



Call for crisis aid as Newham celebrates

AIDAN WHITE

Residents and community leaders are determined to strike a positive and joyful note as Newham enters the holiday period, in spite of the growing crisis caused by social isolation, poverty and soaring costs of living.

Christmas lights have been switched on and residents can tuck into free Christmas lunches across the Borough from 12-17 December. And there will be numerous holiday events to see out the last days of 2022.

Newham Council plans for the largest number of Christmas lunches in a single week in town halls and community centres, organised in co-operation with local businesses and voluntary organisations.

The challenges are stark given that, according to the Council, more than a quarter of people in the Borough are touched by loneliness, almost half of Newham children live in poverty and around 35 percent of families with children are worried about having enough food to eat.

Following the government's financial statement in November which announced measures that will increase pressure on living standards across the country, Newham Mayor Rokhsana Fiaz wrote to Prime Minister Rishi Sunak calling for more cash to be made available to Newham to provide extra support to people in need.

And the impact of the crisis has been further highlighted by East London Greater London Assembly Member Unmesh Desai who warns that the government's "reckless inaction" on the cost of living crisis is pulling many more people into poverty.

He says that almost 10,500 children under 16 in Newham live in "low" or "very low" food security, according to new data compiled by London Assembly Labour.

Mr Desai and the Mayor are calling on the government for more action to tackle soaring food prices, energy bills, rents and mortgage rates.

Meanwhile efforts to strike a cheerful note and bring the Borough together in celebration of Christmas



East ham lights go live. ©Andrew Baker with permission of Newham Council

What's on during the holidays

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are going ahead.

The Council's campaign has featured ten light switch-on events across the Borough, two special Christmas lunches for older people at Stratford Town Hall, and a further eight local Christmas lunches hosted by the council's Neighbourhood Teams.

The Council has also asked businesses, charities and faith groups to host Christmas lunches to create moments of celebration. The campaign is supported by the charity The Eden Project, Tate & Lyle, Aspers and East End Community Foundation, who are sponsoring some events.

There will also be festive live enter-

tainment, including performances by Oompa Brass, Sami Rhymes, St Anthony's School Choir and Nelson Primary School.

Full details of all these local events can be found at www.newham.gov.uk/community-parks-leisure/together-christmas/3

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Council notebook

Grassroots democracy in action

PETER LANDMAN REPORTS

Although a small group of striking refuse workers disrupted the October council meeting with a demonstration in favour of their demands for a settlement to their pay and conditions row with the council, talks are now taking place to resolve the dispute.

Apart from this the council meeting proved to be a successful exercise in grass roots democracy with 37 questions from members of the public – 13 of them on the issue of Newham City Farm – eight questions from councillors, and 11 motions from councillors.

A deputation of pupils from Manor Park Primary School politics school presented their bulletin, headed *Our Manifesto of Ideas* followed confidently by the line “We have lots of ideas to improve Manor Park, Newham and the entire planet.”

Green councillor Danny Keeling joined Miriam Scharf, a member of the public, in asking for work on the Silvertown Tunnel to be stopped.

But a council officer explained that it was too late, as a Development Control Order from the Secretary of State had been issued. However, the council is monitoring compliance with some planning application conditions:

- to ensure that traffic flows do not exceed those predicted
- that Transport for London lays on regular buses
- that there is provision for cycling and walking
- that air quality standards are maintained

Councillor Rush's motion advising that under the current Election Bill, EU citizens who enter the UK after 2021 may not be able to vote in future local elections was passed. He urged the council to start the new voter registration soon.

Councillor Rita Chadra's motion urging the council to write to the government to stop the harsh treatment of asylum seekers, to cancel the Rwanda agreement, to deal with the hold up in applications for those entering the UK by boat; and to allow asylum seekers to take jobs was also agreed.

She also asked the council to see if local organisations could do more, and for the council to become a Council of Sanctuary.

Joe Hudson-Small, a member of the public, put in a great “stir up” question asking for the council to abandon time limits on meetings and councillor Zulfiqar Ali, Cabinet Member for Finance and Resources, responded that the Mayor had agreed to review the Council Constitution.



Cabinet meetings held in October and early November

• **New homes:** The council received a grant from the Greater London Authority to build 550 new houses most of them at socially affordable rent. The new units will be located across the Borough.

• **Holiday Clubs for children:** The council has received a grant to support voluntary groups providing holiday clubs for children who are getting free school meals and those assessed as vulnerable, and families with no access to public funds. Children will get a free meal, a four hour activity session and there will be advice on nutritional meals and information about other services and referrals for adults.

• **More support for children with special needs:** These will largely be

for children with autism. The council agreed to invest in 40 forty more places in the John F. Kennedy school in Beckton, and to seek agreement from the Department for Education for a new school in Custom House.

• **Changes to waste collection:** Households that frequently drop waste at the side of recycling bins will be offered larger bins and there will be a shortened response time for reports of missed collections from 72 hours. Garden waste collections to be made from March to September.

• **Old Canning Town Library:** The council has agreed to apply for £5 million from the National Heritage Lottery Fund for an archive and museum objects research room, more exhibition spaces and a computer suite.

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LICENSING ACT 2003

Notice of application for a Premises License

Notice is hereby given that **Kitchen 360 Ltd** has applied to the Licensing Authority of London Borough of Newham for a full variation of Premises Licence to permit:

- **Sale of late night hot food and alcohol Monday to Thursday from 12:00 pm-22:00 pm and Friday to Sunday from 12:00pm-01:00am**
- **For the premises: Kitchen 360 Ltd, 34 Fife road, Canning Town E16 1QB**

Newham Council's Licensing Register is kept at the office of the Licensing Team, Grassroots, Memorial Avenue, London E15 3DB (open from 9.30am to 4.30pm Monday to Friday), 020 3373 1925, where details of the application may be inspected. Any representations against the application must be made in writing and received by the Licensing Team at the above address, by no later than **13 December 2022**.

Individuals, businesses and other bodies may make representations in relation to the application. Representations must be relevant and can only be on the licensing objectives of the prevention of crime and disorder, public safety, the prevention of public nuisance, and the protection of children from harm. Copies of all representations will be sent to the applicant. Persons making representations will have to appear at the Councils' Licensing Sub-Committee. Note: It is an offence, liable on conviction to a fine up to £5,000 for a person to knowingly or recklessly make a false statement in connection with the application.

Massive vote for strike, but nurses fail legal hurdle

AIDAN WHITE

More than 1,700 nurses working at the Barts hospital group, which includes Newham University Hospital, voted to strike last month with only 60 votes against, but a strike was avoided because it just failed to reach the legal threshold needed to trigger a walkout.

The nurses, all members of the Royal

College of Nursing employed at Barts, the Royal London, Whipps Cross and Newham hospitals, will be unable to take industrial action in favour of their pay claim this winter because the yes vote fell just eight short of the number needed.

The total number voting to strike was 49.78 percent of the eligible vote – just 0.22 percent less than the 50 percent needed for a legal strike.

But there may yet be strike action as other unions are still voting over industrial action. The Barts hospital management are preparing contingency plans if strikes take place.

There were 3,489 Barts Health nursing staff who were eligible to vote and the legal threshold of 50 percent means 1,745 were needed to return a ballot paper but 1,737 actually voted. ●

Connecting residents through community meals

NEANDRA ETIENNE

Volunteers from FoodCycle take surplus food donated from numerous local companies, supermarkets and charities and turn it into nutritious community meals for their guests on Tuesday evenings at Pilgrims Way Church, East Ham.

FoodCycle is a national charity that tackles three key issues: food poverty, food waste and loneliness within communities.

FoodCycle has been serving their community meals in East Ham for a year. The meals are open to all. Their guests include low-income families, people affected by homelessness and those who cannot afford to buy food.

Vegetarian food is made by their volunteers. Their menu may include lasagne, curry, stew or a pasta dish. Guests receive at least two courses and may also get cake or rice pudding dessert.

Where possible, after the meals have been made, guests are given a bag of any food that is left over.

FoodCycle do their best to offer meals to guests in and around Christmas and in previous years they've had guests dressed up as reindeer and elves, Christmas crackers, chocolate for the kids and plenty of roast potatoes!

FoodCycle East Ham Christmas Meal will be served on Tuesday 13 December, 7:00pm at Pilgrims Way Church, Pilgrims Way (Access via Myrtle Rd, opposite Sainsbury's East ham, E6).

FoodCycle always needs more volunteers. They have a number of different roles from hosting, cooking, food collection and/or delivery as well as volunteers who make regular weekly phone calls to their guests. More details are available on their website or social media accounts.

East Ham Community Meal will be closed over Christmas, the last session will be on 20 Dec and the first one of next year will be on the 3 Jan. ●

www.foodcycle.org.uk



Image from Facebook

Warm havens: where to go this winter

Newham Council has launched the first phase of its network of Warm Havens available in libraries and community centres.

These dedicated safe and inclusive spaces will give practical help for anyone needing respite due to the cost of living crisis.

Ten libraries and six community centres are dedicated Warm Havens and will be open until the end of March 2023 throughout the coldest winter months.

At the same time, every library in Newham will have extended opening hours until 8pm from Monday to Saturday. All libraries have been open on Sundays since mid-November.

The Warm Havens are available at libraries in Beckton, Canning Town, Custom House, East Ham, Stratford, Plaistow, Manor Park, Forest Gate, Green Street, and North Woolwich.

The Warm Havens in community centres are at: Trinity Community Centre, Katherine Road Community Centre, Woodman Community Centre, Jack Cornwell Community Centre, Jeyes Community Centre and Forest Lane Lodge.

A map showing all the Warm Havens can be found at www.newham.gov.uk/warmhavens

£500 grants for support to residents

To help fund the scheme, small grants of up to £500 are available to voluntary/community or faith organisations, as well as informal local community groups, who want to support residents facing difficulties.

For details of how to become a Warm Haven provider and apply for the grant, please visit www.newham.gov.uk/warmhavens

Looking for long-term solutions

SAMIRO FORTES OLIVEIRA

Although Newham's Mayor, Roksana Fiaz, has launched the 'Warm Havens'/Hot Meals programme and a series of cost of living emergency sessions to train volunteers who can help people on low income access benefits they are entitled to, it is very unlikely these well intentioned action plans will be enough to ease completely the cost of living crisis.

We need a real solution that's not just about solving the symptoms. That's why I am launching a weekly fun and interactive 'Increase Your Income' programme at Canning Town Library in Rathbone Market, every Saturday, from 1pm to 3pm or on Zoom.

This free programme is designed to solve the root structural inequality problems, while equipping people with the mindsets, skills, and real tools to

increase their income and create their own form of living, instead of relying forever on people or on the government to help them tackle the cost of living crisis.

Whatever the financial circumstances, it is possible to change your financial life and increase your income. I have done it myself. A few years ago, my family and I were struggling financially and became homeless. But we turned things around.

It's possible, but one needs to be able to develop the right mindset, skills, qualities and tools to succeed. Anyone interested in participating in the free 'Increase Your Income' programme, can connect with me on my YouTube channel, Success Booster Academy or additionally, email me at SuccessBoosterCoach@gmail.com include a mobile number. Feel free to ask me anything that is troubling you.



Beckton Park plans to bring wildlife back

PETER LANDMAN

The Council is embarking on an ambitious public consultation featuring the Beckton Parks Masterplan, the Beckton Parks Playbook devised by Street Space Community Consultants, and the Co Design to be undertaken by East Architecture, Landscape and Urban Design.

Street Space has already spoken to 564 members of the public, engaged with 20 community organisations and held 16 consultation events.

The Playbook includes online posts from members of the public puts a focus on six principles, including:

- Create spaces for communities
- Green spaces as learning spaces
- Community involvement
- Prioritise safety and social connections
- Care for the well being of people coming into the park

The playbook includes a section on the City Farm. In their concluding section they give two first-step actions – to reopen the wildlife area and to reopen the beekeeping spaces.



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(geograph.org.uk/p/3875152)

East Architecture are holding public consultations on Saturday 26 November and 3 December at the Beckton Globe.

Members of the City Farm Campaign have stressed the wide range of benefits that could arise – volunteering, education experience for young children, young people going on to careers relating to animal welfare; and safe spaces for vulnerable people.

One mother told *Newham Voices* that the Farm was the only safe space for her to take her 16 year old autistic son.

As part of the consultation the team will look for elucidation of the Council's "Animal Offer" made in the Masterplan. Among the options is the setting up a Charitable Trust which could give more scope for funding, and for using special expertise in developing the plan.

See the Letter to the Editor below.

Plants and animals need to talk to each other

ROGER JONES OF FRIENDS OF WEST HAM PARK

Everything in nature interacts with everything else. Nothing exists in isolation. We live in a crowded city and interact with other people all the time. Plants and animals are the same, so when we have a large open green space like West Ham Park, all the plants and the birds, bats and insects interact with each other.

But if they can only link to other plants and animals in the park, it creates a very restricted environment which would mean very few plants and animals. To be successful, they need to interact with a much wider group of plants and animals. So, big as it is, to be successful West Ham Park, and all other open spaces, need corridors and links to enable plants and animals to move between different open spaces.

In an urban environment like Newham, creating and keeping those links and corridors is essential. Birds and insects can fly to other places but they still need way-marks and stopping points to help find other green spaces.

These are called 'wildlife corridors' and in Newham it is critical for our open spaces that these are preserved and increased. They can be as simple as house gardens, trees along a street or small open spaces between much larger parks and green areas. Growing more plants in house gardens, having planters in streets with a mix of plants and small trees/bushes all help to ensure our Borough continues to have the green spaces we all enjoy and that they continue to thrive and develop. ●

HAVE YOUR SAY – LETTERS TO THE EDITOR

editor@newhamvoices.co.uk

How Newham City Farm gave me inspiration for life

I grew up and went to school in Newham, where my family still lives. I volunteered at the Newham City Farm farm from age 14, and left in 2017 to attend the Massachusetts Institute of Technology, a US university equivalent to Oxbridge. I used my volunteering experience for my MIT application – extra-curricular activities are a focal point for US college admissions. Unfortunately, accessibility to extracurriculars is extremely lacking at underfunded state schools and in poorer areas.

Volunteering at the farm was invaluable in developing my social skills and independence. I gained

confidence, learned how to give back to my community and used the experience to complete my Duke of Edinburgh Award via my local youth centre, another youth programme that has since been shut down like many of Newham's provisions for young people.

I believe children being able to interact with animals while growing up is an invaluable tool in instilling empathy. Many of my peer junior volunteers went on to complete animal husbandry courses, to become vets and animal caretakers. The farm was a unique place to gain unique skills, especially for kids from Newham,

who already had the odds stacked against them.

I continue my love for animals into my career. I am now a data scientist at Beyond Meat, the number one meat alternative product in the world, working to solve issues surrounding human health and our natural environment.

It would be devastating for me and a shame for future generations, if this much-needed community facility was prevented from being restored, to allow Newham to have a city farm as successful and sustainable as city farms in other London boroughs.

– Tafsia Shikdar



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What the government won't tell you about asylum seekers

SIMON SHAW OF CARE4CALAIS

According to the Home Secretary the UK is being “invaded” by asylum seekers.

Suella Baverman says she dreams of taking asylum seekers to Rwanda – a country with which they have no connection, and that has a poor record of human rights

Some perspective is needed here. Eighteen other European nations take in more refugees than the UK. Germany has 152.6 asylum seekers per ten thousand residents, the UK just 8.4, according to Migration Observatory at the University of Oxford.

In Newham, hotels are currently housing around 1000 asylum seekers but keep the statistics above in mind. Many of them are highly qualified, desperate to work and pay taxes and restart their lives. They are given just £8 a week and are stalled in a system that



Migrants arrive on a Kent beach after being rescued at sea after crossing the English channel. ©Sean Aidan Calderbank/shutterstock

can take four years to process their asylum claim – the vast majority of which are successful. It was recently revealed in *The Guardian* that the Home Office is recruiting decision-makers from Amazon and Sainsbury and giving them

minimal training to make life-changing decisions.

One little-reported aspect of the plight of asylum seekers in our Borough is that asylum-seeker children are enrolled in our schools; they become part of the school community and are then moved to another part of the country with no right of appeal.

Care4Calais in our area works with asylum seekers in the hotels and dispersal houses in the Borough, helping them keep warm this winter, ensuring they are properly represented if they get a Rwanda letter and ensuring that their children are placed in schools as quickly as possible.

We know that we are applying a sticking plaster to a broken system that the government is using to garner the racist vote but makes no sense economically in a nation that is suffering a chronic skills crisis.

To contribute to Care4Calais see our

website and our current priority donations. www.care4calais.org

CARE 4 CALAIS UK DONATIONS

PLEASE NOTE

Due to the amazing generosity of the British public we currently have sufficient stocks of all women's and children's clothes. The only women and children's item's we currently need are **winter coats**.

NEEDED ITEMS

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- Oyster cards
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To arrange a donation please email annie@care4calais.org

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Tributes Compiled by Neandra Etienne

Josephine Melville: A star from Forest Gate

Forest Gate actor Josephine Melville sadly passed away backstage after performing in the play *Nine Night* at the Nottingham Playhouse 20 October 2022.

Josephine was a dancer, actress, writer, director and producer who worked in the creative industries.

She was a massive supporter of the Theatre Royal Stratford East and visited often. Her acting credits included parts in *EastEnders*, *The Bill* and *Casualty* as well as several theatre roles.

Nadia Fall, Artistic Director at Theatre Royal Stratford East, told *Newham Voices*: "We are devastated by the sudden passing of our dear friend and colleague Jo Melville.

"Jo was on our Board, and most



Josephine Melville in *Sleeping Beauty* 2019

recently appeared on stage in our panto, *Sleeping Beauty*. She has long been part of the Stratford East family and will be greatly missed by all of us."

Josephine's main work with Theatre East, in particular with the Bibi crew, started in the '90s.

Actress, radio presenter and fellow member of the BiBi Crew Judith Jacob first met Josephine when she appeared on the Channel 4 1980s sitcom *No Problem*.

Judith starred in the show. However it wasn't until Beverley Michaels got them together to form the BiBi Crew that their friendship blossomed.

The original BiBi Crew line up was Beverley, Jo and Judith with Joanne Campbell, Janet Kay, Suzette Llewellyn, and Suzanne Packer. Together they created, devised, produced and directed their own productions.

Judith said: "Working with Jo is always fun and productive. Jo has naturally funny bones and is a really good writer. We laughed loads while working, even when I was sulking if a particular idea of mine was rejected Jo would come tell me not to take it personally, 'Ju, stop it now, stop it!' then laugh. Theatre Royal Stratford East was home."

Another local actor and producer, Jimmy Akingbola, added: "Josephine Melville, what a star! She always shone so bright on stage and screen. We met when I was 16 and an usher at the Theatre Royal. I will always remember that lovely smile of hers and how she would make sure that the next generation knew about the history of Black British Theatre." ●

Sophie Rigg: Inspirational garden and arts champion 1982 to 2022

The recent death of Sophie Rigg has prompted a number of tributes from residents and community leaders in Forest Gate.

A video tribute was played at the Forest Gate community assembly in November and councillor Rachel Tripp wrote afterwards: "I knew Sophie through her contribution to Forest Gate Arts, and to the Community Garden. She was talented and brilliant but also quiet, never self-promoting, and a steadfast and enormously valued contributor to life in Newham. It was a privilege to have known her."

Myanah Saunders of Forest Gate Community Garden said that a herb planter will be set up in her memory.

"Sophie was an incredible person," she said, "a talented artist, a superb administrator, a devoted partner and mother, a great friend and, above all, a lovely human being. Her energy and enthusiasm were limitless. During her six years as the co-ordinator, Forest Gate Community Garden went from strength to strength, driven by her ideas and commitment. She was an inspiration to all who met her."

Paul Romane, from Forest Gate



Sophie Rigg

Arts said: "Sophie was the heart and motivator of Forest Gate Arts. Her skill was the thing that kept us going. She was committed to her community and was constantly looking at ways to make it better. The community will sorely miss her. She was instrumental in getting our pop up gallery in Upton Lane where we put on art shows, exhibitions, plays, workshops and our open mic, Upbeat.

"Sophie loved Forest Gate and Newham and we are the richer for it...thank you Sophie." ●

Flying the flag to highlight Aids fight

SHEILA NURSIMHULU

World AIDS Day on 1 December is a day to remember the millions who lost their lives to HIV and AIDS in the last 40 years and Newham, like other local councils, will be flying the flag for a campaign to wipe out the scourge of HIV by 2030.

To mark this day, Positive East, an East London HIV Charity that provides information, advice, peer support, counselling, specialist psychology, health and wellbeing workshops for people living with HIV, is arranging for local councils to fly red ribbon flags over town halls.

The main take home message on this World Aids Day is for people to know their HIV infection status through testing, and to access HIV prevention,



treatment and care services. Despite advancement in medical treatment,

according to United Nations figures, each hour nearly 140 people die from

AIDS-related causes, with 37 million living with the AIDS virus worldwide.

Positive East partners with the London Fast-Track Cities initiative, a global movement to end HIV by 2030. In January 2018, Mayor of London, Sadiq Khan, signed the Paris Declaration on Fast-Track Cities Ending the AIDS Epidemic, along with London councils, Public Health England and NHS England.

The Terrence Higgins Trust which runs a number of support services for those living with HIV and AIDS, including offering hardship funds, a campaign for change and an end to discrimination and stigma, is holding a number of fundraising activities that anyone can take part in to support this important cause.

www.tht.org.uk

The people's projects

Here we publish the second report on the People's Projects that have been agreed this year – for community projects in Manor Park, Canning Town and Custom House, Green Street and Beckton and Royal Docks.

Each community has been allocated £100,000 funding to spend on improving their neighbourhood.

There are eight community neighbourhoods in all and they have canvassed residents for project ideas which have been discussed, agreed and voted upon through community assemblies. Each neighbourhood has a working group made up of local people who live, work or learn in the area which manages the process.

Further information and details of the coming year's community assembly work can be found at the website of Newham Co-Create: newhamco-create.co.uk/en/folders/assemblies-2022assemblywork



New Way Row

Canning Town and Custom House

New Way Row - a new community and mutual aid hub

New Way Row is a new community project which aims to support existing, and potentially new, organisations and community groups by providing a hub for this part of Canning Town, as well as other groups that are based in Newham, with affordable meeting and event space. One of the main initiatives is to support the distribution of unwanted items that are otherwise in a working or desirable enough condition. There will be a workshop, where some of the items will be fixed. This will benefit the local community by helping to reduce fly-tipping, as well as providing much-needed space, including for young people, who could learn repair skills.

Walk Together

Around 71percent of women of all ages in the UK have reported experiencing some form of sexual harassment in a public space.

This project helps people to enjoy the fundamental right to feel safe in public places. The project provides its users real-time, crowd-sourced information about the different parts of their walking route, including a history of incidents, as well as information about which route provides a more positive experience overall. More importantly, it enables women pedestrians to connect

with other verified users around them to form physical groups for all or a part of their journey and avoid walking alone. The objective is to build walking communities that will look after each other.

Moving Forward, Feeling Balanced – Falls Prevention and Rehabilitation

This project combines activities for residents who feel at risk of falls or who feel 'off balance' mentally or physically and aims to improve their self-confidence.

There will be chair based exercise, walks and more physical activity as participants progress over the course of the project - with training for young people to learn to assist in these activities during the project, with the option of taking a recognised YMCA qualification.

Young Generation Leaders

Young Generation Needs Us is a youth and lived experience led support service bringing awareness to mental health, anti-bullying and special needs through creative arts. The project works with schools and youth organisations across East London to provide workshops using poetry, role play and performance to ensure young people have fun whilst being educated with knowledge and tools currently unavailable from mainstream settings. This programme is especially effective for young people aged 7-11.

Refurbishing front of Anchor House and supporting young people into employment

There is a massive housing problem in Newham and since the beginning of the year Anchor House the homeless charity in Barking Road has engaged 30 individuals who are experiencing homelessness in a Community Partnerships programme and supported 10 individuals to secure employment. The

project will refurbish the reception and front area of the building (built in 1962) to complete the refurbishment of the ground floor. This will improve the look of the building and improve security and confidentiality for the 155 people who are experiencing homelessness that are accommodated at any one time by the charity.

The Barber Connect Project

This project was developed by King Ogenremu, a barber who has lived and worked in Newham for 17 years, who is concerned about rising crime in the area. He is introducing young teenagers to barbering and showing them how to manage and build a successful business through cutting hair. He works with teenagers who have failed to engage in the school system and teach them a skill. They get paid every time they turn up and he works with them and teaches various hair cutting skills and maybe they can agree to get a certificate through college. Every boy signed up gets a minimum of 12 weeks free training, a barbering kit and mentoring to start their own business.

Planet Youth

This project is for a series of free workshops that will bring fashion to a new level combining unique materials such as plastic, denim scrap materials, computer keyboard buttons, Lego pieces, puzzle pieces with preloved clothes and shoes creating new fashion pieces on mannequins. This workshop will teach youth a more sustainable wardrobe, making original versatile pieces that can be styled in different ways becoming more eco-conscious while team working. There will also be workshops on Urban Street Art and workshops to involve young people in picking up litter while solving mystery clues and taking artistic pictures of the litter they are picking. All participants are rewarded for their time with a refreshment and an eco-friendly gift.



Ascension Community Trust Gardening

Ascension Community Trust Gardening Project

This project has three aims. Firstly, to continue developing a community garden space as a resource for the wider community; second, to engage community groups in attending particular projects (including visits from local schools and children's groups from after school care); and third, for the garden volunteer team to take part in local projects to improve green spaces in the local area. This would involve group projects developing identified areas of community space through planting and light landscaping.

The ACID Project by The Custom House Bookshop

Custom House is an isolated area that is one of the poorest and most socially deprived districts in the country. The Custom House Bookshop project, operating from 3 Freemasons Road, is a free series of events, activities and facilities that will allow and promote; Access Community Inclusion Diversity in line with the Newham Council Social Integration Strategy. With a quarter of the residents being aged 0-15, one of the largest groups in any district in London, there will be an emphasis on provision for children and youth, as well as for the vulnerable residents of the nearby sheltered housing unit 'The Flying Angel' and the undocumented migrants, refugees and asylum seekers placed in the nearby Ibis Hotel by the Home Office.



Barber Connect Project

Projects 2022

Part Two: Canning Town and Custom House, Green Street, Manor Park, Royal Docks and Beckton



Katherine Road CC
Garden Development

Green Street

Drug Curtailment and Support for Ethnic Minority Stigmatised Families

This project tackles the problem of drug crime in the Green Street East, West and Boleyn which is an everyday reality. The project aims to curtail the use of drugs and support ethnic minority families who, because of the stigma surrounding drug abuse and crime, are reluctant to seek support, especially if the drug abuser is female. The project aims to bring down the barriers confining ethnic minorities to suffer in silence. It will offer help for families and assist them in helping their family members, guiding them on how best they can intervene.

Wildflower Areas to Connect People with Nature

The project aims to create wildflower areas (WFAs), install bird nests, bug hotels, and log piles for rare species like stag beetles to bring more biodiversity into East Ham's Priory Park by the Sree Narayana Guru Mission of the UK, which has been working in the community for 45 years. The proposed project, supported by 'Grow Wild' of Kew Gardens, will distribute 2000 wildflower seed kits to the local communities and school children to enhance wildlife in the neighbourhoods. Everyone involved from the community will have the chance to get involved.

Young Talent

This project provides a platform for young people to showcase their talents. This will be a talent show that allows young people to direct their energy and talents in a safe environment where they can channel their attention into a productive activity. As the project currently stands, there is flexibility with the exact location, although there is a link with NewVic Sixth Form.

Health and Mental Wellbeing Project

Hope for Humanity is an organisation that has been operating in Newham for the past two years, running a food bank every Saturday, that caters for more than 200 to 400 people. This project will be for 50 women and 50 children. Ages for those women will range from 18 - 50 years old and children from 7-12 years. The project will run for two days per week and will target the mental health, the safety and well-being of participants. It confronts the problem of women and children driven into isolation that has affected their mental health and their well-being. Working with the council, police, and the environment department, the project will provide training and advice on health, on safety and on self-protection.

Katherine Road CC Garden Development

This project will develop the community garden at Katherine Road community centre to make it safer, more welcoming and more attractive to local groups and residents to increase use of the centre. It will be a space that can be used for community events to help



Young Talent

bring the community together and would be used by residents to plant fresh fruits and vegetables. The project would look at cleaning the garden and removing the broken planters and benches and replacing them with new ones and adding in planters to the front green space of the garden.

Improvements to Priory Park

This project from Green Street's working group will improve Priory Park Children's Play area. The focus is on remedial and repair works to Priory Park. The large play frame will be repaired as well as repair work on swings and painting of Children's play area railing, repair of the park notice boards and signage.

Corners of beauty

Katherine Road does not currently boast much in the way of Green spaces and this project will improve that by introducing some well-placed flower beds which will improve the environment and will improve the road safety in this area. The initial project will be for the Sherrard Road/Katherine Road junction, but it is hoped many more corners of beauty will follow.

Manor Park

Improvement to Warrior Square playground

The project proposed by the Manor Park Working Group will add new equipment such as slides, swings, rubber flooring to improve this well used playground for families in the area.

Multi Sports cage

The cage currently is only designed for basketball, however this project will make it a multipurpose court with five-a-side football pitch within the space and a volleyball court, alongside the variety of ball games being played within the space. The project will make the sports area fit for purpose for young people and families and increase footfall in the park.

10 More Trees

This project sees the planting of 10 street trees in Manor Park. Work is already taking place to map the location of existing tree pits in the locality and new trees are beginning to appear, but with so many trees lost and not replaced along our streets, and the increased knowledge of the numerous benefits of urban trees, more needs to be done. The Council specifies a budget of £500 to cover the planting of one tree in an existing tree pit, including associated costs; this project will fund the planting of trees, focusing on the most polluted part of the area, Romford Road.



Warrior Square Multi Sports cage

Bike Hangers in Manor Park wards

This project responds to information from the council's Highways Team on the list of residents in each ward who have requested the installation of bike hangers. There will be consultation with the local community and highways to identify key locations within each ward area. The Highways team will work with contractors to ensure all health and safety compliance and the durability aspect are included.

Manor Park Community Centre outdoor table tennis table

This project will install a fixed outdoor table tennis table in Manor Park. Although there are many outdoor tables across Newham there is nothing local to Manor Park. Access to the table is free and the cost of table tennis bats/balls are relatively cheap. The identified site is next to the Manor Park Community Centre at 524 High Street North.

Plashet Park Community Nature Trail

The Plashet Park nature trail project aims to be a "celebration of our community". Bringing together people from local schools, health providers and community groups to co-create a sensitively landscaped, interactive trail that enhances the green space within the park. As people move from one area of the trail to the next they will be transported through different natural environments from the butterfly and bee garden, to the sensory garden to the woodland fernery. People will have a chance to learn more about how looking after our environment is an important part of looking after ourselves.

Fly tipping - Greenery on Carlyle Road

The corner of Carlyle Road onto Romford Road is a fly tipping hotspot. The extended pavement invites rubbish. The opposite (north side) pavement is planted up not only deterring fly tipping but also improving biodiversity and greening of the borough. This project turns the fly-tipping hotspot into a flower bed.

Monthly community litter pick

Flats Pickers is a community litter pick project that meets once a month and volunteers litter pick on Wanstead Flats and surrounding areas. It has been running for seven years and around 2500 bags of rubbish have been removed. This project, which involves between 15 and 50 people every month, aims to reach more people who can benefit from an increased feeling of belonging and community by taking action together in the outdoors. It will fund litter picking equipment for volunteers to take home and use in their locality and attract more new people with accessible information on how they can take part. Funding will also pay for a temporary banner to be put up during litter pick sessions.

Royal Docks and Beckton

Beckton Community Projects

Beckton Community Projects is a community organisation with several projects running for the community which include; Youth Club, Muay Thai KickBoxing (Self-defence), Planting project, Women's Yoga, Thursday Football and an annual community Fun-day. All projects directly benefit the community. This is a good way to tackle anti-social behaviour and knife crime. It also helps with physical and mental health wellbeing and promotes community cohesion and tackles crime in our neighbourhood.



Youth Football Club Beckton

Youth Football Club

The project is a sports and football programme for young people in Beckton and Royal Docks (14-18 year olds) with football sessions and special events encouraging people to become more physically active and social. There will be weekly evening football sessions, training and games and two football tournaments during the project. Most local young people can't afford sports equipment, to rent pitches or to pay for training so all sessions will therefore be free. Free snacks & drinks will also be included. The project will be delivered in North Woolwich. There will also be first aid training for everyone taking part.

South Beckton E6 Community Allotments

This project will facilitate the setup and delivery of allotments shared by the community. The community plot will see approximately 40 people/families allocated their own growing space, with some shared beds. The community will then be supported to

take over and run these spaces. With a second allotment plot, there will be a Women's Wellness allotment as a safe space to garden and grow offering sensory elements as well as flowers, fruit and vegetables. There will be four inclusive sessions each week on each plot, engaging with at least 35 - 55 community members. This project will be delivered in the Beckton Allotments E6 behind ASDA. On Behalf of Daniell Hambrook, Newham Wellness.

Beckton Ward Panel Community Engagement

The Beckton Ward Panel are a group of residents who meet regularly with the Metropolitan Police Safer Neighbourhood Team and Council Representatives. They work together to keep updated on what is happening in Beckton to help improve community safety. The panel is run by volunteers. Resident involvement is essential to its success. This project organises monthly "Litter Pick Walkabout" events. As well as helping to keep Beckton litter free, the walkers report community safety issues including antisocial behaviour, and criminal activity.

Royal Docks Grass Routes

Grass Routes will renovate, stitch together and activate a corridor of green/open spaces within the Royal Docks ward. The project will improve the green infrastructure of the ward enhancing biodiversity and increasing

access opportunities for residents to engage with nature by enhancing/creating publicly accessible green spaces for people and wildlife.

A Permanent Space for TS Thunderer

This project is to secure a home for TS Thunderer (Sea Cadets) using some old shipping containers at the Royal Docks for re-purpose and to build and establish a new HQ in the docks. TS Thunderer was situated in Davis Street from 1942 however due to asbestos it had to relocate. SS Robins Trust provided a temporary home but because of funding problems we were asked again to leave our temporary HQ - a shop front on Royal Docks (our home for 7 years). The new HQ in the docks will be offering training sessions and access to national and local regatta events. Our new location will be ideal to support the now established 'On the Water' national scheme for hard-to-reach communities. The project will focus on attracting young people from hard-to-reach communities by offering opportunity and progression.



Advertisements

A Stratford and West Ham champion for women and children

In our regular series on local memorials, Julia Omari discovers an outstanding champion for the rights of women and children

Standing outside Stratford library is a memorial that holds triple importance. It not only highlights the work of two amazing wom-

Celebrating European Culture

East Ham MP Sir Stephen Timms, Deputy Mayor Cllr James Asser and Lithuanian Ambassador Eitvydas Bajarūnas joined residents for the United Colours of Europe event at Katherine Road Community Centre on 5 November.

The event, in partnership with Green Street Library and Neighbourhood Team, brought together locals from Bulgaria, Ukraine, Lithuania, Latvia and Romania. Newham has the UK's biggest communities of people from Lithuania and Ukraine.

en but also marks the area that was Grove Gardens.

The memorial dedicated to Edith S. Kerrison was erected by her friends to celebrate her role as the first woman to serve on the County Borough Council of West Ham.

Edith, who was born in the latter part of 1850 in Wales was christened Sophie Edith Kerrison. She had reversed her first and middle names by the time she moved to Canning Town in 1901.

Throughout her career, first in hos-



Photo courtesy Julia Omari

pitals as a nurse where she was promoted to Matron, then on the board of West Ham Council, Edith always held a strong interest in the welfare of women and children and worked hard to improve the lives of both.

She was also offered the position of Mayor but gracefully declined due to her increasing age and poor hearing. She passed away on 13 October 1934 aged 84 and is still fondly remembered in Newham. The Edith Kerrison Nursery School and Children's Centre was named in her memory and she was posthumously made an Honorary Freeman in 1936.

The memorial was created by sculptor Christine Gregory (1879-1963) in an art deco style with a frieze showing children playing either side of the image of Edith. Christine Gregory was born in St. Pancras and became the first woman to be accepted as a member of the Royal British Society of Sculptors.

The number of public art works dedicated to named women who are not members of the Royal family is minimal compared with men of the same standing, likewise the number of women artists who create public works is much lower than their male counterparts. The fact that this memorial in 1951 focused on the work of a woman and was created by a woman makes it all the more special.

The memorial was unveiled during the 1951 Festival of Britain by MP Will Thorne. A smaller plaque was added to the memorial as a way to remember the gardens which were damaged during World War Two then built over, meaning the memorial was originally surrounded by grass. ●



Free art and fashion workshops help create zero waste

RAFFAELLA RAVAIOLI

Line, shape, form, space, texture and colour are the keywords of Art Fashion Workshops I am running on Saturdays at Canning town library, funded by the Canning Town-Custom House Community Assembly.

Free to attend, these sessions fuse art with the world of fashion creating an explosive synergy of ideas that allow the participants to express themselves.

The workshops are inspired by zero-waste fashion. Many people are unaware that there are more than 400 billion square metres of fabric produced every year and a good 60 billion are wasted.

Cutting second-hand clothes and combining the pieces of fabric with unconventional items such as keyboard letters, Lego blocks, CD, metal wire and bubble wraps in a way that isn't wasteful, is like creating our jigsaw puzzle and showing the world your own personality communicating emotions, echoing sentiments and making statements.

Come and experiment with us on different ways to manipulate clothes in an artistic and fun way on Saturday 3 December at Canning Town Library E16 1EH, 2-5pm. ●



My Newham

Julia Omari meets Mary McBride, an American in Newham

Mary McBride is an American who recently became a British Citizen having moved to England with her husband and daughters in 2013. They chose Newham as their home due to its wide cultural mix.

How long have you been connected to Newham?

I've been connected to Newham since our family moved here from San Francisco (USA) eight and a half years ago.

What's your favourite Newham moment?

My favourite Newham moment - or at least the one my family and I laugh most about - was when I was proposed to by a man riding by on his bicycle. He said he was looking for a wife and would I like to have that job. I told him my husband would object to me taking it and he said: "Ah, you are already employed. Have a nice day".

Most inspirational Newham person?

I can't choose just one inspirational person. I am inspired by people who are helping others, whether that be

a person stopping to give a meal to a homeless person near Stratford Centre or staff at youth activities encouraging the children they're working with, or a person helping a parent carry their pram down the steps to the tube.

Favourite place to eat in Newham?

The whole family loves to get takeaway from Best Turkish Kebab House.

Favourite Newham outdoor space?

A tie between the Greenway and West Ham Park.

How would you spend a free day in Newham?

I love to walk, so during a free day in Newham I'd probably grab a coffee and spend the day exploring various green spaces and neighbourhoods.

You are an official Brit now, what was the citizenship ceremony like?

Quick, but they did try to make it personal, telling each person's name and where they were originally from as we each collected our certificates. Then a professional photographer took our



Mary McBride

photo in front of the portrait of the Queen, and we were able to choose one to purchase and take home. It seemed a bit silly but it was an important day, so we bought the photo.

Finish this sentence, Newham is...
My home.



HOLIDAY What's on

Compiled by Neandra Etienne

You are invited to attend **The LightHouse and Gardens Christmas Wellbeing Fair** at the new community and wellness space in Stratford E20

They have free taster sessions for all the family. There will be kids festive crafts, a raffle and goody bags too!

Sunday 27 November, 2pm - 4pm, Free Entry, The LightHouse & Gardens, 38 Celebration Avenue, E20 1DB (opposite Stratford DLR)

www.thelighthouseandgardens.com

If you wander along Royal Albert Wharf after dark you might see **Shadow Play**, a series of images celebrating London's diverse communities that will light up the windows of the wharf.

The windows will light up together in an inclusive event at 4pm-10pm.

Friday 2 December, 3pm-10pm, Norton Quays, Royal Albert Wharf, E16 2QP

www.bowarts.org

Take part in **Friends of West Ham Park Festive Food Bank!** They are collecting non-perishable food for Newham Food Banks.

They currently need: Tea Bags (40s/80s), Coffee (100g) Jars, Tinned Fruit (all varieties), Rice Pudding/Custard, Milk (Green & Blue) (2 pints), Fruit Juice/Squash, Biscuits, Tinned Chopped Tomatoes, Vegetarian Soups (NOT meat varieties). You can drop off supplies at the Bandstand from 1pm!

Saturday 3 December, 1pm-3pm, West Ham Park

www.friendsofwesthampark.co.uk

Greatfield Christmas Market returns with some fresh new stalls, food, vintage, crafts, drinks, local makers and products.

Saturday 3 December, 11am-3pm, St George and St Ethelbert's Church, East Ham

[@greatfield_e6](https://www.instagram.com/greatfield_e6)

Manor Park Pop-Up Market is partnering with Newham Council for a Winter Market

Saturday 3 December, 10am - 3pm Station Road, Manor Park

[@manorparkmarket](https://www.instagram.com/manorparkmarket)



Ann Easter ©Neandra Etienne

Forest Gate Festive Markets will launch on 3 December and will run regularly throughout the month. Each one will include community run workshops.

All workshops and events will be offered free of charge or on a donation only basis.

The final market on 22 December will be dedicated to the LGBTQ+ community - all stallholders and workshops will be celebrating Newham's amazing queer community.

The markets will take place outside Tracks at the Cranmer Road arches.

Market dates are:

- Festival Weekend - 3/4 December - 24 stalls, 6 creative workshops including wreath making, card designing, collage and much more, live music, activities for kids provided by Thrive Tuition, food and drinks.
- Evening Markets - 8/9 and 15/16 December - each evening will feature 10 stalls, 2 workshops, music, food and drinks.
- LGBTQ+ Market - 22 December - 12 stalls, workshops, DJ, food and drinks, celebrating the local LGBTQ+ community.

[@forestgate.festivemarket](https://www.instagram.com/forestgate.festivemarket)

Bring partners, friends and family to watch **Good Screening Christmas Movies** hosted at the Good Hotel. All showings begin at 4pm in the Blue Room

Sunday 4 December, The Grinch
Sunday 11 December, Home Alone 12+ (Suitable for ages 12+, please check official parental guidance)

All showings begin at 7pm
Saturday 10 December, Love Actually
Email anacarolina.moutella@goodhotel.co to reserve your seat!

Good Hotel, Royal Victoria Dock, Western Gateway, E16

Maryland Events Group are having a **Merryland Festive Market**.

The Cart and Horses pub has donated the space where local businesses will be selling seasonal gifts that represent the multicultural community

Entry Free: Entry to see Santa £5 per child

- Saturday 3 December 11am-4pm
- Sunday 4 December 11am-4pm
- Saturday 10 December 11am-4pm
- Sunday 11 December 11am-4pm

Cart and Horses, 1 Maryland Point Maryland, E15

[@marylands_merryland](https://www.instagram.com/marylands_merryland)

Everyone is invited to attend the West Silvertown Foundation's **"Carols on the Green"** at Britannia Village Green. There will be with hot chocolate, mulled wine, mince pies and chestnuts

Thursday 8 December, From 6pm
www.wsfroyaldocks.org



East Ham says hello to Santa. ©Andrew Baker with permission of Newham Council

Artist Shaneen Phipps will be selling artwork from her The Multicoloured Space collection at the **Cut Above the Rest Pop-up Shop**. Author and barber Patrick Phipps will also be selling his I Love Crystals Gems jewellery. Music and nibbles will be served.

4 and 11 December, 12pm-6pm, 339 Barking Road, East Ham

[@ilovecrystals_gems](https://www.instagram.com/ilovecrystals_gems)
[@themulticolouredspace](https://www.instagram.com/themulticolouredspace)

E7 Collective are hosting a **Christmas Pop-up** featuring their favourite local makers and independent businesses.

3 and 4 December, 9am-6pm, Forest Gate Works, Arch 362, Winchelsea Road, Forest Gate, E7

[@e7_collective](https://www.instagram.com/e7_collective)

Children can meet **Santa** and have their photo taken with him at his winter woodland lodge in Westfield Stratford, on the first floor near the World Food Court.

Open from 10-24 December from 12.30pm-6.30pm

uk.westfield.com/stratfordcity

Church of South India (CSI) Malayalam Congregation is holding a **Hope and Joy at the Manager Christmas Carol recital** with guest speaker Rt. Rev. Dr.Guli Francis-Dehqani (Bishop of Chelmsford)

Sunday 11 December, 3.30pm, St Bartholomew's Church, 292B Barking Road, East Ham, E6

The cafe will operate as normal with Christmas drinks and mulled wine. They are accepting applications for the stalls, anyone interested should email manager@clarnicoclub.com

Sunday 11 December, 9-4pm, free entry, 1 Tandy Place, E20

[@clarnicoclub](https://www.instagram.com/clarnicoclub)

The Festive Market, in partnership with Good Hotel and Community Shop Newham, is an opportunity to enjoy a weekend of activities.

10 & 11 December, Kids Workshop 10am - 12pm, Festive Market 12pm - 4pm, FREE!
Good Hotel, Royal Victoria Dock, Western Gateway, E16

For more details email anacarolina.moutella@goodhotel.co
www.communityshopnewham.co.uk

Hackney Bridge will be hosting a **Hackney Makers Market**. 10 and 11 December, Free Entry, 17 - 18 December, 11am-6pm, Units 1-28, Echo Building, East Bay Lane, E15 2SJ

They can be found between the Copper Box Arena, Queen Elizabeth Park and the River Lea canal path

www.hackneybridge.org

Ferry Festival is a lively community event, for the people by the people.

Sunday 11 December, 1pm-6pm, The Beams, Thameside Industrial Estate, West End of Thames Refinery, Factory Rd, E16 2HB

Royal Wharf Festive Market features Santa's Grotto, arts and crafts activities, street food, gifts and live music

Sunday 11 December, 11am-4pm
Corinthian Square, Royal Wharf, E16 2PG

[@royalwharfmarket](https://www.instagram.com/royalwharfmarket)

Seniors are invited to attend a three-course **Christmas Dinner at the Denmark Arms** pub.

Monday 19 December, 2pm-4pm, 381 Barking Rd, East Ham, E6 1LA

www.denmarkarms.com

*All events are subject to change. Check websites and social media for updates



Jamaican Rum Punch

Zhenreenah Muhxinga prepares a simple tippie for the festive season

Ingredients:

- 1 cup lime or lemon juice
- 2 cups strawberry flavored syrup (or other simple red colored syrup)
- 3 cups fruit juice (1 cup pineapple and 2 cups orange juice)
- 4 cups Jamaican white rum

Method:

Mix everything together in a punch bowl and adjust to taste.
 Garnish with slices of lime and/or pieces of pineapple
 Place in the refrigerator to chill.
 Ageing improves Rum Punch so we suggest refrigerate and serve after 2 hours
 Serve cold over ice.
 Serves: 10-12

Award for raising alarm over domestic abuse

NEANDRA ETIENNE

Local author Pamela R Haynes' books about domestic abuse from a Black British perspective have won her the Powerhouse Global Women's Award.

Pamela's debut book *Loving The Brothers* was published in January 2018 and her follow up *Loving The Sisters* followed in July 2022. She is currently writing the third book in the trilogy *Loving The Children* due out in March 2023.

Pamela told *Newham Voices*:
 "I am honoured to be a recipient of a Powerhouse Global Women's Award, for my work raising domestic abuse through my books."

Pamela was also a finalist for a Baton Award in the Paulette Wilson Campaigner category. The awards took place on 24 November 2022 at the BMA House in Euston.

The Baton Awards celebrate Britain's female pathfinders and inspiring future pioneers across

diverse sectors from diverse racial backgrounds.

- Instagram: @lovingtheauthor
- Facebook: @prhaynes
- Twitter: @PamPamHaynes



Good reads in Newham

The Newham Bookshop in Barking Road tells us these are the top sellers this month:

- **Boleyn Boy**
By Mark Noble
- **A Ukrainian Christmas**
Yaroslav Hrytsak and Nadiyka Gerbish
- **The Climate Book**
Created by Greta Thunberg
- **Alison Hammond's Black in Time: The Most Awesome Black Britons from Yesterday to Today**
By Alison Hammond and E. L. Norry
- **The Boy Lost in the Maze**
By Joseph Coelho
- **Paradise Sands: A Story of Enchantment**
By Levi Pinfold

FILM REVIEW BY ANNETTE FRY

All that Breathes

It begins as if in a world of complete dystopia, billowing smoke and fumes, acres of rotting rubbish, putting you in mind of the scenes from *Blade Runner*.

But this is no dystopian fantasy, rather a subtle yet powerful documentary on the lives of two brothers who run a kite (the bird not the toy) rescue centre in Delhi.

Their world is one of poverty, endless work and struggle to feed and treat the sick birds that arrive daily at the sanctuary. Box upon box, piled high, the birds are collected by local people and brought to the centre when they are found, col-

lapsed and often severely injured. The filming was timeless, beautiful, and even the shots of horror and pollution became almost beautiful: small pools of water dripping, creating ripples; kites soaring in the sky; the mountains of rotting rubbish with animals and people picking through them, as if foraging in a forest for food and sustenance.

It reminded me of the work of the Magnum photographers, work often so shocking but so beautifully shot they create a real conflict within.

Is it horror or is it beauty, can it possibly be both? Amid the heat, pollution and escalating violence in the city

two brothers devote their lives to the protection of the black kite, an innocent casualty. It sounds despairing doesn't it, but amazingly enough, it's not? It is inspiring in the tenderness of the relationship between the brothers, their attention and dedication to saving the birds and endless hours of work and funding applications.

In the midst of this turmoil, there is time for family...just, while they are desperately trying to avoid the fires and explosions in the city streets. When one brother says he is struggling to go on with the work, the other says he couldn't go on without him. It would have no meaning.

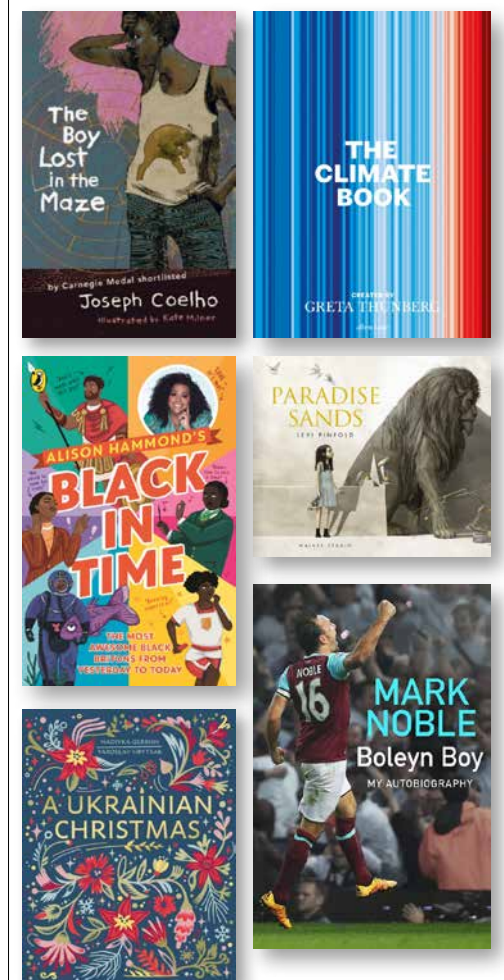
I think this is a masterpiece of modern cinema capturing so many of the trials that we are or will all be facing and it may well be the most delicate and powerful documentary I have ever seen. It is slow moving, and those in search of car chases best look elsewhere. But at the end of the film, unbelievably, there is hope.

As we in the audience watched the final captions, (it was also subtitled, although barely noticeable), stunned, we shuffled silently out of the cinema, as if shell shocked by beauty. It is spell binding, gently humourous, life changing and life affirming. One brother says "we are all a community of air", and indeed we all breathe the same air, and this connects us.

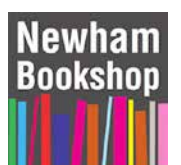
Director: Shaunak Sen. Cast Nadeem Shehzad, Mohammed Saud, Salik Rehman. Winner of best documentary at Sundance and Cannes Film Festivals. In cinemas now, but you have to seek it out and Google it. ●



All that Breathes film still



Compiled by David Ceen,
 Newham Bookshop
newhambooks.co.uk
 @NewhamBookshop





SOMETHING'S BREWING



Forget your troubles and enjoy a seasonal pint at the local says **Phil Mellows**

In these gloomy times, I predict people will be making an extra effort to get out to the pub this Christmas. At least I hope so. For one thing your local needs your support more than ever. Word is that soaring energy costs will force many to curtail their opening hours and even close for a few weeks in the New Year.

Escaping to the pub is a chance to forget about all that, and even if you're a regular, the festive mood might encourage you to push the boat out and try a different pint to your usual, something with bells on.

Brewers are already bringing out their special seasonal ales, typically dark, rich brews that remind you of the

charity.

If it's variety you're after, J D Wetherspoon will have a range of Christmas ales to choose from at its three sites in the borough – the Goldengrove in Stratford, the Millers Well in East Ham and the Hudson Bay in Forest Gate.

The latter two are among a batch of pubs put up for sale by Spoons, but as long as they haven't yet closed or changed hands you should find a few festive options out of a dozen on rotation. They include Rosey Nosey from Batemans, Plum Pudding from J W Lees, Orkney's Cloutie Dumpling, Rudgate Evil Elf and Elgood's Berry Xmas Everyone! Half the pleasure of

Escaping to the pub is a chance to forget about all that, and even if you're a regular, the festive mood might encourage you to push the boat out and try a different pint to your usual, something with bells on.

fruity, nutty, spicy flavours of mince pies and Christmas pud.

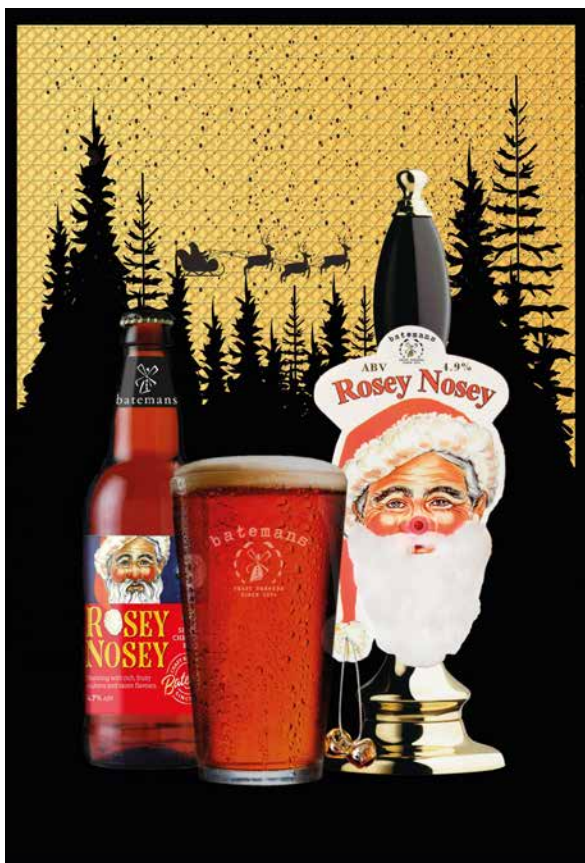
One of the first out of the stalls this year is Rockin' Rudolph, which has been the best-selling Christmas ale in pubs for the past eight years. It's brewed by Greene King, which means you can probably best spot it in the Golden Fleece in Forest Gate. Head for the hand pump with the flashing lights, buy a pint and you'll also be donating 5p to the Macmillan cancer

festive brews is in the name.

And if you're looking for something special for your Christmas dinner table at home, the exciting news is that Dark Star Brewing in Sussex has recreated one of the nation's most celebrated strong beers, Gale's Prize Old Ale.

I was lucky enough to get an early taste, and recommend you crack open a bottle at the end of the meal – it's liquid Christmas pudding!

Have a good one. ●



Clockwise from left: Rosey Nosey; Rockin' Rudolph; and Evil Elf. All photos via Facebook



Cecilia Cran takes readers on a tour of her favourite Newham outdoor havens

This month, I'm sharing a whistle-stop tour of some of the most beautiful parks that I have come across in our Borough. It was tough to pick as we are so lucky to have access to some beautiful green escapes. Here are my top five.

1. Central Park: Situated in the east of the Borough, it has been cherished by locals for decades. Originally opened in 1898, it still proves as popular today as it did then. There are heaps of activities to enjoy – an impressive kids adventure playground, three tennis courts and a couple of ping pong tables, a basketball hoop and a bowls club. If you fancy a more relaxed visit, the park also has a pretty sycamore tree-lined walkway running through the centre and a host of beautiful trees to admire, including silver birch, red oak, pyramidal hornbeam and blossom. Take a wander around the well maintained gardens and admire the pretty flower beds. The park also has a brilliant history trail, documenting (slightly random!) past events – from a spot where people watched a windmill burn down to the place where a miniature railway ran.

2. West Ham Park: In the late 1700s West Ham Park housed a grand mansion owned by Dr John Fothergill, a physician and keen botanist. He sought out thousands of rare plants from the UK and across the world and created a garden. After his death, the estate ultimately ended up in the hands of the City of London Corporation, who officially opened West Ham Park in 1874. One of the bigger parks in the Borough, it has so much to offer – from well-maintained tennis courts, cricket nets and a newly refurbished kids playground – complete with an impressive pirate ship and a number of other great bits for kids to explore. Not just for kids, the park is the perfect spot to get some air and walk, run or cycle around. Or for a more relaxed visit, take a picnic and sit in the beautiful, flower filled gardens – fantastic at all times of year.

3. Forest Gate Community Park: Years ago, the space was the site of a Victorian villa, before it fell into disrepair, grew massively overgrown and became a hot spot for fly-tipping. But with the passion and commitment of a small group of locals, the Forest Gate Community Garden was born, opening to the public in 2016. The gardens are reasonably small, but perfectly formed and very well maintained. They have a fabulous range of plants to see and it's a little haven for wildlife too. They have also been brilliantly creative with, among other things, a huge snail mosaic and a wall of colourful old doors. It's the perfect slice of tranquillity in the hustle and bustle of Newham. They run a series of events from workshops designed to encourage wildlife

into your garden and how to compost, to growing rhubarb and plant sales. The gardens in Earlham Grove are cared for by volunteers and are open to anyone and everyone. I guarantee you will be met with the warmest welcome.



Forest Gate Community Garden via Facebook

4. Forest Lane Park: Newham Council developed the park 20 years ago, with the ambition of providing an environmentally themed space. They excelled. The park has an (overgrown) pond, raised bed garden area, a small orchard, a wildflower meadow and a little lake that acts as the centrepiece for the space. It is also home to surprisingly dense woodland, housing a wonderful variety of beautiful trees including: lime, sycamore, plane and red horse chestnut. The park isn't huge, but has a lot to keep everyone entertained, from balance bars, wonderful wooden sculptures, swings, slides, an open air workout zone and a number of benches dotted around the area to sit and relax. It is well maintained, very clean and has such a lovely buzz to it. Whether you want to wander, sit and watch the swans and ducks on the little lake, or just explore the forest area, it provides the perfect spot for all.

5. Abbey Gardens: The Abbey Gardens site contains the remains of a 12th-century Cistercian abbey where it is believed that monks once ran a kitchen garden. In 2006 a group of local residents formed Friends of Abbey Gardens, initially with the aim of rescuing the derelict site from vandalism and neglect. Their vision grew and the plan was made to turn Abbey Gardens into an open-access park and harvest garden with 30 long raised beds. The Friends of Abbey Gardens are very clear in their mission stating that they 'want to ensure that the space continues to be used and managed by local people as an open-access site and harvest garden which improves the local environment, helps to build a stronger community, gives people an understanding of locally grown food and serves as a venue for cultural events.' And they have certainly achieved and stayed true to this. They host a number of community led events and workshops that are fabulous. ●

SPORTS SHORTS

Compiled by Neandra Etienne

Athletic Newham FC have been drawn away to Jersey Bulls FC in the 3rd round of the FA Vase. Saturday 3 December athleticnewhamfc.co.uk

The **London International Horse Show** will take place at the ExCeL London. The event includes equestrian displays, shopping village, The Kennel Club Dog Agility, The Shetland Pony Grand National and the Christmas Finale, featuring Father Christmas.

15-19 December, Royal Victoria Dock, 1 Western Gateway, E16

www.excel.london/visitor



London International Horse Show

All ages and abilities are welcome to take part in the Festive **Family Fun Run** in Central Park, East Ham. You can walk, jog or run up to 5k around the park. Adults £4 (age 16+) Children run free. There is a prize for the best festive costume and all runners will receive a medal.

Sunday 4 December, 9.30am-11.30am, Meeting point near the café. Email sports@activenewham.org.uk

Well done to full time bodybuilder **Benjamin Campbell** for winning the GPO Battle of Bedford Bodybuilding competition in November. Benjamin was successful in the under 80kg middleweight bodybuilding category.

Benjamin has lived in Newham for five years and he trains at the gym factory Forest Gate.

gym-factory.co.uk



Benjamin Campbell



London Lions basketball court

Stratford-based **London Lions Basketball Club** partnered up with artist Alvaro Barrington, the Serpentine art gallery, CONSUL and Tower Hamlets Council to create a unique basketball court for the local community.

The court, located at Weavers Fields Community Nursery in Bethnal Green, is now a crucial community hub in the borough with the highest child poverty rate.

www.thelondonlions.com

Congratulations to former St Bon's pupil **Divin Mubama** on his debut (3 November) for West Ham United, in the Europa Conference League game against FCSB.

www.whufc.com



Divin Mubama

Active Newham's free **Men's Walking Football** sessions take place for people ages 55+ at Newham Leisure Centre

Mondays 10am-11am

You must register to attend - sports@activenewham.org.uk

www.activenewham.org.uk

[@an_sport_team](https://twitter.com/an_sport_team)

Colin Grainger is taking part in his annual sponsored Swim in December, to raise funds for the Kevin Jenkins OBE Newham Christmas Toy Appeal 2022

Colin first helped launch the Newham Christmas Toy Appeal, with founder Kevin Jenkins

This will be his 45th year supporting the appeal

You can donate toys to Ambition Aspire Achieve, Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT - 9am and 4pm weekdays, not on weekends

justgiving.com/crowdfunding/colin-grainger-4?utm_term=2X3bDdZnG

www.theaaazone.com

Former West Ham United player and manager **Harry Redknapp** and his wife have released their book 'When Harry met Sandra' to raise money for various charities.

Harry and Sandra recall their time spent living in America with England and West Ham captain the late Bobby Moore.

The couple first met in an upstairs disco at the Two Puddings pub in Stratford. They got married in 1967 and have two sons Mark and Jamie

When *Harry Met Sandra*, £20, published by Mirror Books

mirrorbooks.co.uk

harryredknapp.co.uk

[@TwoPuddingsFilm](https://www.facebook.com/TwoPuddingsFilm)

Irons Supporting Foodbanks will be selling their new beanies during West Ham United home games at the London Stadium. All proceeds go to supporting local foodbanks.

Their donation point is on Stratford Walk, opposite the Park Information Centre, on the route from Westfield to the Stadium.

ironsfoodbanks.co.uk



Irons Supporting Foodbanks Beanies

Swimming lessons will not be taking place at any Leisure Centres from Tuesday 20 December 2022 to Monday 2 January 2023. The last day of lessons will be Monday 19 December 2022 and all Swimming Lessons will resume on Tuesday 3 January 2023

[@activeNewham](https://twitter.com/activeNewham)

Booked! Mr West Ham launches his autobiography

More than 200 West Ham fans joined the queue at Newham Bookshop to meet Canning Town footballer **Mark Noble** aka 'Mr West Ham' for the signing of his new autobiography 'Boleyn Boy', on Sunday 13 November.

Mark Noble was awarded the Freedom of the City of London on 18 November

"I feel very fortunate to have been born and grown up in London - a city I consider to be the greatest in the world - and to have spent my entire professional football career with West Ham United, a club in the heart of London" he told the West Ham United website.

Following his retirement as a player Noble will be returning to West Ham as a Sporting Director in January 2023.

www.whufc.com

www.newhambooks.co.uk



Rugby League World Cup

The Copper Box Arena hosted the England, Australia, Spain and Ireland **Rugby League World Cup (RLWC)** (wheelchair) - round 3 matches 3-9 November

This was the first time the wheelchair competition was included in the RLWC main event

queenelizabetholympicpark.co.uk

Young people from **Ambition Aspire Achieve**, a children and young people's charity based in Newham, had the opportunity to go on a sailing trip with the Non-profit organisation Ocean Youth Trust South.

They sailed from Southampton and learned the ropes sailing to the Isle of Wight.

www.theaaazone.com

Chobham Friends Run Stratford will take place at the London Marathon Community Track (next to the London Stadium)

All pupils and their family and friends are invited to come along and take part in a 1km or a 2km run - completely for fun! There will be a free hot chocolate and cake for all participants on the day and they are encouraging people to dress up in a Christmas costume.

It's completely free to attend. They will be raising money for the school via sponsorship

Sunday 11 December 2022 10-4pm

Register at www.runkidsrun.org

[@chobham_friends](https://www.instagram.com/chobham_friends)



Mark Noble with Newham Bookshop manager Vivian Archer

West Ham's woes contrast with optimism in Qatar



It's all eyes on Qatar – but West Ham's problems will still need attention when the boys come home

The FIFA World Cup could not come quick enough for some clubs including West Ham United. Questions are now being asked about what is going wrong for the club that some people say has been over achieving in recent seasons.

We all remember the magic that carried West Ham to a Europa League semi-final last season, but that seems to have disappeared.



Assistant England manager Steve Holland with Mickey Ambrose

Although Moyes had spent a lot during the summer he cannot seem to find the winning formula. His defence is not focused enough and, to be honest, the attack seems pretty predictable.

Under pressure after two successive league defeats and the humiliation of exiting the Carabao Cup against Blackburn Rovers, manager David Moyes needed urgency and a reaction from the players following those defeats but he has not seen it yet. Unfortunately, what we got recently in defeats against Leicester and Crystal Palace was an exhibition of the side's inability to attack from the off.

In the Leicester game, James Maddison scored his seventh goal of the season early on which handed Leicester the impetus but then he limped off after 22 minutes giving England manager Gareth Southgate a scare.

West Ham were more involved in the game after his departure but Craig Dawson gave away a penalty which was well saved by Lukasz Fabianski from Yuri Tielemans' low drive. Then Harvey Barnes finished off a lovely counter-attacking move when he slotted past Fabianski to seal a third consecutive away win for the Foxes.

Having won six games at home in the Premier League, West Ham have now lost their last two on the spin at London Stadium, suffering defeat after conceding a last-minute goal to Crystal Palace.

Clearly, there's a problem. Are the players still listening to the manager? I hope so! Are the manager's tactics right?

This is the time when we all think we are managers and can pick a team and wave that magic wand but trust me, it's not as easy as you think.

I would hate for David Moyes to get his marching orders – he is a decent bloke and manager. But, and there is a but! West Ham seem to start games very slowly. Maybe they are missing their talisman, inspirational Captain Mark Noble in the dressing room because at the moment the team is lacking leadership on the field of play.

Although Moyes had spent a lot during the summer he cannot seem to find the winning formula. His defence is not focused enough and, to be honest, the attack seems pretty predictable.

Meanwhile, there are other controversies to keep an eye on this month. A close friend of mine who has been in professional football his entire life and has watched every live match at every World Cup since Argentina '78 has decided not to watch the World Cup in Qatar.

He believes that the 2022 World Cup is a "shameful and corrupt political farce. Each blade of grass is soaked in the blood of Indian, Pakistani, Sri Lankan and Filipino blood, just for 22 men to kick around a lump of leather.

Occasionally in life, some things are more important than football."

And he may have a point. According to Human Rights Watch somewhere between 6,500 and 7,000 foreign workers died building the stadiums and associated facilities, mostly from heat stroke, and being forced to work in temperatures of over 50c.

A big question remains – can England win the World Cup?

I think yes we can. We have a good mixture of young and experienced team members, who showed their class in the opening game against Iran. They have been there, seen it and nearly done it – when we recall our run to the final Euro 2020 and on the back of reaching the semi-finals in Russia four years ago. I think England are among the favourites to triumph in Qatar.

I spoke briefly to my good friend Steve Holland, former Assistant



Mickey Ambrose

Manager at Chelsea and now Gareth Southgate's right hand man, and wished him and the lads all the best from *Newham Voices*.

England's first game against Iran gave them a wonderful start. They can do it. ●

Mickey Ambrose is a former Chelsea and Charlton player who lives in Stratford

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