

**History focus on
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the lens of disability** Page 11

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university bias** Page 13

A class apart: school's global vision for the 'whole child'

FAWN BESS-LEITH

Newham's glittering reputation for educational achievement, both in London and nationally, will be given a boost in September with the opening of a pioneering new primary school where the focus is on 'the whole child', helping the first intake of reception year children to bounce back from the negative impact of lockdown.

School 360 is an impressive, multi-million-pound building, located on Sugar House Island off Stratford High Street. It features a roof-top playground for sports and lessons, spacious well lit classrooms and a designated space for art, design, woodwork and science, as well as a community room with a kitchen for parents to run events.

Pre-pandemic assessments have shown that some Newham schools are above average in performance compared to others in the UK.

Big Education Trust, the mastermind behind School 360, aims to build on that success. Sarah Seleznyov, one of the school's co-head teachers, explained: "It's an organisation that is interested in a more expansive, value led education system and is also the operating wheel behind its sister school, School 21. It shows our commitment to working with and for the community in preparing children for the 21st Century".

According to Andrea Silvain, the other co-head teacher, "the name gives a good visual representation of the school's ethos: Head, Heart and Hand - the whole child".

Between them, their experience in education spans more than 30 years. Andrea was a Deputy Head of School 21, also located in Stratford. She said: "Some of my passions are creativity and wellbeing which is why the ethos really appeals to me." Sarah has experience of working across several diverse schools in London in teach-

ing, professional development and school improvement.

They are keen to recruit people from the local community who represent the diversity of Newham. Sarah said: "Having Andrea and I in these senior roles is a very visible representation of that diversity".

Discussing their plans to help children and families bounce back from the negative impacts of Covid-19, Sarah said: "We are focusing on community. We plan to help them form support networks by having social events such as family picnics".



Sarah Seleznyov and Andrea Silvain



**It's all going on in
Newham this August!**

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There will be a strong focus on emotional wellbeing with "daily check-ins, mindfulness and meditation, including hansei; a technique that comes from Japan". This is a process of collective reflection where at the end of the day or week, the class and wider school community reflects on what went well and how improvements can be made. According to Andrea: "Staff will be trained to be mindful practitioners". Plans are in the pipeline for the school to gain trauma informed status.

Sarah added: "There are plans to actively promote outdoor learning and engagement with nature. There will be a small forest area to grow plants so children will know where food comes from and how it grows".

The school's chef will educate children on the importance of food and how to cook. Andrea said: "Students will see food going from plant to plate and everyone will eat as a family".

A few spaces are available for reception children and it is also possible for local charities and social enterprises to hire rooms. For further details email: info@school360.org.uk or phone: 020 87063 360. ●



**Alison Steadman
opens West Ham Park
exhibition**

SEE PAGE 5



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Your £5 can give Newham an independent voice

Welcome to *Newham Voices*, the free news service for London's most diverse and vibrant community. We are a group of volunteers who over the past year have defied lockdown and the pandemic to launch a newspaper and online news portal. We are independent and not-for-profit. We have no political affiliation, but we are dedicated to the people of Newham.

We are a grassroots organisation, providing a platform for everyone, but we need your help. Today I am asking for your support. We need to raise £3000 a month to pay for printing and production costs. Every contribution, no matter how small, can make a difference. We have no corporate backers and we are grateful to the businesses who take out advertising, but we believe the support of residents is crucial to our survival. So every penny you can give, no matter how small, is important. Become a supporter today – just £5 a month from individuals, or £15 a month from organisations. Above all, get involved.

The pandemic is easing in our part of the world, but massive problems remain and to solve them the voice of grassroots Newham needs to be heard. Contact us at info@newhamvoices.co.uk. – Aidan White, Publisher

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Crucial vote on Carpenters Estate due in October

AIDAN WHITE

The moment of truth on the future of the Carpenters Estate in Stratford is fast approaching. After almost two decades of delay and neglect, people on the estate get their chance to vote on plans for the multi-million regeneration of the area in October.

The Carpenters Estate is a 28-acre site next to Stratford Station and the Olympic Park, with 710 existing homes, including three tower blocks, which are largely empty.

The future of the estate has been debated for almost 20 years and over the last three years the council has developed a £700 million restoration and regeneration programme to be carried out over the next 15 years.

Council leaders in July were told that the details of what's on offer to tenants, people in temporary accommodation and homeowners will be published and delivered to residents later in the summer with an October

ballot which is expected to open for 26 days.

Those who can vote are council tenants who have lived in the area for at least a year, including people in temporary accommodation, as well as resident homeowners. People who have moved out over recent years but were given a right to return will also have a vote.

In all, council leaders were told that current data establishes 173 confirmed eligible voters and a further 335 potential voters on the estate, with a further 235 properties with a right to return status who will also be eligible to vote – a potential total of 743. But the final number will only be confirmed in the coming weeks.

The potential voters are residents aged over 16 who qualify and meet criteria set down by the Greater London Authority (GLA), which demands an estate ballot in support of the plan before it provides funding for regeneration to provide up to

2,500 new homes.

The plan has incorporated residents' feedback and includes a new clear route to Stratford Station, provision of a generous central green space surrounded by low rise housing, rising to taller buildings around the station.

To date, a majority of residents support moves to regenerate the estate but a significant minority remain opposed. They include some homeowners reluctant to move, or who do not find the prospect of moving to a new home on the estate appealing. Council leaders were told that feedback from residents indicates 56 percent support for current proposals with 14 percent opposition.

The first phase, due to start next year, includes the £54 million renovation of James Riley Point, one of three tower blocks which still house a handful of families. Another tower, Dennison Point will be demolished and the third, Lund Point, will also be renovated. ●



Hope4Newham: putting a smile on the faces of hungry children

NOAH ENAHORO

Covid has impacted communities nationwide, none more so than in Newham, which has been one of the hardest-hit areas. High poverty levels, inequality, and economic instability have made things hard for Newham's most vulnerable, but outstanding individuals have stepped up.

'HOPE4Newham', a registered charity, founded by mother and daughter duo, Anne Croney and Sheryl Vincent as a small community group in October 2016, collects and delivers food and essentials to those in need.

Pre-pandemic, the charity fed and met the needs of the homeless community in Stratford Mall several nights a week.

"When we started, we were serving around 25-30 homeless men and women," they said. "That number had risen to 150 when the pandemic hit."

HOPE4Newham has continued its work, because Anne and Sheryl believe no one should go hungry.

They said: "Due to the number of people across the Borough needing the support of foodbanks, our food suppliers are being stretched far beyond what we expected and the amount of food we are getting has been significantly reduced."

In March 2020 we began serving 13 people and this has now risen to over 150. We receive food donations from 'The Felix Project', as well as other food banks across the Borough."

HOPE4Newham works closely with Newham Council and other bodies to ensure that they serve those in genuine need, with Anne and Sheryl supported by their team of volunteers, delivery drivers, and charity trustees.

Several who have received support from HOPE4Newham say that receiving help made people 'feel human again', and emotional parents describe the joy on children's faces when the food packages arrive. ●

For information on how to help and support HOPE4Newham, go to www.facebook.com/HOPE4Newham.

Maryland school's humanitarian effort for crisis-hit island of St. Vincent

REBEKAH SAMUEL

After learning about the plight of the people in St. Vincent, Maryland Primary School in Stratford was keen to join the humanitarian effort to help the islanders still struggling after the eruption of volcano, La Soufriere. There have been no further eruptions since April, however seismic unrest continues and many people remain left without homes, in need of assistance with food, clothing and medical treatment.

Head Teacher Lorna Jackson explained: "We always try to support children abroad whose country is suffering a disaster, for example the Bangladesh floods, the Haiti hurricane, the Thailand tsunami etc. We held several assemblies where we educated the children about St. Vincent itself, not just as a place suffering disaster. We also had assemblies on what volcanoes are, and the devastation they cause. The children are taught to be kind and their parents really engaged."

With children and their families keen to support, Maryland School collaborated with, St. Lukes Primary (Canning Town), Ellen Wilkinson Primary (Beckton), St. James' Junior (Forest Gate), Dersingham Primary (Manor Park) and Mr Charles Challenger of



Supplies collected for children in St. Vincent after the LaSoufriere volcano eruption. Photos courtesy Lorna Jackson and Charles Challenger. Montage by Rebekah Samuel.

Challenger Shipping, (a member of an initiative of Caribbean businesses) to provide aid for St. Vincent.

Using the list provided by the charities, parents and children packed boxes together full of all new items, socks, caps, masks, toothbrushes & toothpaste, toys, backpacks, lunchboxes, books, stationery etc.

Mr Challenger expressed his amazement at the extent of support for the St. Vincent aid initiative. "It was amazing to see the amount of donations received which extended beyond the Caribbean Community.

It demonstrates the extent to which second-generation Caribbean people like Head Teacher Ms Jackson have been key in improving cross community relations, to the extent that people can see each other as one. The 'community of mankind', and they just want to help.

The donations are due to be shipped out to St. Vincent in coming weeks and arrangements are in place to ensure these get distributed directly to the schools. Maryland are looking forward hearing how their efforts have helped the people of St. Vincent. ●



VIEW FROM MY WARD

The Royal Docks
Councillor Anthony McAlmont

The Royal Docks

Symbols of Empire and Trade

ANTHONY MCALMONT

The British Empire was expanding and there was need for more trade. With the advent of steam ships, larger and deeper docks were required to cope with the increased size of the steam ships.

First to be built were the East and West India Docks, which helped relieve the pressure on cargo berths for a while. But it was not enough. The growing city needed a radical solution. The answer was the Victoria Dock which was opened in 1855. However, it soon became evident that more wharf space was required and plans for another dock were developed.



The Royal Albert Dock was opened in 1880. It was longer than Victoria Dock, and featured some unique innovations, such as railway lines that went straight to the dock edge, and refrigerated warehousing to store perishable goods. The last of the three docks is the King George V Dock which was opened in 1921.

As a result of the increased commercial activities, employment opportunities increased, creating a huge demand for accommodation for workers. Hence, new villages such as Canning Town and North Woolwich.

There was also an expansion of housing in areas later known as Custom House, Silvertown (so named after Samuel Silver's waterproof clothing works), and West Silvertown.

The Royal Docks suffered severe damage during World War II. It is estimated that some 25,000 tons of ordnance fell on the docklands, with much of that on the Royal Docks and surrounding area. Human losses were extremely high, but in spite of the sustained bombardment, the Royal Docks remained open and helped keep Britain supplied with food.

Towards the end of the war, the Royal Docks played a vital role when the portable harbours for the Normandy landings were constructed in secret within the docks themselves. Despite the damage, the Royal Docks enjoyed a brief boom in trade after the war and for a while it looked as though the docks would continue to thrive through to the



end of the 20th Century.

However, the Royal Docks could not sustain a viable business with the introduction of containerised cargo, and other technological changes. Large container ports were developed further down the river and gradually the Royal Docks business fell into decline. The closure led to massive unemployment and social problems across East London, but it has become a centre of regeneration in recent years. ●

All photos via www.londonsroyaldocks.com



Royal Docks is a ward in the London Borough of Newham. It is named after three docks – the Royal Albert Dock, the Royal Victoria Dock and the King George V Dock. They collectively formed the largest enclosed docks in the world, with a water area of nearly 1.0 km² and an overall land size of 4.5 km².

The ward is on the southernmost part of the Borough, a strip of land about 4 km long on the Thames and its connections with the rest of Newham is via the Sir Steve Redgrave bridge – I called it the Island. It has about 10,000 residents.

Royal Docks is home to the University of East London, ExCel Exhibition Centre, London City Airport, the Emirates Air Line (cable car) that links the Royal Victoria Dock with North Greenwich, the Crystal – soon to be home of the London Assembly – Thames Barrier Park, Lyle park, Royal Victoria Garden and the Thames Barriers. It has three primary schools and one secondary school under construction.

It is well served by road connections. An extension of the Docklands Light Railway (DLR) provides direct links to the City, London City Airport, Canary Wharf and Woolwich Arsenal in the south east. Crossrail will connect Royal Docks Custom House with Liverpool Street in just 10 minutes.

In its heyday, the docks drew people and produce from all over the world before its closure to commercial activities in 1981. However, it is reviving to become a hive of activities as most of the water area still exists.

The docks' principal use is now water sports, but they do see occasional visits by naval and merchant vessels. Management of the water areas, including locks and bridges, is now the responsibility of Royal Docks Management Authority Limited (RoDMA).

The ExCel hosted seven events in the 2012 Olympics as well as Paralympics.

The Royal Docks is London's only Enterprise Zone – a special area of opportunity where business rates are reinvested back into the area to support economic growth. Investment in the Royal Docks is likely to reach more than £8bn by 2038.

Alison Steadman opens the Kew Gardens of the East Exhibition in West Ham Park

NICKY BROWN

Sunday 4 July started cloudy and raining – but by the time 2pm rolled around the sun had decided to come out. In plenty of time for the opening of the Friends of West Ham Park's new, permanent, exhibition celebrating the life and work of Dr John Fothergill, which can be found in the Rose Garden.

They have called this exhibition the 'Kew Gardens of the East' as the plant collection it contained was only rivalled by Kew.

Some of Dr Fothergill's extensive gardens are now in West Ham Park – it's thought some of the greenhouses are on the site of the ones belonging to Dr Fothergill. The exhibition was opened by actor Alison Steadman, a keen environmentalist, who was accompanied by her partner Michael Elwyn.

Alison is a friend of local actor Marlene Sidaway, and they are both frequent visitors to the park.

A crowd of about 60 people turned up to watch Alison untie the ribbon and open the exhibition, after which local boy Aaron Caroo presented her with a bunch of flowers picked from the gardens (see page one picture).

Also in attendance were Councillor Winston Vaughan, Chair of Newham Council and First Citizen of the Borough, and Caroline Haines and Martin Rodman from the City of

London Corporation.

The exhibition has been developed by the Friends of West Ham Park with the help and support of The City of London Corporation, Dr John Edmondson, Kew Gardens, The Friends Library (the Quakers), British Library, Australian National Maritime Museum and Fitzpatrick Woolmer.

At the same time a small craft event took place, where children were asked to design a new flower for Dr Fothergill to discover – there were some great designs including the much loved One-Eyed Flower and the fantastical Lite Trapper! ●

Find out more about the Friends of West Ham Park:

friendsofwesthampark.co.uk
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Flower garden tribute to Bettina

Alison Steadman and Winston Vaughan share a light moment on the latest memorial bench in the flower garden unveiled a week before the exhibition was launched. The bench pays tribute to Bettina Peters, a founding patron of *Newham Voices*, who died last year, aged 57. Bettina (left), who lived in nearby Vicarage Road, was a leading figure in the world of international media development and lover of the flower garden. Picture Jack Robertson

Poetry in Mind

Reflections on the poetic side of Newham life. This month we feature a poem by **Zhenreenah Muhxing**

LOCKDOWN – COVID

I'm Living Inna Lockdown
 Stay At Home
 And Shut Down
 Economy Gone Down
 I Had A Melt Down
 I Feel Low Right Now

Where's My Life
 I'm Suffering From Stress And Strife
 Help Me, Help Me Creator
 To Get Through This Now And Later

To Stay Alive Stay Alive
 Do This Do That Take Vitamin To Thrive
 Because Of Corona
 Death Is Round The Corner
 I Stay At Home My Immune System
 Getting Weaker And Weaker
 To The Brim

Told To Wear Gloves Wear A Mask,

Go Out Now And Again
 Do As We Are Told
 – No Question Asked
 Closed The Windows, Closed The Doors
 Life is a bore!

No Fresh Air For Hours And Hours
 I heard 5G Is Coming, Stronger And Stronger
 Wifi Attacking Senses, We Won't Be Here Any
 Longer

Drink Lemon Ginger And Honey
 Your Life Will Go Further
 Even if It's not sunny

Panic Buying
 For Toilet Rolls
 Pack The Cupboards
 No More Space Them Caw Hold

Long Line In A Supermarket
 I Think I Rather Shop On Line
 And Rest Mi Behind!

I'm Have To Do Social Distancing
 Can't Even Hug My Grandchildren
 It's Annoying
 Isolation Is Not The Answer
 Playing Tricks On Me too much Banter

Why does it feel like Controlling?
 My Eyes In My Head Are Rolling
 Friends And Loved Ones Are Dying
 How Many More How Many More
 Is It A Target To Score?
 Is This Pandemic Design To Separate Us?
 No Crowd Gathering,
 No Church Praying
 We Will Get Together That's A Must

I Have The Right
 Almighty Is By Our Side
 Our Connection
 Is Our Protection
 So We Rise, Rise, Rise
 AND WE WILL SURVIVE, SURVIVE SURVIVE



The Forest Tavern in Forest Gate



SOMETHING'S BREWING



Phil Mellows discovers a homely tavern with big ambitions for Forest Gate

A lot of people still think most pubs are owned by brewers. That hasn't been true since the big break-up of the industry during the 1990s, when a handful of giant non-brewing pubcos, and a plethora of small ones, came to dominate the trade.

But in recent years, some newer breweries have been building their own pub estates, to help guarantee a level of beer sales and provide another income stream.

One of them is west London's Portobello Brewing, which at the end of last year took over Forest Gate's Forest Tavern – formerly the Railway.

Founded in 2012 after a modest start, its ambitions became clear in October 2020 when it appointed as chairman Mark Crowther, one of the industry's big names.

Within weeks Portobello acquired a parcel of 13 pubs from pubco Antic, including the Forest Tavern, launching its bid to be "London's regional brewer".

Such lofty corporate goals shouldn't bother the Forest's customers, though. For them, manager Olly Pentelow is the new face of the pub, supported by a mix of old and new staff.

Olly joined in January, during lockdown, and until reopening was kept

busy freshening the place up, sanding the floors and painting the front.

With head chef Joao Pires, he also served takeaway fish and chips on Fridays and Saturdays, and roasts on Sundays. "It was a good way of getting to know our customers," he says.

Those customers were quick to take advantage of the pub's two gardens when outdoor service resumed, and since fully reopening "feedback has been good," says Olly. "Forest Gate is new to me, but I like the area and the people, it's got its own identity."

Unlike traditional breweries, Portobello pubs sell beers from other brewers alongside its own. The Forest currently has Portobello's Westway Pale and Sambrook's Wandle Ale on cask, while on the keg taps its Pilsner and Helles lagers plus Stiff Lip IPA sit alongside beers from local craft brewers, including Forest Gate's own Pretty Decent.

Another difference regulars will notice is the food. It's a familiar menu of unfussy pub classics but, unusually, everything but the bread and the ice-cream is made on the premises.

What Olly hopes will make the Forest "the best pub in Forest Gate", though, will be his team. "We just want to look after people here, like welcoming them into our home." ●



Cecilia Cran says act now to ensure a burst of autumn colour, plus she discovers a hidden gem that's well worth a look

What to grow: Autumn crocus bulbs

Get planting crocus bulbs now and you'll have a carpet of colour come mid-September. These delicate purple petalled beauties with their vibrant orange stamen are guaranteed to bring some cheer as we look towards autumn. They flower from September through to November and although they have a relatively short shelf life, they certainly pack a fabulous colourful punch while they last. They are fast growing and work well in pots or can be planted directly into the ground.



How to grow:

These are one of the easiest, low maintenance, most rewarding plants to grow.

To get started, choose whether you will be planting them in a pot or the ground. For the purposes of this, I'll refer to pot planting (but all the same rules apply).

Choose your pot, it is important that you choose a pot big enough, as the bulbs will need to be planted at a depth of 10cm and should be spaced no less than 5cm apart.

Start by filling your pot with some grit – this will provide good drainage and help prevent the risk of bulbs rotting off. Then add in your peat free compost and decide on the formation you want to put your bulbs in – before planting them in, I always lay mine out on the top of the soil to make sure they're evenly spaced. Bulbs must be planted with the pointed tip facing upwards towards the sky and must be planted to the right depth and spacing – see above. Once the bulbs have been planted, gently press down on the top of soil to ensure the bulbs will be making contact with the soil and then water well.

Bulbs like full sunlight, so find them a spot where they'll get maximum sunshine. They are also a favourite of inquisitive mice, squirrels and foxes who like to dig them up and/or eat them, so if you have any of these in your garden, consider netting the bulbs for an added layer of protection.

Green escape: Plaistow Park:

To the untrained eye, this spot may not seem like much. However, when you set foot inside the park, there is far more to it than initially meets the eye.

Much of where the site now sits is where the former Essex House was built, dating back to Tudor times. The house was demolished in the mid 1800s and the land was taken over by West Ham Council, who created the public park. Initially, it began life in 1894 as the 'Balaam Street Recreation Ground', but in 1999, after significant restoration was completed, it was re-christened 'Plaistow Park'.

Entering the park by Greengate street you immediately pass a well-kept, compact children's play area. Following the path onwards you come to the most beautiful Hansel and Gretel style house, completely covered in lush, green ivy and surrounded by trees. It is fabulous and looks like a modern day piece of art, a living sculpture right on our doorstep.

Follow the path onwards and on one side you will pass further children's play areas, some swings and a slightly tired looking football pitch, while on the other side, you'll see a couple of well-maintained basketball courts. At the end of the park is the ornamental garden where you'll find a great variety of roses – sadly, just coming to the end of season, a sea of purple lavender beds which the bees were loving and a pretty (if somewhat overgrown) fountain, complete with water lilies. The park lost its bandstand over the years and could do with a little TLC, but there are still some lovely features which I think are well worth a look. ●



©Myanah Saunders

Next month: special feature on Forest Gate Community Gardens

Covid symptoms? It's not so simple after all

RICHARD STUBBS

Even people who have had one or two doses of vaccination can still catch Covid, although it is unlikely to be severe. If you are sneezing a lot and you check Covid-19 symptoms on the NHS web site you'll be told that a high temperature, a new continuous cough and loss or change to sense of smell or taste are the major symptoms.

If you have any of these you are advised to get a PCR test as soon as possible. But should you relax because you have none of these symptoms?

No, you should not relax! The symptoms and severity of Covid-19 differ according to how many vaccinations you have had, if any. If you have been fully vaccinated your three most likely symptoms of having Covid are headache, runny nose or sneezing.

A high temperature ranks as the twelfth most likely symptom, a persistent cough the eighth and a loss of smell the fifth so it is perfectly possible for you to have none of the "standard" symptoms and yet still have Covid.

Indeed, even if you haven't been vaccinated, your three most likely symptoms of Covid are headache,

sore throat or runny nose, and more like a bad cold according to The ZOE Covid Symptom Study app, a not-for-profit initiative that was launched at

...your three most likely symptoms of Covid are headache, sore throat or runny nose, and more like a bad cold...

the end of March 2020 to support vital Covid-19 research.

The app (<https://covid.joinzoe.com/post/new-top-5-covid-symptoms>) has attracted more than 4.6 million contributors who log in on a daily basis to report how they are feeling. It was launched by health science company ZOE with scientific analysis provided by King's College London.

There are around 1018 contributors in Newham. Others should sign up. It takes a couple of minutes and anyone with non-standard Covid symptoms will be offered a PCR test.

The Government has not so far indicated plans to update its official list of Covid symptoms, despite research indicating the now-dominant Delta

variant has more cold-like symptoms. The Department of Health and Social Care admits that Covid-19 has a 'much longer list of symptoms than the ones initially used in the case definition.' ●

The following website and online resources will provide more information and support for people worried about the impact of long Covid and recovery from a bout of the illness itself.

- Supporting your recovery after covid: www.yourcovidrecovery.nhs.uk
- The Royal college of Occupational Therapists Resources, provide advice at www.rcot.co.uk/conserving-energy and also on how to manage fatigue after covid - www.rcot.co.uk/node/3540
- Covid-19 Patient Rehabilitation Booklet flipbooks.leedsth.nhs.uk/LN004864.pdf
- Resources and webinars: www.longcovid.org/resources/patients
- Yoga for post covid patients - www.theyogaforlifeproject.co.uk/book-online

Tatiana joins No 10 tribute to nursery workers

Tatiana Suliga, a nursery worker in Manor Park, was a guest of Prime Minister Boris Johnson at a special reception on July 15 to pay tribute to the work of child care workers during the Covid emergency.

Tatiana is a Lead Early Years Practitioner staff member at Sheringham Children's Centre and Nursery in Manor Park. She was nominated by her colleagues to join a group of nursery workers at the reception.

Tatiana met the Prime Minister and some of his team to discuss the contribution of nursery staff working through one of the most challenging periods in recent UK history.

She said: "I was really privileged to be nominated by my colleagues to attend. It was a short, socially distanced meeting, a great experience to listen and talk to the Prime Minister about how we'd found working through Covid, and the challenges we'd all faced."



Tatiana is seen outside Downing Street elbowing with MP Vicki Ford the Under Secretary of State for Children and Families

It's time to celebrate with Pride

COCO GARCIA ACEVEDO

Pride is a celebration of love and friendship, to show how far LGBTQ+ rights have come, and how much there is still to be done. It's an opportunity to celebrate, to remember, and to be aware.

Across the country - and the world - different pride events and initiatives take place not only to celebrate the LGBTQ community, but as an act of allyship to understand the past struggles and work towards the future achievements, aiming for a better society together.

It's also about acceptance, love, colours and being proud of who you are.

Although London Pride will happen this year at the end of September (if nothing changes from latest government updates) at Newham we have our very own Pride in August, Forest Gayte Pride.

It is organised by a grassroots community based in Newham, working with allies and volunteers to engage with the local community

through events and activities, aiming to enrich the LGBTQIA+ people in the neighbourhood, and also increase awareness within the allyship body.

Between 13-15th August, Forest Gayte will host a series of events, in collaboration with local venues and the council. Talks, performances and activities will take place in a covid-secure and accessible frame, for everyone to feel welcome. You can find out more about the events at forestgaytepride.com Have a look at their funding options, and how to get involved in the project!

Celebrating queer culture in our neighbourhood is not only an opportunity to have fun and connect with our neighbours, but a moment to take pride in our community and see how to do things better as a whole.

Newham is one of the most ethnically diverse boroughs in London, but we can't say the same thing when it comes to gender and sexuality, even when East London used to be "the place to be" for the queer commu-

nity a few decades ago. The different LGBTQ associations and charities in East London are working to bring back that sentiment, and it's time for

Newham to do the same. The aim is to have fun in Pride, but also understand why it exists and make everyone welcome. ●

Advertisement

CELEBRATING QUEER CULTURE PROUDLY
FOREST GAYTE
LAND PRIDE IN NEWHAM

FOREST GAYTE PRIDE

-FRIDAY 13 AUGUST-
OFFICIAL GALA OPENING
@ THE GATE LIBRARY, 6PM

-SATURDAY 14 AUGUST-
COMMUNITY INFORMATION HUB
@ WOODGRANGE MARKET PLACE + CRANMER
RD ARCHES, 11AM-6PM

LGBTQIA+ COMMUNITY WORKSHOPS
@ THE GATE LIBRARY, 10AM-4PM

OFFICIAL PRIDE PARTY
@ THE HOLLY TREE PUB, 7PM

-SUNDAY 15 AUGUST-
POST-PRIDE BRUNCH
@ TRACKS, 11AM

SCAN THE QR CODE FOR FULL DETAILS,
TICKET INFO AND MORE OR VISIT
WWW.FORESTGAYTEPRIDE.COM

A guide to some of the best events, compiled by Neandra Etienne

Summer Holiday Programme

Active Newham summer programme includes both youth and family activities at various parks across the Borough. Event highlights include family yoga, pilates, martial arts, multisports and boxing. All events are free. activenewhamsummer.eventbrite.co.uk
newham.gov.uk/downloads/file/3446/summer-21-activities-3

Coffee Plus at Pilgrims Way

Get together and socialise with new and old friends during free coffee mornings every Tuesday 11:00am-12.30pm Pilgrims Way Hall, East Ham. Refreshments and activities are provided. *Pilgrims Way, East Ham, E6 1HW. Entrance Myrtle Road opposite Sainsbury's*
cn.eastham@newham.gov.uk
020 3373 0859

Bart's Café

Bart's Café has been based in St Bartholomew's Church and Centre since 1983. They hold regular group events and activities Tuesdays to Fridays 11:00am - 2pm. You can bring your own projects or they can provide you with one

- Tuesdays - Stitch with Chris
- Thursdays - Knit and Natter
- Fridays - Scrabble Group; Beginners are welcome to join in.

Coffee Mornings with the East Edge Sisters WI takes place every 1st Friday of the month (11 am - 2 pm). Everyone is welcome to join the Women's Institute for a coffee and a chat, whether you're a member or not.

St Bartholomew's Church, 292b Barking Road, East Ham, E6 3BA
easthamparish.org.uk

Elders Project

Bonny Downs offer a wide range of social groups, exercise classes,



educational activities and support services for up to 400 elders each week. Their social programme usually includes regular coffee mornings, a lunch club and activities such as quiz nights, bingo, arts and crafts sessions and darts.

In addition, they provide a befriending service for those older people who may be feeling lonely and isolated for a whole range of reasons. Ring **07449 105 436** for more info. elders@bonnydowns.org
bonnydowns.org/whats-on



Photo via londoncityisland.com/theislander

ArcelorMittal Orbit Slide

Measuring 178m, The Slide is the world's tallest and longest tunnel slide. The Slide twists and turns 12 times, including a tight corkscrew section named the 'bettfeder' - after the German word for 'bed-spring.' The Slide ends with a 50 metre straight run to the ground.

In the exhilarating 40-second trip, riders are expected to hit speeds of up to 15 miles per hour!
Queen Elizabeth Park, Stratford
queenelizabetholympicpark.co.uk/whats-on

Ghosts: The Great Unidentifiable
23 JULY - 30 AUGUST

Doug Jack Jones and Yelnats invite you to their *Ghosts: The Great Unidentifiable*, a sculptural installation exhibition.
The Canning Gallery, 11 Brunel St, E16 1EB
canninggallery.art

Summer Family Activities
30 JULY - 20 AUGUST

West Silvertown Foundation is running activities for families with under 5s and for those aged 5-14. The events include stay and play at Royal Wharf Community Dock and a Picnic in Barrier Park by the playground.

There is no need to register beforehand just turn up with your own picnic basket. All the activities are free to attend.
wsfroyaldocks.org/whats-on

Royal Docks

A variety of family-friendly events will be taking place in one of the most significantly regenerated parts of Newham.

Event highlights include Kids Summer Splash (31 July - 22 August) dock swimming, super sandpits, and family chill-out zones.

Writer and journalist Owen Hatherley leads a three-hour guided walk: Spaces of Silvertown tour (7 August) you will explore how the area has transformed over the decades.

Poet and playwright Inua Ellams takes you on a walking tour: Play and Place (14 August) packed with creative activities.

Royal Victoria Dock
royaldocks.london/whats-on

Creative Activities

2-6, 9-13 AND 16-20 AUGUST
HeadStart Newham is working in partnership with Creative Arts and Sports Activities (CASA) Youth Employment Service and East London Dance to organise a variety of free creative arts and sports activities for young people aged 10-16 living in Newham.

Events include cycling, music production (TV and Film) and skateboarding.
www.changegrowlive.org/headstart-newham/summer-activities

Newham South Asian Heritage
3 AUGUST - 17 AUGUST

A variety of free arts and cultural events showcasing and celebrating South Asian history, literature and food are taking place in various locations in Newham. Highlights include: Young People's Art Project, Film Screening of Mogul Mowgli and South Asian Games.
newhamsouthasianheritage.org

Still Life Drawing at Number 8
4, 11, 18, AND 25 AUGUST

4pm - 5.30pm, 6pm - 7.30pm
Artist Eleanor Pearce's intensive drawing short courses are taking place after hours at Number 8. You will be drawing from the antiques and collectables at the Emporium and taking inspiration from the art from the past. £60, material included.
Number 8 Forest Gate Emporium, 8 Sebert Road, E7
[@eleanorpearcearttutor](https://www.instagram.com/eleanorpearcearttutor)



Advertisement



**Cookie's Island Summer Fun Day
7 AUGUST**

Session Times: 10am 12pm 2pm or 4pm (90 minute play)
There are lots of activities to keep your children entertained. The price includes play and meal, fun and games and you can also have your photo taken during a meet and greet with a mascot.

For sale on the day will be Caribbean food, mocktails, desserts, face painting/tattoos. Prices: 6 months to 2 years £10 (Under 1's up to 2 adults free), 3 years to 11years £12.95, Adults £2.50. Book your place **020 7473 3070**
Gallions Reach Shopping Park, 3 Armada Way, Beckton, E6 7ER
cookiesisland.com

**Sew Social
7 AUGUST**

11am - 1.30pm or 1.30pm - 4pm
If you want to meet other textile creative minded people, learn a new skill or work on your own project you can join the Sew Social Newham group. They meet every first Saturday of the month in the Silver Building. Sewing machines are available and help is on hand if you



need any advice. It's free to attend and light refreshments are provided.
Silver Building Café & bar, 60 Dock Road, E16 1YZ
sewsocialnewham@gmail.com
@sew_social_newham

**Forest Gayte Pride
13 - 15 AUGUST**

A series of events featuring some of East London's most influential performers will be celebrating Newham's LGBTQIA+ Culture.

Talks and performances will be taking place online and in Covid-secure venues across the weekend, ensuring they are accessible for everyone, wherever you are and whatever your situation.

Follow **#fgpride21** on social media for updates and info.
forestgaytepride.com

**The Islander Festival
13 AND 27 AUGUST**

Street food markets featuring a collection of international cuisines will be taking place in partnership with Urban Food Fest and Ace Events. The free festival will feature live music performances from singer-songwriter Logan J Parker and Afrobeats superstar Vincent Bugozi.
London City Island, Kent Building, Marketing, 45 Hope St, London E14 0QG
londoncityisland.com/theislander

**Newham Unlocked Online Festival
14 - 16 AUGUST**

Surveillance: Dance like no-one is watching is an action-packed weekend of performance, courtesy of Newham Council and arts organisation Certain Blacks.

The event travels virtually to Newham locations, enabling audiences to experience an exciting selection of London-based artists from anywhere in the world.
newhamunlockedfestival.org

**Music Classes with Helen
WEEKS OF 16 AND 23 AUGUST**

Early Years Music teacher Helen's summer music classes for Under 2s, Over 2s with a parent/carer and siblings up to the age of six will be taking place at VE6 Coffee.
£7 per session.. Morning and afternoon classes are available
VE6 296 Plashet Grove, E6 1DQ
@musicclasseswithhelen



E20 Youth Summer

There are two free events for young people ages 11-17 at various locations. Games & Food takes place 20 August 5pm. The Funfair is on 27 August at 5pm.

There is no cost for the activities; however donations can be made towards the cost if parents/guardians would like to contribute.

Spaces are limited, booking is required via email: **Office@churche20.co.uk**
www.Churche20.co.uk

**Mixtape in a Week
23 - 28 AUGUST**

10am - 4pm
Newham Music is bringing its pop-up studio space to Stratford Youth Zone for a week. They are inviting young people aged 15+ to write, produce and perform a mixtape in a week for free.

You will be guided by Newham Music's team of professional producers, rappers, singers and award-winning facilitator, director and poet Kat Francois.

Register by 16 August to attend

Stratford Youth Zone, Theatre Square, E15 1BX

newham-music.org.uk
info@newham-music.org.uk
@newhammusic

**Open Day and Pop-Up Café
28 AUGUST 12PM - 5PM**

If you enjoy homemade cakes with tea or coffee and some chat the Café is open the last Saturday of each month.

Red Door Studios, Rear of 120 High Street South E6 3RW
throughthereddoor.org



Mudchute Farms horse riding activities organised by Headstart Newham

Advertisement

institute of imagination

this summer re-imagine with us play with us

free workshops for newham families:

- play with sound
- tinker with rainsticks
- explore digital cities

5 - 12 year olds

7-28 august
book now at ioi.london/whats-on

Living a world of difference

I love looking at life through my kaleidoscope of neurodiversity

The letter was from the assessment centre. As I opened it, my heart froze, and the air turned thick. I scrolled to the bottom to read the evaluation:

“April 2021 Private and confidential: Evaluation of Needs Outcome ... you show complex, interrelated characteristics of dyslexia and dyspraxia co-occurring with attention deficit hyperactivity disorder (ADHD).”

“It is common for these specific learning difficulties to occur together and for there to be areas of overlap in their presentation. ADHD is both a learning difficulty and a medical condition.”

Receiving this news felt like I was placing the last piece in a jigsaw puzzle – a puzzle I have been working out for 43 years. That is my age now. I felt relief, triumph, validated, proud and for the first time – a little cleverer! I am Neurodivergent.

I messaged my husband of 19 years and my two closest cousins with a screen shot and wrote “It’s official, I always told you I was NOT normal”. My cousin’s exact words were: “I wouldn’t let that report hinder your abilities. You know your strengths so focus on that and better yourself!”

I knew this was a time for reflection. Time to stop – slow down and breathe. This is a ‘medical’ condition and like all health issues, it needs spotlight, care and nurturing. There are many negative traits of ADHD, such as being hyperactive, forgetful, impulsive, overly generous, restless, can’t stay on point. But like my cousin highlighted, there are also positive traits such as supernova energy, eagerness, seeing connections others don’t, persistence, creativity, being calm in chaos and my favourite one, shows flashes of brilliance!

Receiving this diagnosis has also brought up past trauma. I am continuing to get flashbacks of my younger self. Those difficult moments, throughout childhood, teen years and adulthood where I could have benefited from supporting adults – and perhaps medication – to sleep.

I get by on four hours’ sleep usually, as I just cannot switch off. Other factors that affect my sleep are due to needing extra time to get my professional work completed – I am always working that extra mile to keep up with everyone. Learning difficulties Dyslexia and Dyspraxia are serious conditions – I remember my assessor saying, how you have come this far in your career without letting these be barriers proves that you’re a soldier.

For **Shofa Miah**, getting a diagnosis of dyslexia, dyspraxia and attention deficit hyperactivity disorder at 43 was like finding the last piece of the jigsaw.

Looking at where I am now, while reflecting on the journey so far – I give credit to my ADHD traits. Without them I would not be who I am and where I am. All elements of my body and environment are continuously active – physical, psychological, social, emotional. I don’t see what is in front of me, but beyond.

As if my eyes look through an

years has brought rewards. We are now a fully registered charity with a permanent base in the heart of Newham!

I did all this WITHOUT being diagnosed as a neurodivergent individual. I wonder, had I been diagnosed in my childhood, would it have created a barrier? Or would it have been an accelerator, as I would have received

there is such a lack of understanding and acceptance around learning difficulties and neurodiversity. Even on professional platforms, we witness unfair practices. This topic, like disability and mental health, holds a lot of stigma.

Many of us hold trauma from childhood as we witnessed or were on the receiving end of physical chastisement (by parents, family members, teachers, faith institutes). Reasons to beat were because you are not academically intelligent, you cannot spell, disappointing grades, inadequate handwriting, not memorising or pronouncing words well.

Many of us learnt through fear, we were led to believe that the academic child is the more intelligent child. Emotional intelligence was rarely celebrated.

In the past I would not have been brave enough to openly have written this article. But I have made a conscious decision to do this in the hope that it will help make changes to people’s attitudes. I hope anyone reading this shifts their mindset around understanding their child or themselves.

Being neurodivergent is not a condition to be ashamed of. It can enhance your personal and professional career – giving you opportunities to explore, embrace, accept, challenge, adapt and show your brilliance – because that is what you are.

Fortunately for me, my employer immediately recognised my skill sets and hard-working ethics and gave me flexibility to just do my job effectively. Most professional meetings I attend, I am usually the least formally qualified individual in the room – but not the least intelligent or experienced!

My wish is for all employers to be as inclusive as my own organisation. My diagnosis was made possible because I am currently on a People Leadership Programme via a company called Multiverse. Multiverse listened to me and sent me forward to be assessed. Since receiving the diagnosis my tutor is hand holding me through the assignments, adjusting and helping me to keep up with the rest of the cohort! This is Inclusion.

I will never stop being neurodivergent, it is for life. But I actually love looking at the world through my eyes – It is a rainbow-coloured kaleidoscope. It keeps me active, gives me purpose and I feel I am changing the world every time I have a new idea! ●



Shofa Miah

infrared lens – my eyes look through a moving kaleidoscope, continuously. It is a tiring place to be sometimes. I want to fix the world and find solutions to everything, even things I have limited knowledge about!

As well as being a mum of three children, I work full time, leading two demanding platforms for Youth and Parents for Local Government. Having only been with my organisation for four years, I have received two step-up promotions as well as a staff award for outstanding performance and as a result I was put forward to become a brand ambassador for my organisation.

In my personal time just before the pandemic, I started a local project in Newham, called Ashok’s Vision, focusing on Youth Mental Health. Working seven days a week for two

support to manage myself better?

I will never work out the answer to that, but I can conclude that my pathway to education, marriage, motherhood and career was via alternative routes.

Throughout our lives we all experience barriers such as inequality and exclusion. Whatever gender you identify as, you can be exposed to forms of abuse such as gender inequality, racial, social, emotional, financial, physical, sexual, and psychological abuse within and outside the family circle.

You are important and belong one day, but the next, you are no longer valued as you have dishonoured the family. We see and hear many stories like these in all our communities.

It is tragic to think that we have evolved so much as a society yet

Let's face it, illness is not a taboo

Daphne Stedman talks about her experience of living with multiple conditions.

In 1981 I was diagnosed with type 1 diabetes. The following day I started on insulin injections, which I soon learned (and indeed already knew) would be needed for the rest of my life. I was 16 years old.

In 1984 I was diagnosed with an overactive thyroid (Graves' disease). This has recurred a couple of times since. Each time, it was treated with a two-year course of medication to suppress the overactivity of the thyroid gland.

In 2004 I was diagnosed with rheumatoid arthritis. This is a type of inflammatory arthritis, in which the membranes of the joints become inflamed. It usually starts in small joints in the hands and feet, though many other joints can be affected. There are drugs which can suppress the inflammation, but they don't work for everyone. Permanent joint damage from the inflammatory process can occur if the right drug combination is not found, or not found quickly enough.

All the conditions I have are auto-immune diseases, in which the body attacks and destroys its own

cells, resulting in some part of the body no longer working correctly.

If you met me at a party, it would not be obvious straight away that I had any of these conditions. An astute observer (perhaps a rheumatologist) might notice that some of my knuckle joints are swollen, and my right wrist is knobby and does not bend.

You might suspect something when I start asking lots of questions about food – what food is to be served; does it contain a lot of carbohydrate or sugar; etc? I need that information to plan how much insulin I need before I eat.

If at a party I got into conversation with you about my "conditions", I wonder how long your attention span might be? Talking about illness is often considered taboo. Did I go into too much detail about the conditions I have? Is it overwhelming to the listener hearing that I have three auto-immune conditions? On a practical basis, what does living with these conditions mean for me day to day? How do they affect my ability to work? What about other areas of life they might affect?



Daphne Stedman

Sometimes I meet people who are really interested to know and understand more, and I do my best to explain.

In the media, it often seems to me that news reports over-simplify things

when doing a feature on someone who has a particular chronic condition. We might be told that so-and-so has type 1 diabetes and has to give insulin injections several times a day and test their blood glucose level regularly. Perhaps less easy to get across is the particular burden of daily behaviours that are needed to control type 1 diabetes well. In my experience, it is difficult for most people to grasp this. I see I've drifted into explaining more about one of my conditions...

Another area that can be challenging when you have more than one condition is health care. I am under two hospital specialists – a diabetes/endocrine specialist and a rheumatologist. What if treatment offered for one condition upsets another condition? For example, steroids are sometimes used to reduce inflammation in my joints. Steroids, as some will be aware, upset blood glucose control. I regularly have to remind the rheumatologist that I have diabetes when I am being offered a steroid injection for my joints.

In January 2021 I was hospitalised with Covid-19 pneumonia. I was immediately started on the steroid Dexamethasone, which in my case definitely helped me recover. However, it upset my blood sugars (as I knew it would). I find it is certainly the case that I have to be my own doctor to some extent. That can mean making health professionals aware that I am living with more than one condition, and that treatments for one condition may affect another condition, and that one condition may affect another!

We all need to understand better what it is like to live with a chronic condition, and even more so when one person has several such conditions. ●

Everyone must have a fair chance at work

ZHENREENAH MUHXINGA

A person is 'disabled' if they have a physical or mental impairment which has a substantial and long-term difficult effect on their ability to carry out normal day-to-day activities.

Some disabilities are hidden. A person who does not use a wheelchair, walk well enough or has a hearing aid, does not mean that he/she does not have a disability. Invisible disabilities include learning disabilities.

Almost half of working-age people with disabilities in the UK are employed. But this figure should be higher. With the right support, many more could be working.

If you have a disability, some people are worried they may not be employable.

But there's lots of guidance, support and training to help you into employment.

Charity schemes can help raise awareness and challenge the stereotypes about people with disabilities to make sure everyone has a fair chance of working.

The charity, Leonard Cheshire,

runs a scheme called Change100, which brings together the UK's top employers and talented disabled students.

Change 100 is its flagship programme of paid summer work placements, professional development and mentoring.

Know your rights

Whatever your physical or learning disability, you have a right to equality, fairness, respect and understanding at your workplace.

Employees and jobseekers with disabilities are legally protected against discrimination under the Equality Act 2010.

You're legally entitled to fair treatment when it comes to recruitment, promotion and pay.

Disability Rights

Contact: Plexal
14 East Bay Lane, Here East
Queen Elizabeth Olympic Park
Stratford London E20 3BS
General Enquiry **0330 995 0400**
enquiries@disabilityrightsuk.org

As a disabled person, you have rights to protect you from dis-

crimination. These cover most areas including:

- employment
- education
- dealing with the police

The Equality Act 2010 and the United Nations (UN) Convention on disability rights help to enforce, protect and promote your rights.

Contact Leonard Cheshire on **020 3242 0299** or email **change100applications@leonardcheshire.org**

USEFUL LINKS

Action and Rights of Disabled People in Newham

0207 473 9655
actionandrights@btconct.com

ADHD UK
www.adhduk.co.uk

British Dyslexia Association
www.bdadyslexia.org.uk

Mental health
www.mithn.org.uk

Complex Needs and Disabilities Service
0208 475 2301
CNDS@newham.gov.uk

We continue to encourage you to get outdoors, appreciate the good weather and support our local coffee shops, cafés and restaurants. Enjoy the summer and stay safe whilst doing so.

Here are a few venues that would welcome your support. Whilst you're there, don't forget to mention 'Newham Voices'.



Scan to access the interactive map online.

East Ham

1 **Central Park Café**
Bartle Avenue, East Ham, London E6 3AJ

Forest Gate

2 **Giovanna's Deli & Wine**
58 Woodgrange Rd, Forest Gate, London E7 0QH
3 **The Fox & Hounds**
178 Forest Lane, Forest Gate, London E7 9BB

Manor Park

4 **Kaldi Coffee**
345 High St North, Manor Park, London E12 6PQ

Plaistow

5 **Cornerstone Café**
408 Barking Road, Plaistow, London E13 8HJ
6 **The Cali Candy Shop**
538a Barking Road, Plaistow E13 8QE
7 **The Greengate Café**
538b Barking Road, Plaistow E13 8QE

Stratford

8 **Olive and Lemon Mediterranean Café**
30 Broadway, Stratford E15 4QS
9 **Jollof Hut**
65a North Mall, Shopping Centre, Stratford, E15 1XF
10 **The Refreshment Room**
25 Broadway, Stratford, E15 4BQ

England is at Step 4 of the roadmap. Everyone should be cautious to manage the risks as COVID-19 cases remain high. Fully vaccinated and under 18's, do not need to self-isolate after close contact with someone who has COVID-19. However you will need to take PCR test and self-isolate if it's positive.



Spotlight on Charities: Our monthly focus on community groups



Richard House

From the moment a child is diagnosed with a life-limiting or life-threatening condition, everything changes. And these changes affect the whole family, which is why it is vital to provide not only care to the child, but support to the whole family as well. To do this Richard House services range from specialised clinical care, to art, music, and dance therapy; giving the child the opportunity to explore what is happening to them in a safe environment, through to end of life care and pre and post bereavement support for all the family.

www.richardhouse.org.uk
tel: 020 7511 0222
email: info@richardhouse.org.uk



ApplecART Arts

ApplecART Arts is a community arts venue. We will soon be moving to the Passmore Edwards Library in Plashet Grove, reopening the building with a theatre, meeting spaces, artist studios and café. We are running a public consultation to find out what local residents would like to see and how we can best serve our community (see page 15):

bit.ly/ApplecARTHaveYourSay
www.applecARTarts.com
info@applecARTarts.com
@ApplecARTarts
@ApplecARTarts
@applecARTarts



Newham Muslim Safety Forum

The Newham Muslim Safety Forum (NMSF) works in partnership with Markazi Jamia Masjid at their Food-bank project.

Every Saturday, we give out an average of 300 packages to people who have no recourse to public funds (NRPF), asylum seekers, international students and anyone who is struggling in difficult times.

Our packages contain essential items, including groceries, bakery products, fresh fruit and vegetables. For those with children, we also provided baby milk, nappies, toys and clothing.

For more information or donations, contact our lead coordinator Mehmood Mirza on **07916 344575**.

nmsfourm@outlook.com
@NMSForum
nmsforum



Survivors Together

Survivors Together is a social group for female survivors of sexual abuse. Our main purpose is to provide a relaxed environment where women survivors can socialise and try new activities with people who understand. Based in East London, our meeting activities include crafts, Thai chi and guest speakers.

Please contact Yvonne at:
07961 351361
yvonne@survivorstogether.co.uk
www.survivorstogether.co.uk

NewVic partnership aims to end bias over entry to top universities

NOAH ENAHORO

Newham Sixth Form College has announced a new partnership to address the underrepresentation of ethnic minority students in the country's top universities.

NewVic is the first college in Newham to partner with 'The Elephant Group', which will provide quality education and support to students from minority ethnic backgrounds within an area that is ranked as one of the more deprived boroughs in London.

"This is an exciting opportunity for students from NewVic and schools in Newham," said Magdalena Johnson, Vice Principal at NewVic.

"We are delighted to be working with The Elephant Group to help and continue to enable more young people



to progress on to top universities."

Laura Compton, Managing Director of The Elephant Group, welcomed the new partnership stating that

"by collaborating to support young people from all backgrounds we can ensure all students reach their full potential".

The Elephant Group was

formed in 2018 by a group of headteachers committed to increasing access to the country's most competitive universities for students from non-selective state schools.

The partnership will create regional connections with school leaders, universities, corporates and third sector partners to do this, and co-deliver their Year 12 - 13 Elephant Access Programme to support students to achieve their potential.

In the UK, access to the most selective 'top third' universities, and onwards into top professions, is sig-

nificantly determined by the school or college you attend.

According to figures, 61% of private school pupils access 'top third' universities compared to only 19% of non-selective state school pupils, and only 5% of 'disadvantaged' pupils access 'top third' universities.

The new partnership will give NewVic students the skills, knowledge, resources, and interactions with university students from similar backgrounds to increase the number of successful applications to competitive universities. ●

Pandemic reflection leads to launch of upcycling venture

LORRAINE TAPPER

David Ginn is a warm, open, and ebullient man with a very engaging personality. He has been a Newham resident for over 26 years.

He has had an eclectic career in design, fashion, retail management, and visual displays in various West End stores.

But over lockdown he re-evaluated his life and recognised that his creative passions were being overshadowed by work and he decided to take the bold step and start his own business creating upcycled furniture and wall art.

David had been encouraged to do this for years by close friends who admired his creativity which is design and fashion led.

His enterprising spirit drove him to walk into No 8 Forest Gate Emporium to speak to the owners and

make a proposition. He would showcase and sell his upcycled and recycled pieces from their premises which would serve to attract potential customers to the shop.

They agreed and he started his new business in the first week of June this year.

As David speaks with passion about his business and his relationship with customers.

Discarded materials are sourced by David who tours the streets to see what gems he can find to give a new lease of life. He also looks through skips for items that are destined for landfill.

He said: "It's crazy the amount of stuff that people throw away that is unwanted or old."

David has been commissioned to upcycle pieces brought to him by owners who hope he can transform old and worn-out furniture.

Currently his time is divided between his full-



David Ginn

time job and the Emporium, His long-term ambition is to secure his own premises and to run his business full time.

You can contact David through Instagram at @alfe_attheemporium

Newham Voices
Community News and Views

INCLUSIVITY WITH NEWHAM VOICES.

Newham Voices have set up this event in order to ideally seek engagement & insight from the community, and finding out their experience of interacting with large/corporate organisations.

UPDATE
Just in case you missed it! here's a report back on the events of the day event!

THURSDAY 15TH JULY @ 4PM VIA ZOOM

Hamza Yusuf Islam
Spokesperson - Volunteer at Ashok's Vision

Denny Cornaud
Community Engagement & Partnerships Lead for PS&L (Plaistow South Big Local)

Jubril Awoyera
HSBC Project Manager

Lilia Lamberto
Principle Cleaning & Support Services Director

Rahmet Butt
Director of the Compound: Newham's Street Gym UK Leading Expert in Gangs and Terrorism

Jennifer Doyle
FCA Talent Manager / Executive Recruiting & Talent / Human Resources

Many corporate employers fail young people

Corporates and community groups must work closer together to ensure young people get the career opportunities they need. That was the consensus among speakers at the Newham Voices diversity event, held online in collaboration with recruitment agency London Works in July.

Denny Cornaud from Plaistow South Big Local said: "I continue to be amazed by our young people and what they achieve despite the challenges. We must stop assuming and ask them what they want. To the corporates, I ask about opportunities for more avenues to listen to young people, to provide more openings through non-academic routes, and for us as community groups, how can we come together to become facilitators and support young people on their journey?"

Speakers included representatives from the corporate world and community groups. Hamza Islam, 18, said: "There is a responsibility on corporate organisations to ensure their information reaches young students, to make clear their recruitment goals, objectives and expectations, and extend feedback to prospective recruits after interviews. Some do this well, many don't."

Drawing lessons from lockdown in Forest Gate

LORRAINE TAPPER

When artist Eleanor Pearce moved to the borough from Crouch End in 2013 she brought with her a wealth of experience, having worked for the Islington Arts Factory for 14 years as the Director of Art, after honing her skills there as an art tutor.

In Forest Gate Eleanor found “a community that was open, hungry” for what she had to offer. The following year she created a themed project about bees called Create a Swarm and funded by Let’s Get the Party Started in collaboration with No 8 Emporium, Coffee 7, and Woodgrange Market.

This was an open drawing day with honey themed refreshments for all the family designed to highlight the survival of the bees.

Eleanor has successfully run art classes at Forest Gate Library over several years from 2015 to 2020 with an 18-month interruption due to borough wide cuts where the art class was a casualty.



Eleanor Pearce

During this time Eleanor organised three well-received exhibitions of artwork from her students at Forest Gate Library.

One student, Ishita, described the art classes as “really helping to develop creative skills and build a long-term interest towards art!”

Earlier this year Eleanor and some of her students were successful with their funding bid to Foundation for Future London located in Stratford (<https://future.london/>)

The funding provided art tuition for 10 weeks which was delivered online. Eleanor adapted well to the online world.

She is currently running art and wellbeing sessions in Forest Gate Community Gardens now that lockdown restrictions have been lifted.

“The chance to draw in the beautiful, peaceful, Forest Gate Community Garden has provided an oasis of calm during an otherwise turbulent and negative period,” said Joanne one of the participants. “Eleanor’s classes have given us a lifeline back to feeling positive.”

Eleanor can be contacted through her Instagram account [@eleanorpearcearttutor](https://www.instagram.com/eleanorpearcearttutor) or via email at eleanorpearcefineart@gmail.com

Have your say on new Applecourt Arts venue

Applecourt Arts, Newham’s community-based non-profit arts and creatives organisation, is on the move. The theatre and café which is currently based in E13 will be moving to the imposing Passmore Edwards Library and former Registry Office in Plashet Grove.

As part of the move, Applecourt Arts is carrying out a public consultation to ensure that the new centre caters for local residents and provides creative activities and artistic ideas that the community wants.

When the Passmore Edwards switch is made the building will reopen to the public as a Community Art Centre with fully equipped theatres and performance spaces, public meeting/workshop spaces, artists’ studios, an exhibition space and a community café.

The consultation is part of the Applecourt Arts vision of creative work that has the power to challenge, change and strengthen communities and will reach across cultural divides. The aim will be to provide a welcoming space where people can feel confident engaging in artistic pursuits and sharing their stories.

At the same time in the autumn the organisation will be co-curating Newham Unlocked Festival out of the neighbouring Plashet Park.

People who wish to take part in the consultation on how to use the Passmore Edwards space and the kind of events they would like to at the festival should use the Google form at forms.gle/AYfLPbbATKQ001p9A

Historical note: the Applecourt Arts new venue is named after John Passmore Edwards. He was a 19th Century MP, former newspaper publisher and philanthropist who shaped the cultural development of poorer areas of London with his generosity and over 14 years managed to fund 70 major buildings including hospitals and schools.

Parkrun is back on Wanstead Flats

THOMAS HOLDROYD

After several false starts the global running phenomenon, parkrun, finally returned on Saturday 24 July. The City of London Corporation gave the go ahead for the event to return to Wanstead Flats, with some changes to make the event Covid secure for runners. At least 90 per cent of England’s parkrun events needed the green light from councils and landowners to start up again. This was due to the large attendances and previous delays to the restart date and the postponement of lockdown restrictions easing.

Started in 2004 in Bushy Park, Teddington, it now has events every Saturday and Sunday in 20 countries around the world. A simple concept: turn up every Saturday and walk, jog, or run 5 kilometres, if you’re a junior then 2 kilometres every Sunday. Parkrun emphasises that it’s not about your running ability, it’s the taking part and getting moving that counts. Parkrun is free but you will need to register and print off your barcode to get a timed result. People

can also volunteer in numerous different roles such as marshalls or barcode scanning.

Paul Lewis, director at parkrun Wanstead Flats, said: ‘It was with great excitement (and some nervousness), that the core team at Wanstead Flats parkrun prepared for the return of the event after 16 months, we missed both our 9th and 10th year anniversary events, so to all be back together again will be very special. We are very interested

to see how the day will proceed and are looking forward to welcoming back old faces as well as new.’

Just before life got weird, I completed my 50th run and in doing so received a converted parkrun t-shirt which runners can claim for completing 25, 50, 100 and 250 parkruns. Volunteers and junior participants are also able to claim similar milestone t-shirts. If you would like to attend or want more information, please check out www.parkrun.org



Event director Paul Lewis with volunteers. © Thomas Holdroyd



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SPORTS SHORTS

Neandra Etienne's round-up of the local sports scene for August.

The **Jack Leslie Campaign** announced that Andy Edwards has been selected as the sculptor for the new Jack Leslie statue. Andy will be working in partnership with Monumental Icons.

Jack was a professional footballer from Canning Town. In 1925 he was picked to play for England but his name was dropped from the team sheet after the selectors discovered his Jamaican Black heritage. John Francis (Jack) Leslie Aug 17, 1901 – Nov 25, 1988) jackleslie.co.uk

Jordan Williams, Julian Washburn and Isaiah Reese have joined the **London Lions Basketball Club** team for the upcoming 2021-22 season.

The London Lions are based in Stratford. They compete in the British Basketball League. Their Summer Camp starts in August. Potential ballers aged 8-16 will be invited to train and play on the same courts as the London Lions players. www.thelondonlions.com

Clapton CFC women's and men's first football teams will be playing two pre-season games in Manchester against FC United Women and FC United Manchester on 7 August. www.claptoncfc.co.uk

CCFC Supporters Group **Clapton Punks** have produced a range of ethically produced vegan friendly t-shirts. The money raised from the sale of the t-shirts will go towards helping the Old Spotted Dog Ground Trust open the clubhouse. [@claptonpunks](https://www.instagram.com/claptonpunks)

Spectators are welcome to watch **Clapton CFC Cricket** team play their games for free on 18 August and 25 August, 6pm – 8pm in Victoria Park. The team is part of the Victoria Park league. www.vpccl.com



©Anna Mercado



©Rob Bullen

Athletic Newham FC is competing in the Emirates FA domestic cup competition. Extra preliminary round games start on Saturday 7 August, followed by the preliminary round which will be played on Saturday 21 August.

► **Athletic Newham Fc**

Upton Park Ladies have started a new Development Squad for any beginners who lack experience in a first team environment or who have not played in a competitive football match before.

You are welcome to join their free open training sessions on Wednesdays 6.45pm Powerleague, Beckton, Pitch 10, for ages 16+. The Iron Ladies amateur football team will be playing their pre-season home and away friendly games in August.

www.uptonparkladiesfc.co.uk

Non-binary football club **Upton Sparks WFC** have announced their fixture list for the new season. They play their home league games at Whitechapel sports centre and are part of the Super 5 Sports League.

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

Forest Crusaders WFC is an UEFA coached 11-a-side team based in Newham who play in the (GLWFL) Greater London Women's Football League. They are recruiting players aged 18+ for the 2021/22 season. If you are interested in joining the Crusader team you can attend their open training sessions every Wednesday at West Ham Memorial Park 7:00pm – 8:30pm.

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

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

Congratulations to University of East London scholar **Jona Efoloko** who is taking part in the Tokyo Olympics Great Britain 4x100 metres relay team.

Former St Bonaventure's former pupil **Kylian Kouassi** has signed his first professional Football contract with Sutton United FC.

Congratulations to the players in the **West Ham United Foundation Programme** 16-19 football team.

The 'Blues' were crowned Champions of Champions. West Ham United Foundation are running their summer Holiday Hammers for young people aged 5 -15 at their Beckton base from 26 July – 27 August, 9am – 3pm. www.whufc.com/club-foundation/foundation

Lift off for young athletes

Dalton Grant Academy, led by Team GB Team Captain Dalton Grant, a Commonwealth and European High Jump Champion, partnered with London Stadium Learning to organise a free, jump, sprint and train with champion's competition in Newham parks for young participants aged 12-20.

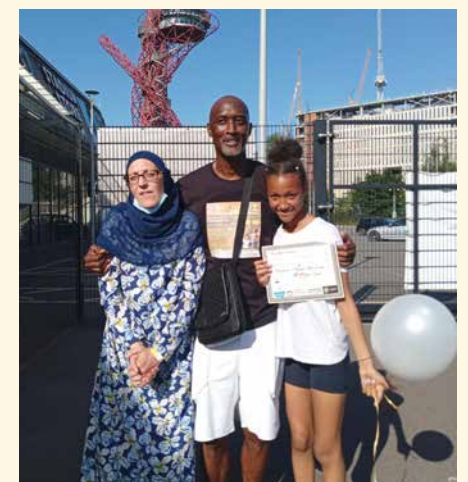
The trail events were held in Central Park and Stratford Park. The final, which took place in July at the Marathon Community Track Queen Elizabeth Olympic Park, was attended by the athlete Darren Braithwaite.

Dalton's sponsors Blue Squared donated the 1st prize of £75 lifestyle voucher and 3rd Prize of £50 lifestyle voucher. The 2nd prize of £55 JD Sports voucher was donated by Argon Utility Solutions and the 4th place prize was a free meal from Rhythm Kitchen and 20 per cent discount for 4 guests.

Dalton said: "I was very happy with the turnout especially considering the times we are in now. I wanted to give young people the opportunity to learn a new skill and express themselves."

Dalton plans to organise more sporting events in Newham and the surrounding boroughs. "I was a Board Director of the London 2012 bid team," he said, "and I will be doing an event through the Dalton Grant Academy for the 10 year anniversary of the 2012 games. My passion is giving back through my experience as a three times Olympian."

www.daltongrantacademy.com



Highlights of the Lift off event organised by Dalton Grant and London Stadium Learning. Top image courtesy London Stadium Learning. Bottom images © Neandra Etienne

Didn't our lads do well!



An England team to be proud of and saving lives in a heartbeat. Mickey Ambrose on the legacy of the Euros.

It was one of legendary entertainer and television personality Sir Bruce Forsyth's most famous catchphrases on the Generation Game. Didn't They Do well?

Come on, you must remember settling down in front of the box in the '70s and early '80s on a Saturday Night with a packet of cheese 'n onion, a beer - or in my case a glass of red (purely for medicinal purposes, of course) - to watch this fantastic entertainer I had the pleasure to meet - my late mother loved him. Just as she would have loved watching England in the Euros'. And didn't they do well.

I couldn't believe my eyes seeing the way we played in the Euros 21, well 2020 actually due to Covid - was I actually watching an England team that was keeping the ball, passing, bringing it out of defence calmly and not treating it like a hot potato? It's

something I have not seen for, yes, 55 years.

How many times have we settled in front of the television in anticipation of major tournaments only to be disappointed and to then have the indignity of taking our England flags down halfway through a tournament? But not this time.

Our performances were superb, strategically well thought out. Well



Mickey Ambrose



done Gareth! And his team. We beat Germany, yes Germany our old rivals. I texted Harry Redknapp before the game and he said it is the worst German side he has come across for 25 years, "We should take them" he told me and how right he was.

Obviously, I have to talk about the penalties as many people frequently stop me in the old Stratford Shopping Centre and ask, how difficult is it to take a penalty from 12 yards?

My answer is to imagine having many driving lessons and then on the day of your test you know anything could happen - you know you're nervous. It is good to be nervous and professional footballers are used to playing in front of big crowds they love it or they wouldn't do it.

No excuses, we should have buried those penalties - head down, pick your spot in your mind and hit the ball through your laces, none of these dummies, shimmies, or stop-start.

But having said that it shows you how confident some of our young players were - we'll be back!!!

Following the tragic events involving Christian Eriksen, I opened up my black book to get support for the sporting authorities to fund Cardiology Units and signed up my pals Gary Lineker, John Barnes, Harry Redknapp (Poplar Boy) and Vinny Samways to support www.youtube.com/watch?v=LySthjRbZj4

The Heartbeat Campaign was launched on ITV's flagship breakfast show Good Morning Britain (see above) where we are asking that every football club, and that includes the 42,000 clubs affiliated to the FA, should have a defibrillator and someone medically trained to use it.

Finally, we should all be very proud of our England team. Remember Italy didn't even qualify for the last World Cup and we reached the semi-finals. This time we made the final - we have come a long way and we'll make it yet! ●

Mickey Ambrose is Ex Charlton Athletic and Chelsea FC

Advertisement

GET VACCINATED AND A CHANCE TO WIN A HAMMERS SHIRT

The NHS and West Ham United Football Club have joined forces to offer someone in north east London the chance to win a new West Ham shirt signed by the team.

To be in with a chance of winning, people need to have a Covid-19 vaccine by the end of July, and post a picture, video or message to Twitter saying they have had their jab. Just include hashtags **#Ihadmyjab** and **#WestHamComp** in the Tweet. The NHS will select the winner at random from the entrants after **31 July 2021**. To book your vaccine visit **nhs.uk/coronavirus** or find a centre near you where you can walk in without an appointment.

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