

WE ARE NEWHAM.

**YXNG
BANE.**



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www.newham.gov.uk

ROKHS MAYOR.



Our latest Newham Mag is published at a moment of great challenge and change.

It is almost impossible to believe that over three weeks in September, we saw the changing of a prime minister, the death of our longest serving monarch and the start of the reign of King Charles III. To mark this momentous period, we have a special edition insert with this issue of the Newham Mag in memory of Her Majesty Queen Elizabeth II.

As we adjust to a new era, there can be no doubt that there are real challenges ahead including the cost of living crisis that faces all of us. As our research shows, it is likely to hit households in Newham even harder than the rest of the UK. The tumultuous change in the UK economy has led even the International Monetary Fund to comment that the government's plans are likely to increase inequality in the UK and add to the cost of living crisis we face.

That's why I have established a Cost of Living Crisis Task Force at the Council, so that we can mobilise with the voluntary, community and faith sectors to support residents in Newham. We'll be working with them and other partners to deliver 'warm havens', where libraries, leisure centres, community buildings, NHS buildings and other suitable places will be made available to those in need. People will also be able to have hot meals in warm rooms provided by our Newham Food Alliance.

The goal is to mobilise our borough and, just as we did with Covid-19, work with our partners to get help to those who need it most. We will report back on our actions over the coming months but, in the short term, if you have any financial concerns please contact Our Newham Money and seek their advice.

I am clear that finding answers requires new ways of thinking and rapid action, which is why I am pleased to share our new corporate plan Building a Fairer Newham. This is a radical commitment to get stuff done in eight priority areas that we've identified as having the

greatest impact on our residents' ability to live healthy, happy lives.

The commitments outlined in the corporate plan include protecting renters' rights; investing to provide homes that people can genuinely afford; tackling fly-tipping and cleaning up our borough; protecting green spaces; responding to the climate emergency; and investing in young people. It adds up to an administration focused on improving our borough for everyone.

In March 2019, our Council's Children's Services were rated inadequate by Ofsted, the regulatory body for standards in education, children's services and skills. We started an improvement journey involving investment and a radical overhaul of the service. I'm delighted to say that since then there has been a significant turnaround. In just three years, with £47 million of investment across services and the dedication of our staff team making tough but necessary changes, Ofsted's recent inspection report gave Children's Services a rating of good alongside 'outstanding' leadership. This is the first time Newham has achieved these rating levels in 20 years, with the Council moving two grades up from 'inadequate' in 2018. It leaves me to thank the hard work of Council officers, who have been outstanding in the past months in responding to these seismic events.

Finally, I hope you enjoy this edition of the magazine as we have an exclusive interview with a phenomenally successful artist, Yxng Bane, who grew up in Newham. His journey to success is an inspiration, as is his purpose and focus – all reflective of the talent we have in our borough. Enjoy the read.

Rokhsana Fiaz OBE
Mayor of Newham
🐦 @rokhsanafiaz

WE ARE SUPPORTING.

NOTHING IS HIGHER ON PEOPLE'S MINDS THAN THE WORRYING COST OF LIVING CRISIS AND PEOPLE IN NEWHAM ARE ESPECIALLY VULNERABLE.

In September, Newham's Mayor, Rokhsana Fiaz OBE, launched the Newham Cost of Living Crisis Response at a summit attended by more than 150 partners from across the voluntary, community and faith sectors.

The summit heard new research showing the heavy impact of the cost of living emergency on Newham residents:

- **Energy:** Newham has the second highest fuel poverty rate in London and the 21st highest nationally.
- **Housing conditions:** approximately one-in-seven households live in the least energy efficient accommodation (below B and E) and are the most impacted by hikes in the energy price cap.
- **Housing tenure:** Newham has the highest proportion of people renting privately of any borough in London, with private renters significantly more likely to be in fuel poverty.
- **Rent levels:** mean monthly rent for a 3-bed property is £1,824.
- **Average income per household:** £19,465 compared to the London average of £29,362.
- **Structural inequalities:** young people and people of colour who make up a large percentage of Newham's population are disproportionately affected by the cost of living crisis.

The summit was just the start of the Newham Cost of Living Crisis Response which will work across the Council and our network of partner organisations to mobilise support for residents' rights. An action plan will be developed based on the findings of the summit. The outcomes will be tracked by a Mayoral Task Force and meetings for residents and businesses. This Council will also lobby the new government for a fairer deal for Newham residents including joining the Mayor of London to campaign for a two year rent freeze.

Rokhsana Fiaz said: "The cost of living crisis is unfortunately not new for Newham. Our borough has suffered for decades from deeply rooted inequalities around income, housing and health. The effects of this new crisis are pushing people who were already struggling into extreme poverty. Newham's Cost of Living Crisis Response is a tangible set of actions that together with partners will support residents through this emergency."

“ Our mission to build a fairer Newham has never been more vital for our communities. The new four year plan translates the commitments I was elected on into a set of tangible actions that we will focus all our energy on delivering. ”

STAYING WARM DURING WINTER

One of the best ways to stay well during winter is to keep warm at home. Here are our tips:

- Make sure you are receiving all the benefits you are entitled to such as the Warm Home Discount, the Cold Weather Payment and the Winter Fuel Payment
- Draw your curtains in the evening, keep doors closed and block out draughts
- Wear several light layers of warm clothes (instead of one chunky layer)
- Stay active in your home

- Wrap up warm and wear shoes with a good grip if you need to go outside
- Try to keep your bedroom at 18°C (65°F) and your living room at 18°C - 21°C (65°F - 70°F)

If you are concerned about paying your fuel bills or are unsure about what benefits or help you may be eligible for, you can contact our experts at:

www.ournewhammoney.co.uk

For more information on how to reduce your bills and make your home more energy efficient, go to the Government's Simple Energy Advice www.simpleenergyadvice.org.uk or

call the helpline on **0800 444 202**.

For free advice on grants and support to reduce energy bills, call SHINE on **0300 555 0195** or contact shine@islington.gov.uk

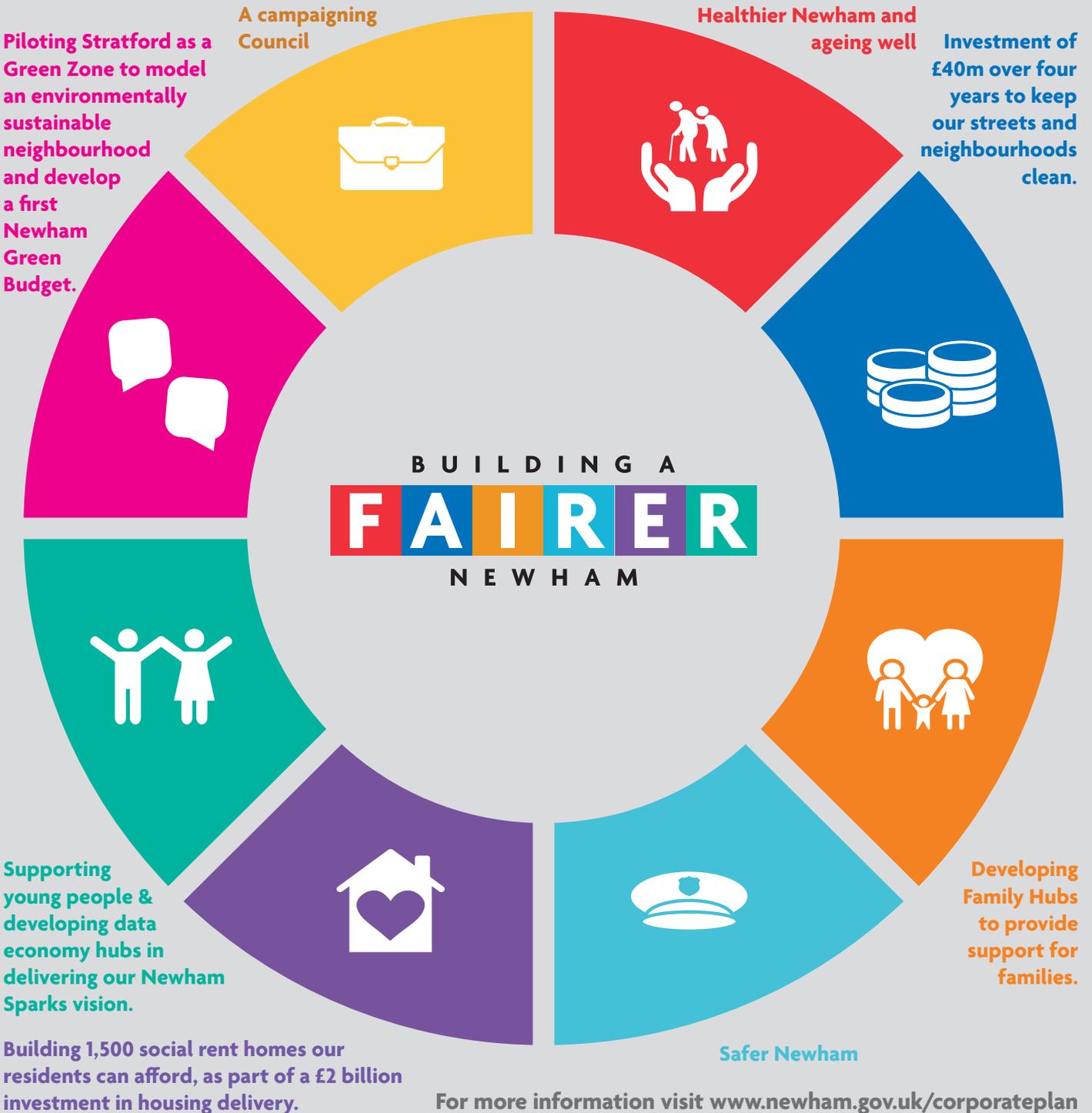
Check on older neighbours and relatives, and those with health problems, to make sure they are safe, well and prepared. For more information about keeping well this winter, visit:

www.newham.gov.uk/wellwinter

It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home/

WE ARE RESPONDING.

THE CORPORATE PLAN THAT WILL INFORM HOW THE COUNCIL DELIVERS ITS KEY PRIORITIES FOR THE NEXT FOUR YEARS WAS AGREED IN SEPTEMBER BY MAYOR FIAZ AND HER CABINET. BUILDING A FAIRER NEWHAM KEY PLEDGES:



WE ARE RECYCLING.

TIPS TO REDUCE WASTE

Recycling banks

Our on-street recycling banks across the borough recycle glass, plastic bottles, cans and paper.

Need extra recycling bags?

Pick up extra orange bags for recycling at your local library.

• Food makes up 50% of a Newham bin:

- Plan your meals before you shop - with a day or two to eat leftovers.
- Freeze the food you haven't had time to eat – right up until the use by date.
- Find the best way to store foods – search 'A to Z food storage' for the handy Love Food Hate Waste tool.
- Try home composting your food waste.

• Buy loose fruit and vegetables and avoid items that have lots of packaging.

• Use refillable water bottles and coffee cups.

• Buy products you can refill.

• Have a go at repairing items.

Find more waste advice tips at

www.newham.gov.uk/wasteAdvice



YOUTH EMPOWERMENT FUND

The Youth Empowerment Fund is a grant to support young people in achieving their ambitions, by providing financial assistance to help them buy the resources, training or equipment required to learn and develop skills in the things they are passionate about.

Whether your ambition is to enrol on to a training programme, or you need financial assistance in buying resources to support your school/college course, or help to buy sports/art equipment, the list goes on. If overcoming some barriers to your ambition requires financial assistance we want you to apply.

How Newham Council's Youth Empowerment Fund helped Michaela take her karate career to the next level

18-year-old Michaela Amrich is a martial artist and the reigning overall grand champion of the 2019 Nationals.

For many years she trained and competed in martial arts tournaments at regional, national and international levels, achieving great results.

As Michaela explains: "My ambition was to represent Great Britain (GB) in a world class Karate tournament. Being a grand champion, I was selected to represent GB in the "Tang Soo Do World Karate Championship" in North Carolina, USA. This was a great opportunity for me but in

order to participate, I needed money to cover flight costs, accommodation, equipment and more, which my family could not afford.

"I found out about Newham's Youth Empowerment Fund, which offers grants of up to £2,500, to children and young people from age 9 to 25 who live in Newham and decided to apply. The application form was easy to complete as all I had to do was to ensure that I met all their requirements and was able to describe my ambition. I was awarded £2,500, which was enough to cover the costs and I was able to compete on the world stage."

If you also have great ambitions, whether this is in sports, music, the arts or other areas and need support to fulfil them, apply for the Youth Empowerment Fund!

You can find out more about the criteria for applications by visiting newham.gov.uk/YEF



WE ARE GOOD.



Newham's Children's Services rated 'Good' with 'Outstanding' Leadership by Ofsted in three-year turnaround.

Ofsted, which regulates standards in Education, Children's Services and Skills, published a report in September, commending the significant improvements in the quality of Newham Council's Children's Services, praising its 'outstanding' leadership and describing an 'environment where good social work can flourish' following a three-year turnaround.

Since 2019, Newham Council has focused on transforming its services for children, pumping in £47m - the greatest investment in the borough's young people in a generation.

Ofsted praised the strong services for children needing help or protection and those at risk from any form of exploitation, including serious youth violence. They also noted changes leading to a more permanent, stable and motivated workforce and the strong Social Work Academy that had recruited new and committed staff working with improved professional development.

It's a remarkable turn around and a major success for the Director Tim Aldridge and his team following a report in 2019 that found the service to be inadequate. This is the

first time in 20 years that Ofsted have graded Newham Children's Services as 'Good'. This was an especially significant achievement as much of the improvement work took place during the Covid-19 pandemic.

Councillor Sarah Ruiz, Cabinet Member for Children's Services said: "All our staff and partners have worked tirelessly to improve our services to the most vulnerable children and young people in the borough. This has been achieved in the most difficult of circumstances with demand for services increasing due to the COVID-19 pandemic and staff handling some extremely complex issues. We can truly be proud of our children's services which put young people at the heart of what they do."

Mayor of Newham Rokhsana Fiaz said: "In 2018, when I first became Mayor, I promised to transform the Council and reverse the underinvestment in our children and young people. I made a promise I would place them at the forefront of my administration's agenda to make Newham the best place for them to be supported and safe so they can thrive. The Ofsted report is evidence the Council is changing and is a major milestone in my commitment that Newham becomes an outstanding child-friendly borough where all young people, regardless of background, are valued and heard."



**EAT
FOR
FREE**



FREE SCHOOLS MEALS FOR CHILDREN IN NEWHAM

All primary children in Newham can get a free, nutritious lunch every school day, saving families £500 a year per child.

School lunches are made with good quality, fresh ingredients and contain two of the recommended 5-a-day portions of fruit and vegetables. They also cost less than a packed lunch – research shows it costs twice as much to buy the ingredients for a nutritious packed lunch based on the big five supermarkets prices (School Health UK).

All primary-aged pupils in Newham can receive free school meals, and if you receive other benefits too, please let your school know as they may also receive additional funding to help with your child's education.

If you receive certain benefits your secondary school child could also receive funding for a healthy and nutritious meal each school day.

To apply for free school meals, speak to your school office and to find out more visit www.newham.gov.uk/freeschoolmeals

WE ARE FUN. NEWHAM



After two years of lockdown it was fantastic to welcome Newham Unlocked Festival back with three amazing weekends of fun events and performance.

With fantastic line-ups of performers, artists and community groups from across the borough, the festival shone a light on all that is best about Newham’s diverse culture.

This year’s Newham Unlocked Festival brought thousands to three jam-packed Saturdays, reduced from the planned five weekends due to the passing of Her Majesty Queen Elizabeth II. It featured live music, spoken word, dance, food and a range of try out sessions of skills and activities for all ages across the borough.

Plashet Park, Rathbone Market, and Beckton Park all overflowed with Newham’s creativity. A rollerdrome, workshops, a community kitchen and main stage filled with live performances from choirs, dancers, rappers, drummers and cabaret artists, with fantastic British Sign Language interpreters on stage with the acts.

Pop-culture poet Tyrone Lewis

brought the spoken word while classical Indian musician Gurbaksh Matharu dazzled at Plashet Park. Rathbone Market witnessed East London Dance and Ruff Skwad rock the crowds. Gospeloke raised the roof with a sing song and Raze Collective brought their drag and LGBTQIA+ vibe to Beckton Park. From roller skating in the Rollerdrome to costume making there was something for everyone.

The celebrations didn’t stop there, two local artists, Sofia Niazi and Mustafa were commissioned by the festival, and each created three pieces of work which have been displayed as street art across the borough. In the run-up to the event,

Sarina Mantle created activities for local primary school children to create drawings of their favourite places in the borough.

The Newham Unlocked Festival was a wonderful showcase of the talent you can find in Newham. From performers to chefs, artists to brilliant local businesses, it was a showcase of creativity.

Mayor of Newham, Rokhsana Fiaz OBE, said: “Culture is fundamental to how we live, expand our knowledge and our ways of thinking. This is why it is so important to us as a Council and us as individuals. Newham Unlocked Festival is a wonderful showcase of the diversity of Newham’s artistic



20 August

PLASHET PARK

27 August

RATHBONE MARKET

UNLOCKED FESTIVAL.



talent and a key part of our cultural strategy in action - investing in and supporting the growth of Newham's creative and cultural sector and promoting opportunities."

Newham Unlocked Festival is part of the Council's commitment to promoting inclusion and participation whilst celebrating who we are as a borough and unlocking cultural and creative opportunities. Earlier this year, the Council launched Building Newham's Creative Future, a visionary 15-year plan to invest in creative and cultural industries through a defined culture strategy. The ambition is to build on recent key developments in culture industries within Newham. East Bank, at Stratford's Queen Elizabeth Olympic Park, is bringing major culture organisations like the BBC, Sadler's Wells and the V&A to the borough, while the Royal Docks, London's only Enterprise Zone, is another growing centre of culture.

Newham Unlocked Festival is driving inclusion and participation whilst displaying who we are as a borough and promoting cultural and creative opportunities. It aids wellbeing, and is a key part of driving inclusive growth in Newham.

“Our Newham Unlocked Festival has been a wonderful showcase for the diversity of Newham's artistic talent.”



3 September

BECKTON PARK



WE ARE **NEWHAM.**

YXNG BANE

SINCE BREAKING THROUGH WITH HIS COVER OF ED SHEERAN'S 'SHAPE OF YOU' IN 2017, 26 YEAR OLD YXNG BANE – AKA GUYSTONE MENGA – HAS BECOME ONE OF THE BIGGEST NAMES IN BRITISH MUSIC AND HE HAILS FROM NEWHAM. IN THIS FIRST INTERVIEW, MARKING THE START OF A SERIES OF INTERVIEWS THAT MAYOR FIAZ IS HAVING WITH TALENTED INDIVIDUALS WHO GREW UP IN THE BOROUGH AND ARE SUCCEEDING, YXNG BANE TALKS ABOUT LIFE AND INSPIRATION.

You grew up in and around Canning Town and Custom House. What was it like growing up in Newham and what are your best memories?

It's where I made my best memories. Not in school, not in college. When I think about my youth, my best memories and my favourite memories all fall back to me being in Canning Town and Custom House. There's a certain family vibe that comes with where we're from, whether it's with a shopkeeper that you see every single day, there's like a real, real family vibe. Like I remember, you know, my local shop, I could go buy something going to school and they say, oh, it's fine pay tomorrow.

And I just remember times like, you know, riding a bike, water fights, it's really like in the movies, you know, when you see like the kids having fun. That's what I remember when I think about my best memories.

Sometimes I think actually, you know, those

memories that we hold and we remember differently from that time we grew up here is part of the magic of childhood and for every generation.

Newham's got something just really special and unique that gives us an edge creatively. I think the vibe is unmatched and I've been to a lot of places. This might sound so weird, but it's like the same vibe you get when I've been to the Caribbean or when I've been to Africa, where no matter what anybody is going through, everybody's got a smile on their face. You can say hi to a stranger and pack a joke with it.

I've been to places where people don't even greet each other on the train or when you're just walking past each other, you know. But in Newham, it's like you can be at Iceland and you have the best five minute conversation with a shopkeeper and even forget that you were supposed to buy something.

WE ARE TALENTED.

This feature is going to be coming out at the end of Black History Month, which is celebrated and recognised in the UK during October. What does it mean to you as a young black person who's grown up in this country?

Black History Month for me is a time of celebration. And I feel like it's a time of celebration of the history and how far black culture has come from. You know, and it's no secret, after 400 years of slavery [and] all the steps that we had to take or that certain individuals had to take – whether it's Martin Luther or Rosa Parks – it's a time when their achievements and the work that they have done are to be celebrated.

It's a time where we should look back and celebrate how much work has been done, the sacrifices that the individuals made and understanding the sacrifices that some were willing to make just for us today.

If we talk about the UK, I think we've had some recent Black heroes. I mean, the UEFA men's Euros last year when Marcus Rashford, Jadon Sancho and Bukayo Saka, three Black players in England's soccer squad, had all missed their penalties and we all know what happened to them online, the abuse.

But for me to see how those boys have bounced back from that is actually incredible. Rashford scored against Arsenal. Saka doing amazing goals and assists. Jadon at Manchester United. So if we're talking of recent mirrors in the UK, I would say they're my heroes, they're my peers and my power bar. How they bounce back, to me is fascinating and amazes me because it takes great strength to bounce back from that. Actually representing and playing for a whole country; and putting the kit on with your heart is an achievement. I would say they're my heroes in the UK."

WE ARE **SUPPORTING**



TALENT.



What have been your experiences of racism and how far do you think we have to go?

So, I'd never ever, ever experienced any direct racism until this year. I was in Italy on a train in Milan and it was so random and literally out of nowhere. Prior to it happening to me, anytime I've spoken to anybody who's been racially abused or whatever I always, you know, say that the abuser is an idiot, ignore it. That's my mentality.

But when it happened to me, I felt it in my chest and I responded to the person and everybody on the train clapped their hands.

You know, I went to sit on the seat because it's a spare seat on the carriage. I could already tell that, you know, it was bothering the person that I was sitting there. They asked me to put on my Covid mask and then I was like, uh, why me? I was with somebody too, but obviously they were a different race to me.

Everybody around us and nobody is wearing a mask. I couldn't figure out what they were saying, until they said that word, obviously. Then that's when I responded and

I was like, oh, so I'm being asked to wear a mask because I'm, you know, because of my colour, because I'm Black?

She said "no, no, no." I said "no, but it is. Everybody around us isn't wearing a mask. That's fine, it's no problem. But it says a lot about you." And then that's when everybody started kind of clapping and started speaking between themselves and looking at me and just putting their thumbs up. I couldn't understand what they were saying but I think it's, you know, from the gestures that they were showing me there was kind of encouraging me, you know?

She was older than me, so there's a degree of respect I showed when I spoke to her. So that, when they go home they actually think wow I made a mistake today. You know because if you respond with the same energy that they're coming out, then you're both idiots.

On the journey home I was speaking to the person I was with and I said to them that I think now I understand the pain of being racially abused because somebody abuses

you for something that isn't a choice, something that you cannot change, something that is you.

I always think to myself if somebody wants to say something, you know, turn the other cheek or ignore it, they're an idiot. But when it actually happens to you, I don't think I can find the exact word to describe it. It's actually very disheartening, almost like a disappointment.

For me, with the situation that I had, the woman wasn't from my generation. So I choose to be understanding and in terms of my generation now and with the conversations about race, I feel like things are moving in the right direction. So, if we take a look at, you know, several campaigns – whether it's Kick Racism Out of Football or whether it's Black Lives Matter – there is so much progress in the actions that people are actually taking. That speaks volumes about my generation. You cannot be as freely racist as you want to be today. It's not for us to understand, it's for us to teach.



Your rise is pretty impressive, your sound is successful, who are you creatively and what inspires you?

I think my sound has no definition. It's just me and I'm just being self-expressive and I am inspired by everything. When it comes to music creation, I always say to people that I don't believe in writer's block, I always say that I'm always inspired by life itself. You can literally make a song about anything. There's creativity in anything and everything and that's what I genuinely believe. I think that's what's always inspired me, life itself.

I am inspired by role models and definitely my dad. Like my dad had a huge, huge input in the foundation of who I am and who I want to be you know.

Today I look back, and I'm like, wow, all of those things he did for me to be who I am today and also be how I want to be the better person, you know.

I am spontaneous when it comes to music creation. I literally go to the studio with zero ideas because I don't like going to the studio, saying to myself, OK, today I'm going to make this type of song or today I'm going to make a song like this. I literally go there with zero ideas. I let the producer play the beats, and then there will be a beat that may well remind me of something and will inspire me into the creative process.

If I was to speak to somebody that has never heard my music or doesn't know, I would say to them that my music is about me speaking of real-life experiences, my honest experiences; and it's about me teaching what I've learned.

I create through authenticity and real-life experiences. So it's always about what I've been through. And you know, I've got songs like Better and the chorus, you know, talks of being better, becoming better and it speaks of issues that you face growing up or as a teenager. So it's almost like a journey in my music but like a scripture or a book.

A scripture emphasises authenticity so to say, you

know, a religious man who would read his scriptures believes in that scripture a million percent. Me writing my lyrics, I believe I know that everything I'm saying is a million percent true, you know?

I feel like globally people are definitely becoming very much more expressive, whether it's in the way they dress, whether it's in the way they choose to do it in arts or whatever it may be. We are going through a period of people being more free you know, and I feel that everything that's happening around us has given people the ingredients to feel more free.

What's next for you musically?

Well, musically, what is next is the debut album. There'll be an album coming out next for sure and before that I may have a little surprise for everyone in the very near future.

Who's the real Bane?

Bane is the musician who talks about Guystone's life. But in my everyday life, I always remind myself that I'm Guystone because that's how you stay being yourself, you know? I don't want to wake up tomorrow morning and then walk out my house thinking, hey, I'm Yxng Bane.

You know, I walk out my house telling myself I'm Guystone Menga and my job is Yxng Bane. I'm driven by family, for sure and I'm driven because I know my purpose.

Right now my message to the young people, is, like, out there – there's so much for you to do. There's so much for you to learn from. There's so much that you can actually achieve starting from nothing. And even if you have a starting point, then that's even better. But if you're starting from nothing, do not be disheartened because that's even a brilliant place to start from; because that means you have nothing to lose. Just dream and don't stop. Your journey is not finished. Tell your story, make your story.

WE ARE BUILDING.



CARPENTERS ESTATE MOVES A STEP CLOSER

Submission of the Newham's £1 billion Carpenters Estate Masterplan to the London Legacy Development Corporation (LLDC) means the project, which will eventually deliver 2,152 new homes, is now closer to becoming a reality.

Mayor Rokhsana Fiaz said: "After decades of waiting and being left behind, residents can finally take comfort that our plans to deliver much needed homes they can afford are moving ahead."

At least 50 per cent of the new homes will be available at social rent levels, and the scheme will include a state-of-the-art community centre and much needed green spaces.

Councillor Shaban Mohammed, Cabinet Member for Housing, said: "The submission of this masterplan is a demonstration of our commitment to transforming

the estate into a vibrant community and neighbourhood, instead of a ghost town languishing because of historical neglect."

The Carpenters plan represents the biggest regeneration project in Europe and aims to make Stratford the borough's first Green Zone, prioritising

“After decades of waiting and being left behind, residents can finally take comfort that they have a Council which is forging ahead to deliver much needed homes they can afford are moving ahead.”

sustainable development and creating healthy neighbourhoods.

Phase One of the restoration and regeneration programme has already begun, after the LLDC gave permission for the refurbishment of James Riley Point – 136 homes will be completed here by early 2025.

Refurbishment works on the 167 flats at the Lund Point high rise and new family housing in the surrounding area will follow this as part of Phase Two.

The total Carpenters Estate restoration and regeneration programme will provide hundreds of local jobs and apprenticeships, investment in local businesses and new inward investment to the borough throughout its 15-year delivery timeline.

The masterplan was developed with the residents of the estate to deliver the kind of homes and neighbourhood they aspire to. In an independent ballot on the masterplan in 2021, 73 per cent voted to approve the plans.

WE ARE STAYING WELL.



GUIDE TO WINTER WELLNESS

With winter around the corner, it's important to prepare and protect ourselves during the colder weather. Fortunately, there's quite a lot we can all do to get winter ready and make sure we look after others too.

To help we have provided a quick guide to staying well, warm and healthy. To view this guide please visit www.newham.gov.uk/wellwinter

Act quickly

If you feel unwell – even if you think it's just a cough or cold speak to your pharmacist for help with your symptoms. Act quickly if you think it is Covid-19.

If you need more advice or help, call NHS 111 or visit www.nhs.uk for details of local services.

Tips for staying well

Stock up your medicine cabinet early – and ask your pharmacist or GP about your repeat prescriptions to ensure you don't run out of supplies.

Preventing flu and Covid-19

Flu and Covid-19 will be circulating again this winter and the best way to protect against both illnesses, for yourself and your family, is to have the Covid-19 booster and flu vaccinations if you're eligible.

The flu vaccine is updated every year to fight the latest version of the virus, so it's important you have this year's vaccine even if you had a jab last year. The NHS flu vaccine is free for people over 50 years old, those with certain conditions, and some children. Check with your GP surgery if you're not sure or visit www.nhs.uk/flu

URGENT POLIO BOOSTERS FOR NEWHAM CHILDREN AGED 1 TO 9

Children aged 1 to 9 years old in London are being offered a dose of polio vaccine.

Polio is a disease caused by the polio virus. It can infect the spinal cord and cause permanent paralysis or even death. Polio is preventable, only by immunisation.

The virus has been detected in London's sewage systems so it is important that children are up to date with their vaccinations to protect them from polio.

For some children, this may be an extra dose on top of their routine vaccinations. In other children it may bring them up to date with their routine vaccinations.

Go to www.nhs.uk/conditions/polio for more information and speak to your GP practice if your child is behind on their vaccinations.

WE ARE TOGETHER.

TACKLING HATE CRIME.

In October, the Council launched its new Hate Crime Strategy that focuses on tackling hate crime through prevention, education, support and holding perpetrators to account. We believe no one in Newham should face hostility or prejudice because of their race or ethnicity, sexual orientation, disability, gender identity or any legally protected characteristic.

To ensure no one, under any circumstances, faces hostility or prejudice in Newham, we are working collaboratively with the community, schools, businesses, partners and the police to tackle hate crime. Our ambition of reducing hate crime offences is a priority of the Council's Building a Fairer Newham Corporate Plan. To kick start change, we've launched a new way to report hate crimes, delivered in partnership with



UK charity Stop Hate UK. This offers telephone and online support for anyone experiencing or witnessing hate crime. Using these services, you can report hate crime anonymously and without needing to contact the police. Stop Hate UK also offers independent support and expert advice via **0800 138 1625** or through their website www.stophateuk.org/report-hate-crime

WE ARE COMMUNITY.

NEWHAM COMMUNITY ASSEMBLIES GO FROM STRENGTH TO STRENGTH

The votes are in. The ballots have been counted – and the winners of this year’s Community Neighbourhood grants are.....

In September, the 75 winning projects for this year’s Community Assemblies grant ballots were revealed after being voted for by Newham’s Community Assemblies.

This year’s winners include a project to teach people to repair and up-cycle broken goods, a masterclass in the art of precision skill barbering, and an allotment plan to make the best use of our valuable plots.

Each of Newham’s eight Community Assemblies was allocated £100,000 to spend on improving their area. Residents and community groups came together in May, and put forward a variety of exciting ideas on how to spend the money. Throughout July, residents voted on the projects which they thought would most benefit their local community.

The Community Assemblies programme is going from strength to strength – so if you’d like to find out what’s happening in your neighbourhood and get involved go to www.newhamcreate.co.uk/en/folders/assemblies-2022

Anyone who lives, works or learns in a Community Neighbourhood can take part. Here are just some of the 75 successful projects which did just that.



EAST HAM’S FOLKESTONE ROAD ALLOTMENT ACCESSIBLE COMMUNITY GARDEN

Paul Sammut from Folkestone Road Allotment Association said: “Folkestone Road Allotment Accessible Garden project will make gardening and food produce more accessible for the community.

“We plan to offer the plots to current plot holders who can no longer manage a full allotment plot. This concept is called ‘mini plots’ and will help plot holders to maintain their passion for gardening, as gardening is a form of therapy, and it encourages community cohesion.

“We’ll harvest and share produce from the garden; and build a communal greenhouse to allow new plot holders to grow food from seeds to pick and eat from.”



CUSTOM HOUSE & CANNING TOWN BARBER CONNECT PROJECT

King Ogunremi of the Barber Connect Project said: “As a father and a barber who has lived and worked in Newham for 17 years, the grant awarded for the Barber Connect Project will enable me to make a huge difference in my neighbourhood. The project will offer young people who aren’t engaged in the school system opportunities to learn a skill and to possibly earn as they work in order to keep them motivated. My goal is to introduce as many young teenagers as possible to barbering and to show them how I have managed to build a successful business through cutting hair.”

WE ARE GREEN.



SIX NEWHAM PARKS AWARDED THE COVETED 2022 GREEN FLAG AWARD

Being able to access well maintained open spaces is vital to our health and wellbeing. This is why it's so important that in Newham we now have six parks that have been recognised by the Green Flag Awards as some of the best green spaces in the country.

Plashet Park retains the accolade for the seventh year in a row and Central Park celebrates its second year as a Green Flag winner. Joining them in being recognised as some of the country's best parks are:

- East Ham Nature Reserve
- Royal Victoria Gardens
- Forest Lane Park
- The Gandhi Chaplin Memorial Garden

The Green Flag Award scheme is managed by environmental charity Keep Britain Tidy. It recognises and rewards well-managed parks and green spaces, setting the benchmark standard for the management of recreational outdoor spaces across the United Kingdom and around the world.

Cllr James Asser, Cabinet Member for Environment and Sustainable Transport said: "I'm incredibly proud to hear we have received six awards this year, building on the two from last year. It is testament to the valuable service Newham Council and volunteers provide in maintaining these green spaces for the community.

"Our parks have always played a vital role in bringing people together to enjoy themselves, stay connected and keep active, and over the last few years our parks have become even more well-loved by the community. These awards celebrate what fantastic places our parks are."

As part of the Council's strategy, Building a Fairer Newham, there will be continued investment in Newham's green spaces. The ambition is that by 2026 at least 10 parks in the borough are awarded the nationally recognised Green Flag.



**YOU HAVE NOTHING
TO LOSE. JUST DREAM
AND DON'T STOP.
YOUR JOURNEY IS NOT
FINISHED. TELL YOUR
STORY, MAKE YOUR
STORY.**

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