues, ladies only*; Exercise for ladies, 9.30-10.30am, *Fri*; Exercise for ladies, 10.30-11.30am, *Fri*, yoga for ladies, 1-2pm, *Fri*. Katherine Rd C.C.

**Zumba**

Women only session. *Weds*, 12-1pm, Canning Town CNC; *Tues*, 1-2pm, Katherine Rd C.C.

**Bollywood Moves**

Women only. *Mon*, 10.30-11.30am, *Thurs*, 11-12pm, Katherine Rd C.C.

**Ballroom Dancing**

Join Stratford Latin and ballroom dance classes. *Mon*, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

**Get Active, Get Healthy,** 

**- Line Dancing for Fitness**

Come along and learn the choreographed dance of line dancing. *Thurs*, 10.30-11.30am, Bryant St C.C.

**Smart Project**

Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. *Thurs*, 11am-1pm, Jeyes C.C.

**Fitness Exercise for men**

*Thurs*, 2.30-3.30pm, Katherine Road C.C.

**Fit Steps**

Dance class for all abilities. *Tues*, 11am-12noon, Forest Gate CNC

**Line Dancing**

£1 per session. To book, call 020 7476 1666. Royal

Docks Learning & Activity Centre, Albert Rd, E16; *Mon*, 6.30-7.30pm, Canning Town CNC

**Singing for Health** 

Sing a variety of musical styles. *Tues*, 2-3.30pm, Jack Cornwell C.C.

**Over 60s Social Club**

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

**Get Fit in the Kitchen**

Healthy cooking, booking required. £5 deposit when booking. For more information, call Katherine Road C.C on 020 8548 9825. *Mon*, 12.30-2pm, Katherine Road C.C

**Beginners' Ballroom Dancing**

*Mon*, 10am, £2 per session for members, St. Paul's Church Centre

**Line Dancing**

*Fri*, 10.30am, St Paul's Church Centre

**Age Well Singers**

Sing film, show and popular songs. All welcome. No audition. £2 per session. Call 020 8514 2042 for more details. *Thurs*, 11.45am-1.15pm (term time) Stratford Circus

**GREEN** 

**Greenway Orchard Volunteering**

*Thurs*, 11am-2pm, Greenway access from Boundary Rd, E13

**Pit Stop Gardeners**

Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. *Weds*, 9.30am-12pm, East Ham CNC

**Newham Green Gym**

Conservation at East Ham

Nature Reserve, Norman Rd, E6. *Weds, 10am-1pm and last Sat of month.* See [www.newhamgreengym.org](http://www.newhamgreengym.org) for details

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

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

### FEMALE SPORTS

**Basketball Sessions**  
*Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20*

**Modern Arnis Martial Arts (16+)**  
*Tues, 5-6pm. Call 07473 030 250, Jack Cornwall C.C.*

**Female Only Zumba**  
*Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. £2. Thurs, 6.30-7.30pm, The Well C.C., Vicarage Ln, E6. £2. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50*

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

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

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

### RUNNING AND ATHLETICS

**Beckton Park Run**  
*Sat, 9am, Beckton Park South, E16. Call 07718 394756*  
[www.parkrun.org/beckton](http://www.parkrun.org/beckton)

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

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

### SPORTS

**Black Arrows Badminton Club**  
Adults: *Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173*

**Adult Tennis (16+)**  
*Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk*

### FOOTBALL

**AIR Football (16+)**  
*Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)*

**WHU Kicks**  
*Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13*

### BASKETBALL

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

**Senior Programme**  
Division 2 women and division 3/4 men. Rokeby School, E16. *Mon, 7.30-9.30pm* Call 07947 401616

### COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Weds, 6 Jun, 4.30pm**, Corporate Parenting Board, Newham Dockside, 1000 Dockside Road, E16; **Provisional, Mon, 11 Jun, 7pm**, Local Development Cttee

### CONTACT THE MAYOR

**Here to Help Sessions**  
**Please register 30 minutes before session starts.**  
**Sat, 9 June, 10am**, Stratford Library, 3 The Grove, Stratford, E15

**Weds, 6 Jun. Please call 020 8430 2000 between 10am and 11am and leave your contact details and information about your query.**

**You can email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk) or write to The Mayor, Newham Dockside, 1000 Dockside Road, E16 2QU**

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

**Beckton Globe** 020 3373 0853  
**Custom House & Canning Town CNC** 020 3373 0854  
**Custom House Library** 020 3373 0855  
**East Ham CNC** 020 3373 0827  
**Green Street** 020 3373 0857  
**Forest Gate CNC** 020 3373 0856  
**Manor Park CNC** 020 3373 0858  
**North Woolwich** 020 3373 0843  
**Plaistow** 020 373 0859  
**Stratford** 020 3373 0826  
**Archives and Local Studies** 020 3373 6881

### COMMUNITY CENTRES (C.C.)

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

### LEISURE & SPORTS VENUES

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



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☎ 020 3373 0980

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On Saturday and Sunday  
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DURING STORY TIME SESSIONS, LED BY A NARRATOR, AT INTERVALS ON SUNDAY 8 JULY



PERU 60

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