

Welcome Newham Newsletter

Hello and Welcome to our February newsletter. Our aim is to highlight activities and events happening in the area that may be of interest to you. If you know of something happening that you think would be a good idea to show case in the newsletter, then please get in touch with the team and we will do our best to promote it to the new arrivals in the borough.

New Commission wants to hear from residents on belonging and inclusion

We are excited to announce that the London Borough of Newham is setting up a new independent Commission which aims to hear the views of people across Newham on how we can all live well together in one of the most diverse places in the UK.

Could you be a Commissioner and help create a vision and practical set of actions that can make Newham a more inclusive place, where everyone can live well together?

We are looking for 8-10 Commissioners from a range of backgrounds. Scroll down to find out more and apply before 23rd February deadline!

To volunteer as a commissioner, apply on:
[Project: New Commission wants to hear from residents](#)



Welcome Newham Team

Email: welcome.newham@newham.gov.uk

Phone: 020 3373 3222

Monday-Friday 10am-5pm

Apprenticeship Fair 2025

Newham apprenticeship fair 2025



Date: Wednesday 12
February 2025

Time: 10am - 4pm

Location: Stratford
Town Hall

Join us to celebrate the National Apprenticeship Week 2025. Our Newham Business and Enterprise will be once again organising the seventh annual Newham Apprenticeship Fair. It promises to be bigger and better this year.

It will be an exciting opportunity for Newham residents and students to explore the range of apprenticeships available. It will be a great opportunity to broaden your understanding of apprenticeship and the misconception around who and why you undergo an apprenticeship.

During the event you will be able to:

- meet a wide range of employers with live apprenticeship opportunities
- learn more about different companies and sectors
- understand the application process
- explore different apprenticeship levels
- find out about pay and benefits
- hear from the experience of current and previous apprentices'

To book a space please follow the link:

[Newham Apprenticeship Fair 2025 Tickets | Eventbrite](#)

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Volunteering with Newham Volunteer

Volunteering is a great way to give something back to the community and to make use of your spare time. It makes a difference to your local area and to the people who live here. It is also a fun, rewarding way to meet new people, improve the environment and the lives of others, and in addition, learn new skills. It doesn't matter if you can spare a little time, or a lot, there are lots of ways to get involved and improve your community.

It is really easy to become a volunteer, to start, register here:

[Newham Volunteer Website](#)

Once you have completed your registration form you will be contacted to complete our online induction, this includes signing a code of conduct, a lone working policy and a start volunteering straight away.

You will be provided with all the information that you will need about our volunteer opportunities on offer. For further information, please email volunteers@newham.gov.uk or call 0203 373 3216.

**WE ARE
VOLUNTEERING.**

**WE ARE
NEWHAM.**



WANT TO VOLUNTEER & MAKE A DIFFERENCE?

Volunteering Opportunities:

Run Director – Central Park Junior Park Run

Junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14. Junior parkrun encourages people to walk, jog, or run and volunteer together - junior parkrun is for everyone!



The Run Director has overall responsibility for:

- event safety
- oversees proceedings during the event and at the finish line. They must be near the start and/or finish area at all times.
- The Run Director has the ultimate authority to decide whether the event should be cancelled or postponed or if an adjustment to the course is required.

To apply for the opportunity please register on: [Run Director \(Volunteer Role\) - Central Park Junior Parkrun](#)

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WELCOME NEWHAM Newsletter

Social Club Host – St Martin’s Church

St. Martin’s Church is an Anglican church in Boundary road. They are a trilingual church serving, the English, Portuguese, and Spanish community. Through their Food Pantry and social club, they serve the community.

This is a social community event for the lonely hearted and anyone needing companionship. It is open to anyone living in Newham. They play fun bingo, have refreshments and sandwiches, and have opportunity to interact with each other and socialise.



Volunteers will assist as host to their service users.

Role will include:

- Setting up the hall
- Welcoming the service users
- Chatting
- Making teas and coffees.

Most of the service users speak English. Good communications skills in English will help together with a nice smile as we welcome our guests.

This is a monthly event and held every last Saturday of the month from 2:30-5.00pm.

To apply for the opportunity please register on: [St. Martin’s Church Food pantry and social club host](#)

Front of House Ambassador – Renewal Programme

The Renewal Programme is a well-established and respected local charity based in the London Borough of Newham. We support those who are facing multiple challenges - they might be a migrant or refugee without access to public funds, suffering with homelessness, experiencing poverty, or unable to communicate in English.



Our community hub in Manor Park is a busy facility where we provide a range of opportunities for growth, connection and development for the whole local community. We run adult education class, advice and support sessions, a busy biweekly foodbank, a hot meals service, and much more.

In your role you will support our reception staff to welcome service users to our Food Bank and Hot meals services at our busiest time. You will act as an ambassador for the Renewal Programme, welcoming service users, assisting the receptionist with managing the flow of people and the sign-in system and ensuring that people receive a great customer service experience.

Volunteer tasks include:

- Welcoming service users to the Centre
- Assisting service users with the digital sign in system
- Working closely with the reception team to ensure the flow of visitors is managed safely and efficiently
- Monitor the queuing system and prioritise /support users with impaired mobility or young children
- Answer queries.

To apply for the opportunity please register on: [Front of House Ambassador](#)

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WELCOME NEWHAM Newsletter

Free Access to Premium Quit Smoking App

For a limited period, smokers across London can get six months' free access to the premium version of the [SmokeFree app](#) to support them giving up smoking for good. It offers 24/7 real time support and 12 weeks of free nicotine replacement therapy or vapes – delivered to you for free.



Scan QR Code to access the app.



The app has already supported thousands of people to quit smoking, with quit missions, group support, games with merit badges and information on the financial benefits of quitting. You can download the app and get access to the premium version [here](#). Please share this with any residents you work with who may benefit.



For information about stop smoking support available in Newham visit:
[Stop Smoking | Well Newham.](#)

MUMMY'S DAY OUT

MAMA MEET-UP

Every Monday | 10:30 - 12:30

in partnership with:
MAYOR OF LONDON
LTF LONDON TRADING FOUNDATION
TRANSPORT FOR LONDON
EVERY JOURNEY MATTERS

Mama Meet Up – Newham

Every Monday

Time: 10:30am – 12:30pm

Address: Queen Elizabeth Olympic Park, Aquatics Centre, London E20 2AQ

Join us for our weekly 'netwalking' sessions in The Queen Elizabeth Olympic Park, to help reduce social isolation, as well as improve health and wellbeing for us mamas.

Join us for our weekly 'netwalking' sessions in The Queen Elizabeth Olympic Park, to help reduce social isolation, as well as improve health and wellbeing for us mamas.

We welcome women from all walks of life and nationalities for this child-friendly walk followed by FREE light refreshments at the TIMBER LODGE cafe. Do not forget to tell a fellow mama.

Book FREE Tickets: [MAMA MEET UP - NEWHAM Tickets, Multiple Dates | Eventbrite](#)

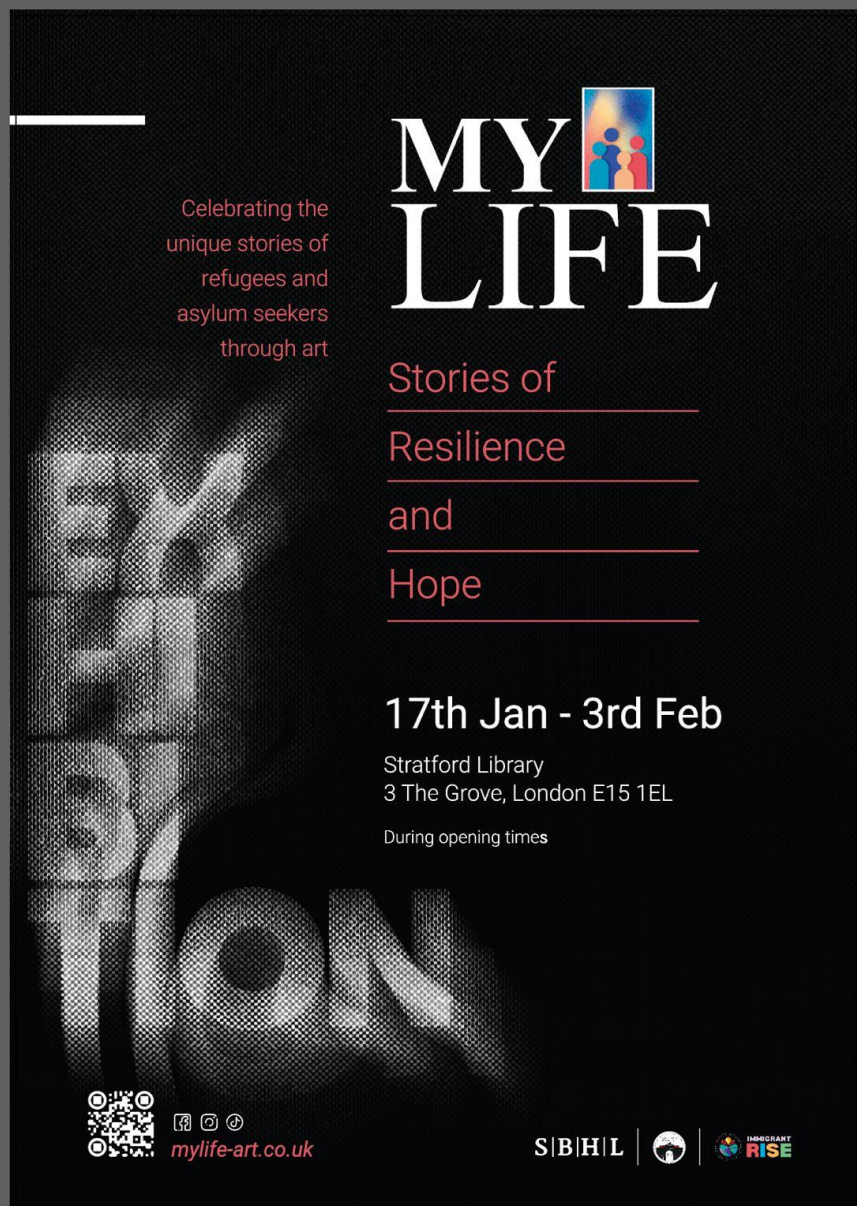
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My Life Exhibition

A new exhibition celebrates the unique and extraordinary stories of twelve artists from around the world that have come to the UK as refugees and asylum seekers.



Through the medium of art, 'My Life: Stories of Resilience and Hope' brings to life the realities of those aiming to make their homes here in the UK, often in the face of extraordinary personal struggle and adversity.



The exhibition is currently being hosted by Stratford Library. The exhibition can be found on the first floor.

Residents are welcome to visit the exhibition, engage with the artwork and gain insights into the memories, challenges and hopes of the artists.

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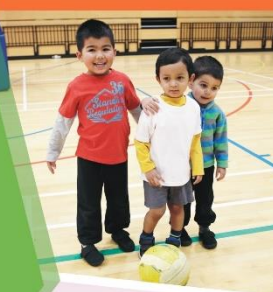
Half-Term Activities

MORE WAYS TO PLAY IN NEWHAM

Whether it's with friends or with family, discover a world of free fun this school holiday.

For more information and to book please scan the QR Code below or visit better.org.uk/better-newham

FREE ACTIVITIES



BETTER



in partnership with
Newham London

Free Activities

GLL (under the Better brand) are providing a range of activities this February Half Term both across the three leisure centres and out in the community. Please see attached a flyer promoting the free sessions in the community.

Leisure Centre activities include Fun Swims, Intensive Swimming lessons, Junior Gym and lots more!

East Ham Leisure Centre:

[East Ham Leisure Centre - Community Programme](#)

Plashet Park:

[Plashet Park - Community Programme](#)

Newham Leisure Centre:

[Newham Leisure Centre - Community Programme](#)

Days	Ages	Time	Location	Activity
Mon-Fri	5-15	12pm – 2pm	Newham Leisure Centre, E13 8SD	Football
Mon-Fri	5-16	2pm – 4pm	Newham Leisure Centre, E13 8SD	Multi-sports e.g Cricket, Badminton, Tennis
Mon-Wed	5-16	12pm – 2pm	Plashet Park, E7 8QR	Multi-sports e.g Cricket, Football, Athletics
Mon-Wed	5-11	2pm – 4pm	Plashet Par, E7 8QR	Multi-sports e.g Cricket, Football, Athletics
Thurs-Fri	12-16	12pm – 2pm	East Ham Leisure Centre, E6 2RT	Multi-sports e.g Cricket, Badminton, Tennis
Thurs-Fri	5-11	2pm – 4pm	East Ham Leisure Centre, E6 2RT	Multi-sports e.g Cricket, Badminton, Tennis

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WELCOME
NEWHAM

Newsletter



JUNIOR TENNIS CAMP

BOYS &
GIRLS
5-15
years old

Venue

Stratford Park

West Ham Lane, Stratford, E15 4PT

Gooseley Playing Fields

St Albans Ave, East Ham, E6 6AW

Action-packed holiday camps
with team challenges, tennis
skills, games and prizes.

All equipment is provided, no
prior experience necessary.

12:00 - 2:30pm

17th & 18th February

£18.50 per day



nationalettennis.org.uk/camps/london

hello@nationalettennis.org.uk



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Discover Children's Story Centre x

The New Black Film Collective and Film London

Kirikou and The Sorceress

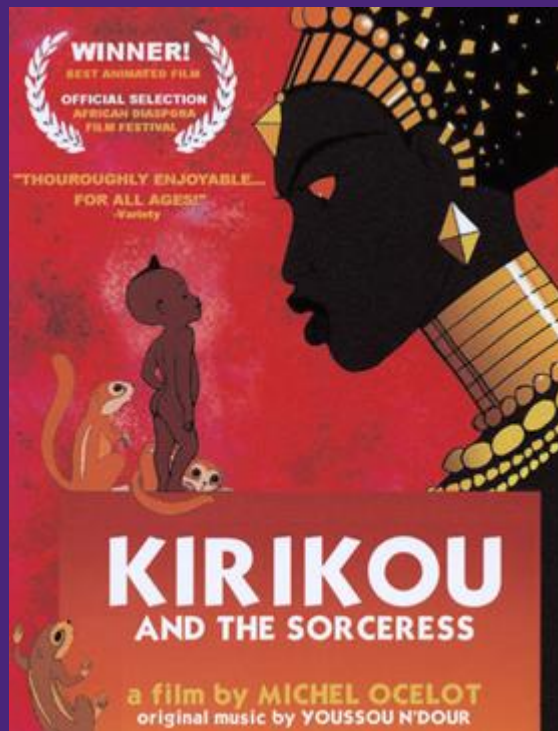
Date: Saturday 22nd February 2025

Time: 2pm – 4:30pm

Address: Discover Children's Story Centre, 383-387 High St, London E15 4QZ

Kirikou undertakes a perilous journey in order to discover the secret of the evil sorceress, who had cursed his village, eating up the men-folk and drying up the spring.

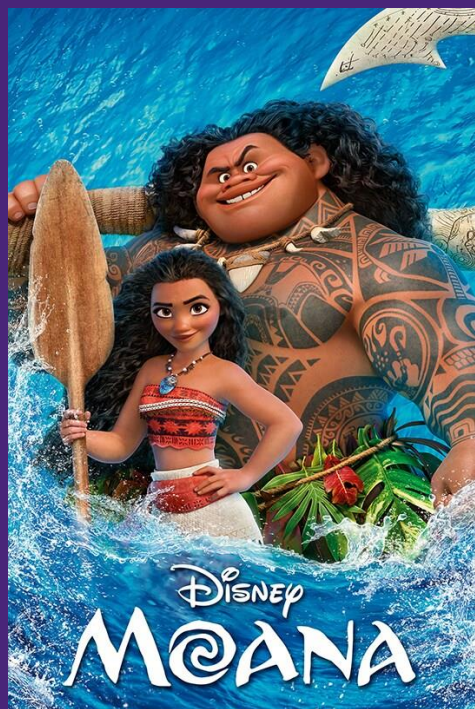
Book Tickets: [Film Screening: Kirikou and The Sorceress](#)



If you are a sanctuary seeker/refugee and would like free tickets to any of the 2 film screenings, then PLEASE EMAIL welcome.newham@newham.gov.uk

or

Fatim.coulibaly@newham.gov.uk



Moana 2

Date: Saturday 29th March 2025

Time: 2pm – 4:30pm

Address: Discover Children's Story Centre, 383-387 High St, London E15 4QZ

After receiving an unexpected call from her wayfinding ancestors, Moana must journey to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she's ever faced.

Book Tickets: [Film Screening: Moana 2](#)

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The Children's Society - Time for Young People

Valentine's Day Card Making

Date: Wednesday 12th February

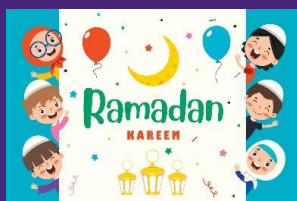
Time: 4pm – 5:30pm

Age: 16 – 25 years' old

Come join us for a fun and creative **Valentine's Day Card Making Workshop!** This event is perfect for anyone aged between **16-25 years**. Let your creativity shine as you design and make your own unique cards.

Get ready for a day filled with love and crafts!

- Hot and cold drinks provided
- Snacks provided
- Free wellbeing pack



Ramadan Crafts

Date: Wednesday 19th February

Time: 11:30am – 12pm

Age: 10 – 15 years' old

Let your imagination run wild as we make beautiful decorations and learn about the significance of Ramadan. It's a great way to celebrate the spirit of the season with friends and family. Don't miss out on this exciting opportunity to get crafty!

- Hot and cold drinks provided
- Snacks provided
- Receive a free Ramadan gift



Healthy Fasting - Preparing for Ramadan

Date: Tuesday 25th February | Time: 11:30am – 12pm | Age: 10 – 15 years' old

We'll discuss the benefits of fasting, how to do it safely, and share tips for a successful fasting experience. Don't miss out on this opportunity to improve your health and well-being!

Time

for young people



Address: Time for Young People
Newham - 517-519 Barking Road, Plaistow,
London, E13 8PS



Book all **FREE** spaces on: [The Children's Society - Time for Young People Newham Events - 4 Upcoming Activities and Tickets | Eventbrite](#)

Card Making

Date: Monday 17th February

Time: 11am – 1pm

Age: 10 – 15 years' old

Come join us for a fun-filled afternoon of **card making at Time For Young People Newham!** This event is perfect for creative kids aged **10-15 years** who love to get crafty. Let your imagination run wild as you design and decorate cards for any occasion.

Get ready for a day filled with love and crafts!

- Hot and cold drinks provided
- Snacks provided
- Free wellbeing pack



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WELCOME NEWHAM Newsletter



Free Film & Photography Course

Date: February 17th, 18th, 19th, 20th and 21st

Duration: 5 Day Course | Time: 10am – 4pm

Price: FREE

Address: Canning Town Library, 18, Rathbone Market, London E16 1EH

Book Tickets/places: [Free Film & Photography Course Tickets, Mon 17 Feb 2025 at 10:00 | Eventbrite](#)

Course Highlights:

- **Hands-On Training:** Practical exercises and projects to reinforce your learning in real-world scenarios.
- **Expert Instructors:** Learn from seasoned professionals in the film and photography industry.
- **State-of-the-Art Equipment:** Gain experience using industry-standard cameras, lenses, and editing tools.
- **Creative Projects:** Work on individual and group projects to build your portfolio.
- **Networking Opportunities:** Connect with like-minded creatives and industry professionals.
- **Certification:** Receive a certificate of completion to showcase your skills.

Who Should Attend:

- Ages 16-30
- Priority will be given to Newham residents who are not in employment or education.
- Beginners who want to learn the basics of film and photography.
- Intermediate learners looking to refine their skills and explore advanced techniques.
- Content creators, influencers, and aspiring filmmakers.
- Anyone with a passion for visual storytelling.



International Women's Day

Join Newham Council this International Women's Day to 'Accelerate Action' for an inclusive future in Science, Technology, Engineering and Mathematics (STEM), and Artificial Intelligence (AI).

We're thrilled to welcome two inspiring speakers (to be announced) for a conversation on breaking barriers, fostering accessibility, and driving transformative change for women in STEM.

Together, we'll consider how communities, especially in Newham, can build knowledge and embrace the exciting possibilities within this evolving landscape. This event coincides with the start of British Science Week 2025, making it the perfect moment to champion innovation, inclusion, and action among women and girls.



International Women's Day - Women in Tech

Date: Saturday 8th March 2025

Time: 4pm – 7pm

Address: Forest Gate Library, Woodgrange Road London E7 0QH

Book Tickets/places: [International Women's Day - Women in Tech Tickets, Sat, Mar 8, 2025 at 4:00 PM | Eventbrite](#)

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WELCOME NEWHAM Newsletter

My BIG Idea: DLR (Children and Family Workshop Day)



MY BIG IDEA: DLR

Saturday 22nd February 2025

School 360
5 Sugar House Lane
London
E15 2QS

 institute of
imagination







Address: **School
360** –
5 Sugar House Lane
London E15 2QS

Date: Saturday 22nd February 2025

Time: 10am – 4pm

Morning session 10am – 1pm
(Children showcase at 12:30pm)
Afternoon session 1pm – 4pm
(Children showcase at 3.30pm)

My Big Idea: DLR is a
FREE event for
families with
children
aged 5 - 12.

The event will give children, aged 12 and under, the opportunity to imagine and design their big ideas for what the future of travel could look like. Inspired by the Docklands Light Railway, they will bring their ideas to life using junk modelling, LEGO® bricks and coding.

Children will have an opportunity to share their ideas at the end of each session and families will receive a take home box of creative activities to continue the fun at home.

We welcome all families.

While the event is designed for children aged 5 - 12 years old, siblings outside of this age bracket are more than welcome to come along.

DLR



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