



# Newham Voices

Community News and Views

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Issue 18 | June 2022

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# Get ready to Party!

**H**ard times may be in the headlines, but the sun's shining and people in Newham are about to go party crazy this month.

A number of national and local events – primarily the historic Platinum Jubilee celebrations for the Queen – have inspired community actions across the Borough.

This issue of Newham Voices is full of information on street parties, exhibitions, and events for the jubilee and also highlights other major events including Newham Heritage Month, which includes more than 30 free events celebrating the legacy of London 2012 including workshops, film screenings, live performances and other activities to mark the 10th anniversary of the Olympic Games being held in Stratford.

Other events that register a remarkable bounce-back from the glum days of Covid, include the return of the Forest Gate Festival (see page 7).

There is also a day of activities to mark Windrush Day and a weekend of action around the Forest Gayte Pride event (see page 10).

And if that's not enough, there's more to come with a preview of activities planned for the Word Festival which opens in the first days of July.

The evidence is that Newham has bounced back big from the Covid pandemic – although we advise everyone to remain careful when they're out and about. ●



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## Labour stay strong despite historic Green breakthrough

**L**abour has ended its 12-year run as the single party in charge of Newham Council following the historic election of two Green Party councillors at the 5 May local and mayoral elections.

Voters across the Borough have once again backed Labour as the main party, but the Green Party is now Newham's second party. Total votes across all wards were 100,535 for Labour, with 27,268 for the Green Party and 23,049 for the Conservatives, now in third place.

Boundary changes saw the number of wards go up from 20 to 24 and

the number of councillors increase from 60 to 66. Some 64 seats are now held by Labour and two by the Green Party's Nate Higgins and Danny Keeling who were elected in the new Stratford Olympic Park ward.

You can read our exclusive interview with them on page 5.

In the Mayoral elections, Labour incumbent Rokhsana Fiaz swept back into office with an emphatic victory. She won 35,696 votes, well ahead of her closest contenders Conservative Attic Rahman (7390 votes) and Rob Callender for the Green Party (7003).

Announcing her new 'Get Stuff Done' Cabinet, Ms Fiaz said she was ready to "deliver on my important agenda to build a fairer Newham in the face of the cost of living crisis facing so many of our residents".

Following his election, Councillor Higgins promised voters that Green Party councillors will be "tough, but fair, not just for our ward but for all Newham residents, as we work with the new cabinet as Newham's main opposition party. We will work hard to ensure social and climate justice for our community".

A spokesperson for the Newham

Labour Group said: "We hope the Minority Green Group of two councillors will support the comprehensive programme of measures Newham Labour Group is delivering under the leadership of Mayor Rokhsana Fiaz."

The last time Newham elected candidates in opposition to Labour was in 2006 when six non-Labour councillors took their seats. Simeon Ademolake from the Christian Peoples Alliance was one of them. On page 4 you can read his bitter recollections of the experience under the party led by former Newham Mayor Sir Robin Wales.



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## Levi Roots inspires Inside Out clothing creators

NEANDRA ETIENNE

Levi Roots, the entrepreneur and inspiration behind the Reggae Reggae brand and the man whose sauce on Dragons' Den made him a household name, gave a talk at the Inside Out Clothing pop-up store at Westfield Stratford.

Inside Out Clothing is created, designed and hand produced by eight young ex-offenders. The aim is to help them launch, design and sell their own clothing brand. The pop-up shop, donated by Westfield Stratford, gave the young people a chance to develop their skills in business, fashion and retail.

The founder Greg McKenzie, who himself came from humble beginnings, covered many stories about the lives of ex-offenders as a BBC News Correspondent and Documentary film maker.

He told *Newham Voices*: "A lot of my friends ended up in jail. I guess I was one of the lucky ones. I really wanted to give something back to my community. That's how the Inside Out project was born."

He was prompted to act when he noted the high unemployment rates among young offenders. Only 17 percent of discharged prisoners find work in the first year after release.

The young men on the project came from recommendations from youth groups Greg has worked with, or covered

positive stories about over the years.

Levi Roots said he wanted to help ex-offenders get back on the right track. "The Inside Out project is a well thought through program that allows these young people to tap into their creative juices and explore where they can go with it," he said.

Westfield Stratford and LinkedIn were key in supporting Inside Out Clothing and others behind the scenes who helped make the project a success. It will be a yearly activity and the next will be held in February 2023. More information is on their website. [www.insideoutclothing.co.uk](http://www.insideoutclothing.co.uk)



Designer Tashan with Levi Roots ©Felita Thomas

## Cash grants for small community groups

Community groups who need a little extra cash to upgrade their work are being invited to apply for £500 grants from the Newham Community Fund.

The fund has been set up by Westfield Stratford City and the application process is co-ordinated by the community support network One Newham.

Money can be used to upgrade facilities – new furniture or computer equipment, for example – or it can be invested in training, improving reach on social media or set-up and development costs.

This is the second year of the grant scheme and will open in July with a deadline for applications on 22 July.

Up to 20 grants will be made and the successful applicants will be notified in August. Further details, including information on last year's successful applicants, are available on the One Newham website, [onewham.org.uk](http://onewham.org.uk)

## Palace date for Newham campaigner

Newham campaigner for young people Shofa Miah has been recognised for her contribution to youth services with an invitation to a Garden Party at Buckingham Palace.

Shofa, a professional in the youth sector at Westminster City Council, is also founder and project Manager of Newham-based mental wellbeing charity – Ashok's Vision.

Since 2019 she has been operating a weekly market in Forest Gate which focuses on planting and keeping youth engaged in activities.

At Buckingham Palace Shofa spoke about the charity work in Newham and as a result she has been offered tickets to attend the annual Order of the Garter parade and event with some Newham volunteers at Windsor Castle.

Before that, there will also be a party organised by Ashok's Vision Youth Mental Wellbeing Charity to celebrate the Queen's Jubilee on 4 June 12 -3pm at Woodgrange Market – youth-led and youth-focused.



All dressed up – Shofa, right

## Do you live in Canning Town South or Beckton wards?

Take part in a post election survey and you could win **£250** for the charity of your choice

The survey is being run by the Public Interest News Foundation charity as part of research looking into news and democracy in your area.

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# Newham in ground-breaking research for renewable energy

*Research is being carried out to see whether locally-owned renewable energy could be a reality for Newham. Lead researcher Dr Charlotte Johnson explains how you can get involved*

Rising energy prices have made many of us question where we get our energy from and how we can be more in control of the costs. Some community groups have been actively working to make cheaper, greener energy available to their local communities for years.

Now a group of researchers from University College London (UCL) and King's College London are running a project to explore whether groups in Newham could take similar steps to generate renewable energy and share the benefits locally.

The research team have spent the last year collecting case-studies from some of the most innovative community energy groups in the UK. They've been learning, for example, how a group in Brighton are earning an income by selling their solar electricity to electric vehicle owners, and how a group in Barnsley have put batteries in social housing to reduce tenants' bills.

Newham doesn't yet have any community energy groups, but the research team are working with a broad range of groups to think how renewable energy might bring local benefits.

As lead researcher, I have been so inspired by the work I've been hearing about in Newham. We have spoken to all sorts of groups, including faith-based groups, community gardeners, women's groups and local arts organisations, to understand their ambitions for their communities.

Locally-owned renewable energy could be a reality in Newham and there's an opportunity to think creatively about how this could benefit local people. It could mean new skills, lower bills or new sources of income.

The project involves running creative workshops and making connections between grassroots groups and implementation partners.

The research team will be out and about in Newham in the coming weeks to meet up and talk to local groups. We are also planning to run a series of workshops in the summer. These will be about sharing experiences about local energy projects and exploring how renewable energy could bring



Locally-owned renewable energy could be a reality in Newham and there's an opportunity to think creatively about how this could benefit local people. It could mean new skills, lower bills or new sources of income.

local benefits to people in Newham.

The research team are working with Newham Council, UK Power Networks who manage the local electricity network, and the community energy group Repowering London, who are experienced in setting up local energy cooperatives.

Any groups or individuals interested in taking part in the research can get in touch with me at [c.johnson@ucl.ac.uk](mailto:c.johnson@ucl.ac.uk) or 020 3108 9198 (ext 59198).

The research project is funded by the Centre for Research on Energy Demand. For more information about the project, visit [creds.ac.uk/social-entrepreneurship-at-the-grid-edge](https://creds.ac.uk/social-entrepreneurship-at-the-grid-edge)

**Dr Charlotte Johnson** is a Senior Research Fellow at UCL



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Note: Our next issue goes to print on 30 June 2022

## HAVE YOUR SAY – LETTERS TO THE EDITOR

editor@newhamvoices.co.uk

### Helping tenants and residents to play their part

Aidan White's piece (*Newham Voices* Issue 17) on the council's community engagement and housing strategy was interesting and I acknowledge the initiatives being taken, but as an ex-Chair of a tenants and residents association, I wonder if more could be done.

The Friends Tenants and Residents Association I was with covered the area behind East Ham Town Hall. We held eight meetings during the year and met very comfortably in the Flanders Community Centre.

We did everything we could to attract people to our meetings. We posted notices around the blocks of flats. We presented information on council developments at every meeting, explained that we could take up residents' concerns – and we even offered refreshments.

But there was a disappointing lack of interest. Maybe most residents and tenants don't fancy going to

meetings.

However, I think providing information is vital so I would strongly advocate putting up notice boards on entrance walls on blocks of flats. These should provide contact details of the caretaker and of Housing Liaison Officers. There could also be the address of the nearest housing hub and contact information on local councillors and, possibly, a facility for tenants to post messages.

I've looked at tenant participation actions from other councils and these include a housing services newsletter, Zoom training for tenants, a scrutiny panel that provides an annual report on service delivery and opportunities for tenants to give their views on Facebook.

I certainly would like our council to dip into some of these ideas.

– Peter Landman  
peterlandman85@yahoo.com

## Political Focus

# The outsider: My bitter experience of being in opposition to Labour in Newham

*As Newham's Labour Council faces the prospect of two new Green Party councillors, its first such challenge in more than 15 years, Simeon Ademolake recalls his experience of being elected in 2006*

Winning an election against the Labour party in Canning Town South in 2006 was tough. Winning as a black Christian democrat was an unimaginable exercise. However, it was the most remarkable achievement of my life. By this one singular victory, I achieved two notable historical records: I was the first black opposition councillor in Newham and the first black Christian Democratic councillor in British electoral history.

Sir Robin Wales was the Labour mayor. He seemed to regard the emergence of opposition as personal failure and as a result became very aggressive towards all of us. The councillors then were made up of six opposition and 54 Labour councillors. The six opposition were three Respect Party and three Christian Peoples Alliance Party.

Labour addressed and treated us as separatists. We were accused of dividing the community, denying and ignoring the fact that our election was as a result of deep craving, yearning and desperate demand of Newham people for effective opposition, and change due to Labour disappointments and failures.

Newham Labour Councillors acted as though it was a sin to be anti-Labour, especially the die hards. Sitting with 54 Labour councillors in the council chambers was the most dreadful experience of my life at the beginning.

The majority of the councillors treated me as an outcast. They acted as though the Borough belonged to them and challenged my right to win through their negative and unfriendly action. They ignored greetings, hand shakes, eye contact and arrogantly shouted us down in the council meeting.

I remember an incident where I was punched by one of the Labour coun-

cillors after a council meeting. My offence was that I asked the Mayor an "unacceptable question" during the meeting. I could not fathom the level of outrage from such a highly decorated community leader, cabinet member and a long standing councillor. It was the most shocking experience of my political life.

They engaged in absolutely disgraceful negative campaigns, online slander and defamation of character. They sought every opportunity to



Out of these experiences the greatest advantage is that I am now well prepared to continue to stand against the Labour Party and expose their lack of a credible plan to alleviate poverty in our community.

bring down opposition; they gloated over misfortunes and planned our downfall.

Out of these experiences the greatest advantage is that I am now well prepared to continue to stand against the Labour Party and expose their lack of a credible plan to alleviate poverty in our community. ●

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## Political Focus

# How Greens Struck Gold in Olympic Park

*“We thought we were up against a brick wall – but it was a half-open door”*

**BEATRICE WHITE**

For the first time in 12 years, Newham’s Labour councillors will have company.

The Green Party came second across the Borough at the May local elections, putting them ahead of the Conservatives, and won over 50 per cent of votes in the Stratford Olympic Park ward.

This breakthrough came as a surprise to many – not least to the two newly elected Green councillors, Nate Higgins and Danny Keeling – who thought this campaign would be more of an effort to prepare the ground for a potential win in 2026.

“When we started out a year ago, we genuinely thought this was going to be a five-year process,” says Higgins. “Nobody in the team thought we’d come second across Newham, keep our deposit for the mayoral election, stand a full slate of candidates and get councillors elected” – all of which they managed to do. “There wasn’t a team” interjects Keeling. “There were only four of us!”

Danny Keeling has been chair of Newham Greens for four years. For much of that time, in part due to the pandemic, the local party has been in a quasi-dormant state. The newly established ward of Stratford Olympic Park provided an opportunity for a fresh start, which the Greens seized upon, first by a process of consultation of local residents. Their local survey results suggested an opportunity to break Labour’s grip.

“It suggested we might have been overestimating the strength of the Labour Party in Newham,” explains Higgins. The campaigners sensed a strong disillusionment with the Labour Party. On the doorstep, Keeling says, “people said they never saw their councillors, they didn’t know what they were up to or even who they were sometimes”.

“I spoke to people who had problems with bins – emails went unanswered for weeks until just before the election. At the end of the day we’re just talking about bins here – the easiest problem to solve!” they say, with some measure of disbelief. (Keeling is the first openly non-binary member of the Council, and uses they/them pronouns)

The perception of Labour from many residents they spoke to was one of an

inward-looking party, too preoccupied with its own internal struggles to properly listen and respond to residents. Yet the two speak very highly of the Labour candidates they were up against and lay the blame firmly with the “labour machine” in Newham.

They are also keen to emphasise that their campaigning did not hinge on attacking Labour. “We didn’t spend

striking the balance between working constructively with Labour and taking a firm position as Greens is likely to throw up its fair share of dilemmas for the pair. For Keeling, the needs of residents come before any longer-term party considerations. “I’m a councillor first” they say, “In the end, it’s about what residents want.”



Nate Higgins (left) and Danny Keeling (right)

“Good relations will be important for us to be able to do what we want to do... We don’t want a slanging match, we want to get things done.”

our campaign talking about Labour, but about Nate and Danny, the work we want to do, and why being in the council chamber will allow us to do more for the people we want to represent.”

They promise no negative or mud-slinging politics. “Good relations will be important for us to be able to do what we want to do,” says Higgins. “We don’t want a slanging match, we want to get things done.” – a turn of phrase which resonates with Mayor Rokhsana Fiaz’s pledge after Labour’s win that the new cabinet would “get stuff done”.

Despite being in a minority of two out of 66 councillors, the Greens see themselves as the ‘official opposition.’ “We’re Green councillors but we’re also the representatives of everyone who didn’t vote Labour in this election,” says Higgins.

But as Greens they remain campaigners to the core. “Not every problem can be solved at the council level,” says Higgins “but people aren’t interested in local representatives saying ‘it’s nothing to do with me guv’.”

Higgins and Keeling clearly have very different personalities, temperaments, and communication styles – something which they feel has been an asset to their campaign. But aside from their politics they share another point in common; both share a profound anger that can be summarised in a single word. “Austerity is such a small word for the huge harm it causes, especially to those most vulnerable, most reliant on government-run services,” says Higgins.

Both of the councillors come from deprived backgrounds, having watched

their mothers struggle to make ends meet as children. For Higgins, this experience is what continues to drive his political work today. “I can see now how the choices that others were making affected my family,” he says.

For Keeling, it is not a struggle they can put behind them yet. “I used a foodbank this week,” they explain. “All my bills have gone up and I’m on universal credit. I’m actively having to make choices about eating or heating.”

There is nothing abstract about the politics the two councillors bring to Newham, and their backgrounds give them an acute understanding of the crucial difference local politics can make to people’s lives. As Higgins puts it: “We want to be on the side of the most vulnerable in society and tell the truth. No-one could accuse the Greens of being afraid to tell the truth.”

The councillors are quick to dismiss any suggestion that the ward is an outlier, unrepresentative of the rest of the Borough in terms of its population and demographics. “That’s the story Labour would like it to be, and it would be really convenient to say that Stratford Olympic Park isn’t real Newham,” says Higgins, adding that the Green results in other parts of the Borough, such as Beckton, refute this hypothesis. ●

**Beatrice White** is deputy editor of the *Green European Journal*. She is based in Brussels and Stratford

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# SOMETHING'S BREWING

Underneath the arches Phil Mellows discovers a beer revolution and a partnership to inspire the spirit of community

The pungent reek of oil is giving way to the sweet aroma of mashing malt in railway arches across the country as a new breed of brewer, seeking out cheaper rents in urban areas, supplants the usual vehicle repair shops.

They've been joined by craft beer bars, bottle shops and street-food pop-ups as new drinking circuits have formed in these unlikely, neglected corners of the city.

And now we might be seeing the beginning of one of these destinations gradually forming under the train tracks between Maryland and Forest Gate.

Since 2018 the Pretty Decent Beer Company has welcomed visitors to its tap room in Sheridan Road, and it's been joined down the line by a pair of neighbouring bars on Winchelsea Road, behind the Holly Tree pub (which has some interesting beers on itself, these days).

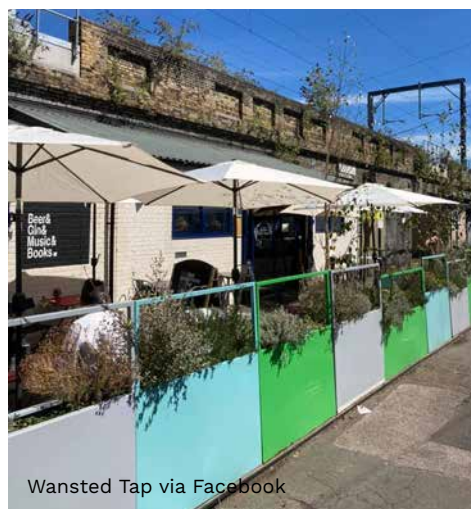
The Wanstead Tap, already an acclaimed venue for live music and talks, now opens its doors seven days a week serving craft beer, pizza and an amazing range of vermouths, while next door wine merchant Burgess & Hall is open as a bar from Wednesday to Sunday, selling craft beer alongside its natural wines.

Rather than being out-and-out rivals, the two businesses are working together to attract people to the backstreets of Forest Gate, with benches and tables in a 'parklet' along the front of their combined premises.

Inside, it's the variety of beers that are the draw. On the Sunday afternoon I called round, Wanstead Tap's three draught brews were Dance Every Day, a hazy pale from new Sussex brewery Only With Love; Quaker Shaker oatmeal stout from Birmingham's Halton Turner and Sunshine, a Kolsch, or

Cologne-style beer, from Wood Green's Goodness Brewing (described as a lager, which technically it isn't, but we won't go there).

Burgess & Hall, meanwhile, had four on tap, Jacked Sprat IPA from Kent's Time & Tide Brewing in Kent, and three beers I'm more familiar with –



Ventures like this are not just about the beer... They're helping keep these local communities vibrant and alive.

Northern Monk Faith Pale from Leeds, Verdant Lightbulb Extra Pale from Cornwall and Signature Studio Pilsner from Walthamstow.

And on top of that brilliant draught choice, both bars were selling a range of canned beers from acclaimed brewers around the country.

Ventures like this are not just about the beer, though. They're helping keep these local communities vibrant and alive. You might want to drop by. ●



Pretty Decent Beer Company via Facebook

## GARDEN TALK

Cecilia Cran is going to ground with California Poppies for a nature-friendly garden



### What to grow

While basking in the glorious sunshine we've had over the last few weeks, I've had to pinch myself – just two months ago we were battling gale force winds and a river of rain. While now we're being treated to heavenly long, balmy days. With this wonderful weather it's heartening to see lots of bees, butterflies and even the odd dragonfly and I've been trying to plant nature friendly plants to attract more to the garden.

Alongside all the welcome visitors, I have also been battling slugs and snails that have recently been frequenting my garden. To beat them, I have been using nematodes and laying lightly crushed egg shell around the stems of my plants. And for my pot plants specifically, I have been wrapping the top in copper tape to try and deter the terrors.

Now, more on the seeds to sow to attract wildlife – this month I am sowing California Poppies.



### How to grow

California poppies have beautiful, delicate petals and feathery green leaves, offering a fabulous shot of colour to the garden. They are so easy to grow from seed and can be planted directly in the ground from May and June, with flowers appearing in July and August.

California Poppies like to be grown in a sun-shiney spot, but above this, they are reasonably low maintenance. They do not require a lot of watering and the soil does not need to be especially rich – no feeding needed, they in fact work well in poor soil conditions.

To start, choose a sunny spot to start them off. They can be sown in pots or directly into the ground. Sow the seeds thinly into moist soil, ensure they are placed around 3cm deep and 10-15cm apart, lightly cover them with soil and then gently water, then water sparingly only when the top of the soil is dry.



### Green escape

This month, I went and explored the Memorial Recreation Ground. It's a stones throw away from West Ham Park tube station and can also be easily accessed from the Greenway.

It's a lovely vast open expanse of green space, from where you can get a wonderful view right across the river, over to the skyscrapers of Canary Wharf.

The area is a hive of activity, with a basketball court, a couple of well maintained rugby pitches, a flood lit AstroTurf football pitch and a number of equally well maintained grass football pitches. The space also offers kids a great, children's play area, with swings, slides and mini climbing walls.

If sport or entertaining kids isn't up your street, explore the wild flower meadow and check out the hedges of wonderful bright white pyracantha and wander along the pretty tree lined walk way. It's another excellent space to soak up nature and have an escape from the hubbub of the city. ●



Photos courtesy Cecilia Cran

## A TIME FOR CELEBRATION

*Newham Heritage Month celebrates how 2012 was a Games changer*

# Fun time in June!

**NEANDRA ETIENNE**

Newham Heritage Month is hosting events to celebrate the 10th anniversary of the London 2012 Olympic Games through fashion, grime, performance art, spoken word and graffiti sessions exploring the impact on the LGBTQ+ community.

This year's festival, funded by The National Lottery Heritage Fund, is themed around 'What London 2012 Means to Us'.

There will be free events and activities taking place both live and online every week throughout June in 27 venues across the Borough, created by local community members.

The V&A will create a special project for Newham Heritage Month titled 'Making East London Porcelain'. The project, supported by the Arts and Humanities Research Council's Capability for Collections Fund, focusses on the celebrated Bow Porcelain Factory.

The project will shine light on the extraordinary and little-known collection of Bow Porcelain held by the London Borough of Newham.

The month will also offer opportunities for sporting activity, including the



Clockwise from top left: Christine Ohuruogu, courtesy East End Womens Museum; Winners of Supra league under 14s Girls, ©Keith Martin; Illustration by Maryam Adams for UKIM; Tracey Proudlock, photo by volunteer community photographer Nailah Cumberbatch.

chance to take part in a sports day for children living with disabilities.



Other events include:

- The 'Shadows of the Olympics' - addressing the Games' impact on the housing situation in Newham,
- projects celebrating the history of Newham's women in sport produced by the East End Women's Museum, and
- playback theatre sessions from True Heart Theatre examining the role sports has played in the lives of South Asian and Caribbean communities in Newham.

The National Lottery grant aims to support the development of a heritage that embraces and celebrates the diversity of Newham, London's youngest borough.

Stuart McLeod, Director, England London and South at The National Lottery Heritage Fund, said: "The London 2012 Olympics had a huge impact on Newham, as well as across London.

"Thanks to National Lottery players, we can explore these stories, whether through music, oral history or theatre and make sure they can be told for many generations to come. It will be the perfect way to celebrate the 10th anniversary."

The full programme will launch on 1 June 2022. Newham Heritage Month is organised by Newham Council as part of Newham Unlocked. ●

[newhamheritagemonth.org](http://newhamheritagemonth.org)

## Forest Gate Festival: It's great to be back

*Derek Smith is excited about the return of the Forest Gate Festival*

Forest Gate Festival is back! Write it down, it's on Saturday 2 July.

The Festival ran every year from 1999, apart from the last two years when Covid forced its cancellation. But here we are once more, promising a bumper day to blow the blues away.

Our celebration is a street festival on Osborne Road. That's on the right, going north from Romford Road about 100 yards before you get to the station. It will be impossible to miss, with all the music, dance and stalls.

The Festival runs from 11am to 6pm. Residents move their cars from the street by 10am. In past years we have had up to 5,000 visitors.

Lining the street will be a variety of stalls with arts and crafts, bric a brac, food and drink, community groups, ranging from Forest Gate Community Garden, Women's Institute, religious groups, charities, Woodcraft Folk, Newham Writers Workshop and a host



of others.

People and community groups that want to book a stall need to get in quick, pitches are being gobbled up.

They need to contact [fgfstalls2022.eventbrite.co.uk](https://www.eventbrite.co.uk)

Naturally, anyone who is anyone will be there. The Mayor of Newham,

Rokhsana Fiaz, is a regular visitor as is Lyn Brown MP for West Ham, and local councillors. There will be opportunities to meet people you haven't seen for years (and, if you don't really want to see them, you can always slip into the meele).

If it's food you are after, then we have a big menu for you: Asian dishes, Chinese, African and Caribbean food, as well as cakes galore and ice cream. So filled to the brim, why not make your way to the stage at the far end. Take a seat and enjoy bands, choirs, and solo artists, amateur and professional, throughout the day.

Kay Rowe from the Council nursery on the street, will run activities for young children. For older children, we are booking a climbing wall. Along the street, amid the stalls, there will be dancers, stilt walkers and a magician. The latter has promised us a spell for sunshine.

Come and enjoy all the fun of the Festival! It's great to be back after a dull two years. ●

## A TIME FOR CELEBRATION

# Free Jubilee Events

Compiled by Neandra Etienne



### Manor Primary Jubilee Street Fair, Stratford

Manor Primary School is hosting a community event featuring magicians, modelling shows, games, face painting, bouncy castle and you can even take part in a game to splat a teacher

Friday 27 May, 1.30pm-3.30pm,  
Richardson Road, Stratford, E15 3BB  
[manor.newham.sch.uk](http://manor.newham.sch.uk)

### Green Street Celebrates the Queen's Platinum Jubilee

Green Street library are having some children's activities and events during half-term and the weekend. Tuesday 31 May, the Queens Life in Pictures (4pm-5pm) Wednesday 1 June, Letters to the Queen (11am-12pm) Film: The Queens Corgi's (4pm-5pm) Saturday 4 June, Storytelling (11am-12pm) Bingo & Raffle (2pm-3pm) The Queen's Tea Party (3pm-4pm)

🐦 @NewhamLibraries

### Jubilee Weekend at the Holly Tree, Forest Gate

The celebrations starts with their fun and popular Drag Bingo hosted by LaLa Queen & Little Miss HUNshine in the beer garden. Booking is essential! Go to their website to secure your place. Just put 'BINGO' in the notes.

There will be a Beer garden party, in collaboration with Two Tribes, BBQ and DJs from 6pm til late Due to popular demand beer garden tables are now first come, first serve!

Thursday 2 June, from 6pm Drag Bingo. Saturday 4 June, from 6pm, Beer Garden Party

Holly Tree, 141 Dames Rd, Forest Gate, E7 0DZ

[thehollytreepub.co.uk](http://thehollytreepub.co.uk)

### West Ham Park: Children's Planting Workshop

Friends of West Ham Park are offering children the opportunity to get involved in a bit of gardening to help kick off the Jubilee celebrations. Children can decorate a plant pot with their own design and then plant it up with a tiny seedling, take part in workshops and colour their own FWHP badge. Accompanying adults may wish to be shown around the Community Garden

Thursday 2 June, 1pm -4pm,  
Community Vegetable Garden, near the playground, West Ham Park

[friendsofwesthampark.co.uk](http://friendsofwesthampark.co.uk)



### The Great Britannia Garden Party, E16

Celebrate the Queen's Platinum Jubilee with fun games on Britannia Village Green. Activities include crazy golf, face painting and mural making. There will also be a Bake off competition. Just bake a cake at home and bring it along to The Great Britannia Garden Party.

There are two categories: Under 16s and Over 16s. Register by email to [hello@wsfroyaldocks.org](mailto:hello@wsfroyaldocks.org) by Monday 30 May. Bring your cakes by 1pm on 2 June 12.30pm - Bring and share lunch - bring a dish to share. 2pm - Winner of the Great Britannia Bake Off announced. 2pm-4pm - Free afternoon tea served in the Community garden Thursday 2 June, 12pm-4pm, Britannia Village Green, Hanameel St, E16 1UA

### Jubilee Jam in Abbey Gardens E15

Abbey Gardens are hosting an afternoon of crafting, natural dyeing with CND Studio, yoga from Kim Beech ([kimyoga.moveinsideflow.com](http://kimyoga.moveinsideflow.com)) with food from Spring Café Garden and the community. The garden will be open from 2pm (earlier if you want to help set up) until 7pm (later if you want to help clear up) Friday 3 June, 2pm - 7pm, Abbey Garden, E15

📷 @\_abbeygardens

📷 @spring.cafe.garden

### Church E20 Garden Party

Church E20 are celebrating the Queen's Jubilee with a free afternoon of fun crafts, games, cake and more. Friday 3 June, 12pm - 3pm, Timber Lodge, Queen Elizabeth Olympic Park

[www.churche20.co.uk](http://www.churche20.co.uk)

### East Ham Community Jubilee Celebration

Bonny Downs Community Association are inviting you to bring your own food to eat and share at their picnic event which is taking place in the community garden. Family-friendly garden activities and light refreshments. Friday 3 June, 10am-2pm. 10am - 12pm arts and crafts and family garden activities. 12pm - 2pm Jubilee picnic, free tea, squash and biscuits

Community Garden is located in the north-west corner of Flanders Playing Field. The entrance is next to 113 Wellington Road, London E6 6EB

[bonnydowns.org](http://bonnydowns.org)

### Forest Gate Community Garden Picnic

Forest Gate Community Garden is hosting a Jubilee Picnic. Everyone is welcome to bring their own picnic, free tea and coffee will be available. There will be music and kids' activities.

Friday 3 June, 12pm - 2pm, 136 Earlham Grove, Forest Gate, E7 9AS

[www.fgcommunitygarden.org](http://www.fgcommunitygarden.org)

### Canning Town Royal Jubilee Library Event

There is an afternoon of fun activities at the Royalty theme dress up at the Canning Town library Jubilee event. Refreshments are available and you are invited to bring your own lunch to eat and share. The first 30 people get surprise goody bags to take home.

Saturday 4 June, Canning Town Library. 1pm-4pm Arts & crafts - mindfulness activities, family games, music and foosball. 2pm-3pm Dream catcher making.

🐦 @NewhamLibraries

### Lunch and Street Parties E7

The residents of Earlham Grove are having a street party. There will be entertainment, food and socialising. Bring and share food by the Forest Gate Community Garden, but always consider people who have food allergies such as nuts, sesame and shellfish.

Sunday 5 June from midday.

There's also another Jubilee Party in Forest Gate on 5 June at Dorset Community Garden. From 1-5pm at 11 Lens Road E7.

### Maryland Community Group Street Party

The whole road (being closed off by Newham) will be decorated with balloons, bunting, flags and union jack tables. Food and drink will be provided. Sunday 5 June, 12pm-4pm, Bow St, Maryland Sq

### Canning Town St Luke's Summer Party

There will be a community street party on the church/school grounds with live entertainment, food, games, a tea party, a photo booth full of props and much more. Sunday 5 June, 1pm-4pm, St Luke's Church and School, Ruscoe Road, E16 1JB

[www.stlukese16.co.uk](http://www.stlukese16.co.uk)



1977 Silver Jubilee. Coleridge Avenue, Manor Park.  
© Newham Heritage Service



1977 Silver Jubilee. Arthingworth Street, E15 © Newham Heritage Service

### Love E15 Willis Road Jubilee Street Party

The Road will be closed to allow everyone to safely celebrate the Queen's Jubilee. Bring your own chairs, balloons, games and snacks. Drummers from the African IROKO Theatre Company will be performing. Sunday 5 June, 2pm-5pm, Willis Road, Stratford E15

📷 @lovelondone15  
📷 @irokothatre

### The Great E13 Jubilee Party

Everyone is invited to attend a Jubilee party on Wild Green E13. There will be family fun activities, free cake, soft drink, bouncy castles and more. Sunday 5 June, 2pm-4pm, Upperton Road West Park

📷 @wildgreene13

### A Right Royal Docks Jamboree

This event features grime artists, world-class ballet dancers, sculptors, painters, Newham's moving market, footballers, a 25-boat flotilla, street parties and a free concert called A Royal Docks Knees Up.

Thames Dragon Boat Club will be involved in a flotilla of boats transporting the Queens Baton from Royal Victoria Dock to the end of Royal Albert Dock, as it makes its way to the Birmingham Commonwealth Games. Sunday 5 June, From 2.30pm, Royal Docks

[royaldocks.london/articles/a-right-royal-docks-jamboree](http://royaldocks.london/articles/a-right-royal-docks-jamboree)  
[www.thamesdragons.club](http://www.thamesdragons.club)

### Custom House Bookshop Street Party

Custom House Bookshop are hosting a community street party with face painting, bouncy castle, community quiz, board games and art and crafts. Please bring food to share. Also a chance to

take part in their Jubilee Bake a Cake and Decorate. Sign up for this at the bookshop at 3 Freemasons Road, E16 3AR or The Regeneration Hub, 25 Freemasons Road. All cakes will be shared with the community after judging

Custom House Bookshop will be taking pictures at the party and if you don't want your pictures to be taken let them know. Sunday 5 June, 12-4pm, Coolfin Road, E16 and Freemasons Road Car Park

[uk.bookshop.org/shop/custom-housebookshop](http://uk.bookshop.org/shop/custom-housebookshop)

### Docks Arts Exhibition

Rosetta Arts are creating an outdoor portrait exhibition at the Royal Victoria Gardens

Simply scan the portraits taken by local Newham resident Sylvie Belbouab and you can listen to the community's experience and learn about the his-

toric changes that have taken place in Newham. 5-19 June, Royal Docks

[rosettaarts.org](http://rosettaarts.org)

### Carers Community Mental Health Group

Celebrating the Queen's Jubilee - combine with Carers togetherness after lockdown, 7 June at Four Square Church Cafe Plaistow E13 11-2pm

## A right royal day planned for East Ham



PETER LANDMAN

A centre that was opened by the Queen herself in 1983 will be the setting for a special community tea to celebrate her platinum jubilee.

Linda DeLaunay, Administrator at St Bartholomew's church and centre,

East Ham, told me that one aim of the event, being held in the community cafe, is to bring the various groups using the centre together. This includes the regular café customers, the regular churchgoers, and others who attend specific groups.

The tea will be on Wednesday 1 June, 1pm to 4pm. The event is free but tickets must be booked.

The Centre was officially opened by the Queen herself, in December 1983. Older generation users still remember this, with much pride and pleasure.

For further detail, please email [easthamparish@gmail.com](mailto:easthamparish@gmail.com)

## Young focus for Mitcham Road People Street party



PETER LANDMAN

Shabira Papain is one of the organisers of the People Street Party planned for Mitcham Road in East Ham on 3 June.

Originally from Australia, for the past 20 years Shabira has been involved in community development in east London and is the founder of People Street, a community development company aimed at tackling inequalities.

Shabira's aims for the party are to celebrate Newham's diversity, provide stimulating activities for the children, promote a micro-economy from local

businesses, spark new connections, and stimulate local engagement.

Shabira hopes to involve local businesses such as the Afghani Halaal Butchers in High Street South, the Romanian Magazin nearby, and a local estate agent.

Each resident of Mitcham Road was invited to sign approval for the event and get involved in its organisation.

Several of the event stalls are to be

facilitated by local residents including young people - Jaspar, 14, and Sean, 13, who are hosting a tea and coffee stall; Madelaine, 10, will run a lemonade stall; and Anachel, 9, will host a cake stand with her mum.

Some of the activities include for children - Face Painting, Cardboard City, sponsored by Simon Taylor Estate Agents, egg-and-spoon race, children's book sale, clothes sale and arts and crafts with children's art parade. There will also be food stalls with Vietnamese, Sri Lankan and Bengali dishes available.

There will also be a public health stall and a charity jumble stall. Local police, fire brigade and Active Newham were also invited.

The poster was created by Madelaine and Selma, aged 10. Design by 21-87. For more information, head to [peoplestreet.net](http://peoplestreet.net) ●



## A TIME FOR CELEBRATION

# Windrush Day activities in Stratford

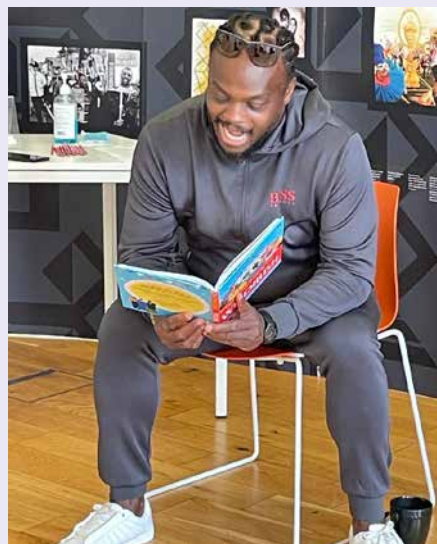
NEANDRA ETIENNE

Local Stand-up Comedian Quincy, aka Cockney Prince, will be hosting a Newham celebration event on Saturday 25 June for Windrush Day 2022 which falls three days earlier.

Activities include: ancestry workshop with Paul Crooks, storytelling with Dominican born Jane Grell, reminiscence session, arts workshops, Caribbean tea, dominoes tournament, nail art, face painting and marketplace.

Newham singer Crystxl King, the Reggae Choir and steel pans will be performing. The story about Crystxl's song 'Tried to Take My Daddy Away' was previously featured in *Newham Voices*. <https://newhamvoices.co.uk/song-for-my-dad>. The celebration

event will be held from 11am to 7pm at the Old Town Hall Stratford. ●



Quincy at Windrush book reading

# Celebrating the power of words

The Newham Word Festival, a two-week celebration of the creative power of words, will give residents opportunities to join more than 40 exciting free events across the Borough next month.

Running from 4-17 July, the festival will include live in-person events in every neighbourhood as well as featuring a range of online workshops and talks.

This will be the festival's fourth year and will bring together poets, authors, artists, performers and musicians for an inspiring tribute to the power of the word. After the success of last year's events held in the teeth of the Covid emergency, the 2022 festival will also include online events.

Activities will include creative workshops and trivia quizzes, debates and discussions, author talks and library treasure hunts.

The activities are funded by Newham Council, Royal Docks Team and Arts Council England and this year includes headline figures from the world of literature including Ben Okri, Monica Ali, and Sarah Winman.

People will also be able to take part in wonderful workshops, like embroi-



Newham Word Festival (via Facebook)

dery and creative writing with Queer Newham or making multi-coloured feelings-butterflies in Krina Sage-Patel's workshop for families.

Together! 2012 will be hosting an online poetry café, and there will be Summer Readings and Rituals at the Good Hotel in the Royal Docks.

Families can take part in events in local libraries and at Discover Children's Story Centre (with free entry to play too!) And there are inspiring events for schools from an amazing range of authors, including Sharna Jackson and Olaf Falafel.

Take a look at the full programme and book free tickets at [newhamwordfestival.org](https://newhamwordfestival.org). ●

Advertisement

NEWHAM  
UNLOCKED

Newham London

WE ARE  
SPREADING THE WORD.

WE ARE  
NEWHAM.

Newham WORD Festival



4 – 17 July 2022

A celebration of the written and spoken word through the seven Olympic and Paralympic values.

More information and booking at [NewhamWordFestival.org](https://NewhamWordFestival.org)

#NewhamWordFest @NewhamWordFest

WE ARE NEWHAM. Discover Arts Council England Newham Workshop Royal Docks People at the Heart of Everything We Do

# Weekend Pride Festival

Over the weekend 24-26 June Forest Gayte Pride are planning a series of events to bring a celebration of LGBTQIA+ culture to Newham.

Talks, performances and events will be taking place online and in Covid-secure venues, ensuring they are accessible for everyone. Events include on Saturday an official pride party from 6pm to 12.30am at Forest Gate Tavern, 173 Forest Lane, which will include queer cabaret and drag acts, and a DJ.

There will be also a community information hub at Woodgrange Market on Woodgrange Road during the day with information from Forest Gayte Pride, The Outside Project, Mosaic Trust, Clapton Queers, Opening Doors, Healthwatch Newham, Prep Track and more.

Further activities are planned at Forest Gate Community Garden and the Gate Library on Woodgrange Road. Full details of all the weekend events, including bookings for Positive East

HIV and STI testing, and how to get tickets for the official pride party are available on the Pride 2022 website: <https://forestgaytepride.com> ●



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# WE ARE COLLECTING.

# WE ARE NEWHAM.

WE ARE SORRY. IF YOU HAVE EXPERIENCED DELAYS TO YOUR WASTE AND RECYCLING COLLECTION RECENTLY, PLEASE KNOW WE ARE BACK ON TRACK.



THERE WERE A NUMBER OF FACTORS THAT LED TO THE DELAYS, SUCH AS CHANGES IN SCHEDULES AROUND BANK HOLIDAYS, HEAVIER THAN USUAL REFUSE WEIGHTS AND THE ONGOING NATIONAL HGV DRIVER SHORTAGE.

We know that consistent waste and recycling collections are really important to residents in our borough and we apologise for the inconvenience this has caused.

We are pleased to confirm that our collections are now back to schedule and we are working hard to ensure our service to you remains on track. See the upcoming changes over the Platinum Jubilee Bank Holiday.

**WE ARE WORKING TO IMPROVE THE SERVICE**

We are working hard to improve our waste and recycling collections. This includes: the purchase of a new generation fleet of dustcarts that will increase vehicle reliability; reviewing all of our collection rounds to make sure that they are as efficient as possible; and recruiting and training new HGV drivers to allow us to accelerate our planned move to our weekly recycling service.

## PLATINUM JUBILEE BANK HOLIDAY CHANGES

Over the Bank Holiday, **some collections will be earlier than normal.** Please have your bin ready for collection on the revised day over this period.

NORMAL COLLECTION DAY	REVISED COLLECTION DAY
<b>Monday 30 May</b> Tuesday 31 May	<b>Saturday 28 May</b> Monday 30 May
<b>Wednesday 1 June</b> Thursday 2 June (Bank Holiday)	<b>Tuesday 31 May</b> Wednesday 1 June
<b>Friday 3 June (Bank Holiday)</b> Monday 6 June	<b>Monday 6 June</b> Tuesday 7 June
<b>Tuesday 7 June</b> Wednesday 8 June	<b>Wednesday 8 June</b> Thursday 9 June
<b>Thursday 9 June</b> Friday 10 June	<b>Friday 10 June</b> Saturday 11 June

Collection changes can always be found at [www.newham.gov.uk/collectiondates](http://www.newham.gov.uk/collectiondates)  
You can report a missed bin at [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)



# Covid champion: We need a blueprint for the future

**Katie Blake was one of Newham's network of Covid-19 Health Champions. She explains how the experience has changed her life - and could affect millions of people in the future**

Covid-19 provides us with an immense opportunity to learn about a unique situation in history that has impacted EVERYONE.

As a Champion, I asked questions, challenged decisions, made suggestions and observations. Something I did not bargain for was the fact that I made some brilliant acquaintances who turned into friends.

A really good thing about the process was the unique opportunity to have access to experts - and I'm talking about leading scientists, real experts in their fields. We were able to ask them questions and to challenge decisions. We always came away knowing more. We could then go on to help others with the confidence of knowing that it wasn't spin or guesswork.

One thing that we could have done better was to have started a database of questions and answers earlier.

As these answers changed, then we should have developed a way to update the database so that the community had the very latest information. If we got things wrong or there were significant changes, we should have had a way of articulating the details to the community.

The weekly stats and figures were always helpful, together with the fantastic infographics, which were so clear and could be made available in different languages.

The introduction of British Sign Language Zoom sessions with subtitles and closed captions made the sessions accessible to our deaf and hard of hearing community. We even had positive comments from others who found the captions useful.

Going forward, British Sign Language needs to be incorporated into every Zoom session. The subtitles should

be enabled by the host automatically. Someone might even develop a BOT (Robot) that signs on demand.

A range of things going on in the background that we were involved with included: health and wellbeing, foodbanks, conservation, identifying fly-tipping, illegal trading, radio development, local bookshops and deafness



Katie Blake with Newham Mayor Rokhsana Fiaz. Photo via Instagram.

We also used technology, such as Zoom, PowerPoint, subtitles, and closed captions. We developed and suggested ideas, such as putting tester kits in every library in the Borough, making them more accessible, putting up and taking down information posters; the Covid-19 outreach tables and buses were other suggestions.

We also volunteered at vaccination centres to assist with the roll out of each vaccine programme. Eventually, we realised that we were missing certain vulnerable, isolated and young and older members of the community and tried to close the gaps.

The Champions are from a range of backgrounds and communities and this brought a real richness to the team.

Our vocabulary has changed. Pandemic, endemic, epidemiology, lateral flow tests, boosters, triple vaccinated, test and trace, are just some of the new words we now use every day.

Death through Covid-19 has bonded some people. We lost a Champion, not through Covid-19, but tragically all the same, and we remember her as a smiling Grandma figure asking straightforward, down-to-earth questions, wearing a colourful selection of scarves and hats. R.I.P.

I introduced the Champions to my Green Couch Project and the need to talk to others and not to keep things in. There are things that we can control. Things we need to share.

As Champions, we talked about exploring our feelings about lockdown - anxious, nervous, low, afraid, panicked, angry, frustrated, hopeless, tired, conflicted, stressed, unprepared, reluctant, unmotivated, lonely, isolated, powerless, under pressure, conflicted, and excited were some of the words we heard the most.

We shared information that we had gathered and discussed it online, not always agreeing, but always with respect for differing opinions.

"Connect, be active, take notice, and keep learning" - that's what Champions did throughout our two years.

As the concept of Covid-19 Champions developed, other areas looked at our model and replicated it throughout the country. That is a legacy right there.

We need to move on as the pandemic changes to an epidemic and then to a new normal part of life. We all need to be conscious that it is still out there. Who still washes their hands for 30 seconds? Who is still careful on the buses and tubes and trains? Who still tests before going to a venue? Who still uses the sanitisers that cracked our skin?

What we need to do as a society is to take the experience and not just say "lessons have to be learned". We need to build a template, flowcharts and critical analysis to identify what has happened and what we should do in the future. A "what if" scenario, just in case something similar comes our way again.

One thing I am sure of is that Newham will never be the same again. I will never be the same again. Let's work together to make things better. ●

## Proposed changes in how you pay for social care

**ZHENREENAH MUHXINGA**

It is proposed that, from October 2023, the way people pay for their care and support will change. The key changes of the Social Care Charging Reform mean:

- No one will have to pay more than £86,000 for their personal care costs

- If you have less than £100,000 in savings and assets, you may be able to access financial support from Adult Social Care to meet your eligible care costs
- Newham's Adult Social Care team can arrange your care and support which can give you a choice of better value care

The Government is introducing these changes to make sure that people will no longer face unpredictable or unlimited care costs. These changes have not taken place yet and you do not need to take any action now.

Currently most people have to pay for social care. There is no limit to how much money you might have to pay. One in seven people aged over 65 face care costs of over £100,000.

Any care costs incurred before October 2023 will not be counted towards the cap. For more information, contact Newham Council: 328 Barking Road, E6 2RT, East Ham, London or **020 8430 2000**. ●

## Poetry in Mind

Two poems to mark Father's Day on Sunday 19 June

### BLESSED FATHER

Dear father, how are you?  
Sending love and hugs to you  
On this lovely special day full of sunshine  
Your heart will sing through and through  
You always teach me right from wrong  
Guiding me, encouraging me,  
my mind grew strong  
I appreciate all you've done for me  
Long life for you eternally  
You always take an interest in my hopes and dreams  
Giving me praises boosting my high self esteem  
You offer comfort, love and understanding  
As years go by - peace and respect  
we're bonding  
Thank you for your kind and thoughtful ways  
May your life be filled with joy all your days  
Today it's your time  
For you to unwind  
This message is for you and only you  
Because there's no other  
Than my wonderful father  
With lots of love always.

- Zhenreenah Muhxinga



### IN OUR FATHER'S IMAGE

In our father's image,  
Born to our harshest critic.  
No good deed goes unpunished,  
I don't like it, but I love it.

It's starting to make sense,  
Looking at the world with the same lense.

I can see you in how they see me  
You can't redo but it repeats.  
I'm just another you,  
Solitaire so I followed suit.  
I can shake and shuffle too,  
I learned to slip and move,  
When it's going well for them  
It's because they lined you up to lose.

With that being said, I say less.  
Working at the weekend  
Playing to the same strengths.

- AURA-KL Music

📍 1aura-kl

# Heroism and Terror on the 4.34 from Barking

In our regular column on memorials around Newham, Julia Omari rediscovers the hero of West Ham station

Regular users of West Ham station were surprised to see the recent addition of a plaque on one of the posts between the District and Hammersmith&City platforms. Many know nothing of the horrific event that had taken place 46 years earlier which the plaque commemorates.

On 15th March 1976 Joseph Stephen – Julius to his family and friends – was driving the 4:34pm Metropolitan line train from Barking, when an explosion rocked the front carriage as the train started to pull out of West Ham station. Joseph quickly got out of his cabin to seek help from the driver of an oncoming train.

It was believed by police at the time that a man with a bomb was heading towards Liverpool Street Station to detonate the device during rush hour, when it unexpectedly started to smoke, creating panic in the bomber. He threw the bomb which exploded, injuring nine people. The terrorist, a member of the Provisional Irish Republican



Army, then made his escape from the wrecked train but came face to face with its driver.

Joseph Stephen, aged 34, who lived in Hammersmith with his wife Janet and four-year-old son Mark chased the bomber and a struggle ensued. The IRA member pulled out his gun and shot Mr Stephen before continuing to run out of the station. Joseph Stephen died almost immediately. The bomber went on to shoot Post Office engineer Peter

Chalk, who survived his injuries, and threatened a number of civilians before being arrested, imprisoned and released 21 years later as part of Good Friday Agreement. He died in 2019 aged 80.

An appeal to raise money was launched for the family of Joseph Stephen which reached £17,000.

Hero Joseph was awarded the Queen's Gallantry Medal posthumously.

His wife and son both attended the Plaque unveiling. ●

# The joy of dance trumps the stigma of disability

Blind and partially sighted people of South Asian heritage took to the dance floor at Newham Sixth Form College (NewVic), to perform for a live audience for the very first time.

The special event on 4 May was to highlight the work of Dance Dosti, the UK's first programme targeting South Asian people with sight loss to be active through dance.



Dance Dosti Showcase Event

Dance Dosti is a one-year initiative that is using dance to improve physical and mental health, tackle social isolation and improve community engagement. The programme has involved three key core elements:

- Creating over 100 online dance workouts in four languages (English, Hindi, Gujarati, and Bengali)
- Working with the dance and fitness sector to improve the inclusion of people with disabilities from diverse ethnic communities
- Piloting face-to-face dance programmes

The programme is created and led by inclusive dance company Step Change Studios and supported by Metro Blind Sport and Vision Foundation.

Step Change Studios Founder, Londoner Rashmi Becker, who recently received an MBE for services to disabled people, said: "It is exciting to see people who have never danced before proudly stepping on stage to perform for a live audience. Dance Dosti has highlighted the joy and confidence people experience in being able to access dance in a safe, supportive and sociable space." ●

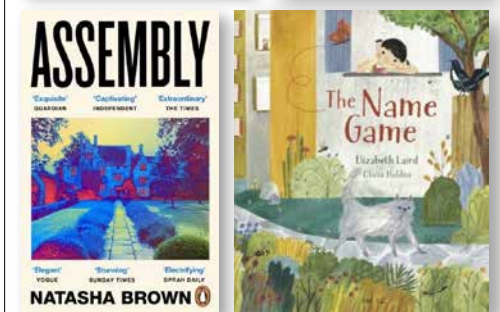


## Good reads in Newham

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

- **Next of Kin** (Newham author) By Kia Abdullah
- **Assembly** By Natasha Brown
- **The Far Side of the Moon** By Clive Stafford-Smith
- **The Lost Whale** By Hannah Gold
- **Ada Twist and the Disappearing Dogs** By Andrea Beaty and David Roberts
- **The Name Game** By Elizabeth Laird

Compiled by David Ceen, Newham Bookshop



[newhambooks.co.uk](http://newhambooks.co.uk)  
@NewhamBookshop

## SPORTS SHORTS

Compiled by Neandra Etienne



London Otters Rowing Club

**London Otters** are a LGBTQI-friendly Rowing Club based at the Royal Docks in East London


The club enjoyed a successful end to the winter season competing in WeHoRR, HoRR and Kingston Head of the River Race. New members can join the waiting list for their next course, which will be running in the autumn. They take 16 people per course and run three a year.

[www.londonotters.org](http://www.londonotters.org)

**Central Park All Stars FC Girls** will be holding open trials for players in current school years 6 and 7 for the upcoming 22/23 season playing in the Hackney Marshes Saturday League.


12 June from 9:30 – 1pm at Central Park, Rancliffe Road Entrance, East Ham

Please get in touch by 9 June if you are interested in attending

[www.cpa.fc](http://www.cpa.fc)  
 @cpa.fc

**Active Newham** will be delivering a free walking Basketball (mixed) session in Manor Park for People aged 55+ After sessions, hot beverages are provided at Manor Park library

9 June, 10am – 11am. Basketball Court, High Street North, Manor Park E12 6QN (Next to Manor Park Community Centre). You must be registered to join


For more info email [sports@active-newham.org.uk](mailto:sports@active-newham.org.uk)  
 @AN\_sport\_team

**Newham Sixth Form College** (New Vic) Netball team played their last AoC league match against Uxbridge College, their previous matches against them had been really close – with New Vic winning by a single goal each time! But due to the team's extra practices and after returning from playing at nationals, the team won by an impressive 48 – 9.



Newham Sixth Form College netball team

**MP Sports Academy** training sessions for ages U7–U12 take place on Wednesdays 6–7:30pm and Saturdays U7–U12 Teams 10:30am – 12pm. The first session is free

The Royal Docks Community School, Prince Regent Lane, Custom House, E16 3HS  
[info@mpsportsacademy.com](mailto:info@mpsportsacademy.com)  
 @mp\_sportsacademy



Henry with Michael Pindy Founder of MP Sports Academy

**West Ham United Foundation** Men's Player Pathway Football trials for U9 to U16 are taking place in Beckton on 11/12 June at Beckton Training Pitch, Beckton, E6 5NX

[whufc.com/club/community/foundation](http://whufc.com/club/community/foundation)

 @WHUFoundation  
 @whufoundation

**Central Park FC** have announced their new home and away kits for the upcoming 2022/23 season. They will be wearing a green and black striped home shirt and a plain white long sleeve away shirt.

The club are currently searching for friendlies as part of their pre-season fixtures. If you are a local men's 11 a side team and are interested in playing them, please contact management on their Instagram page:

 @centralparkfc



Central Park FC home kit

East Village Management and Chobham Academy are working in partnership with **Essex Cricket** in the Community to offer free cricket sessions for children aged 5–11yrs. Funded places for All Stars and Dynamos Cricket are available to children eligible for free school meals

Sessions start 14 June, 3:30–4:30pm at Chobham Academy

For more information, please contact:  
[nafisa.Patel@essexcricket.org.uk](mailto:nafisa.Patel@essexcricket.org.uk)  
[www.ecb.co.uk/play/all-stars](http://www.ecb.co.uk/play/all-stars)  
[www.ecb.co.uk/play/dynamoscricket](http://www.ecb.co.uk/play/dynamoscricket)



Dame Laura Kenny with Olympic Torch, Lee Valley VeloPark

**Ten Years On**, the **Olympic and Paralympic** exhibition, highlights the sporting, economic and wellbeing opportunities generated by the Games and charts the journey of the Paralympics movement and the remarkable changes to the Queen Elizabeth Olympic Park.

The Exhibition is free to enter and is open between 9am – 6pm every day until 30 September 2022

Lee Valley VeloPark

[queenelizabetholympicpark.co.uk/whats-on/events/2022/](http://queenelizabetholympicpark.co.uk/whats-on/events/2022/)

**Clapton CFC** Men's team are the winners of The Alec Smith Premier Division Cup. The Tons won 4–3 on penalties. Captain and keeper Jack Francis was voted the Star Player in a poll. They finished third in the Middlesex County Football League Premier Division.



Clapton CFC Alec Smith Premier Division Cup  
 ©Gary Strutt


Clapton CFC Women's team are the winners of the Greater London Women's Football League (GLWFL) John Greenacre Memorial Trophy, after their 1–0 victory against Enfield Town Ladies FC

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

**Athletic Newham FC** are having open trials for the new season. 'The Kings' are part of the Essex Senior Football League and their home ground is the Terence McMillan Stadium in Newham.

The trials take place in Hackney Marshes from 9.30am, 4 June. For more information email [newhamfc1@gmail.com](mailto:newhamfc1@gmail.com) or contact them on social media

[athleticnewhamfc.co.uk](http://athleticnewhamfc.co.uk)

 @athleticnewhamfc

 @Athleticnewham



Forest Crusaders WFC

Well done to **Forest Crusaders WFC** who have ended their season on a high by winning the Sue Sharples Memorial Trophy 3–0 against AFC Leyton Women. Left Back player Rochelle Cornish, was their Player of the Match

 @forestcrusaderswfc

## Hammers stars join global charity match

'Mr West Ham' **Mark Noble** will be a part of the England team at the world's biggest celebrity football match Soccer Aid for UNICEF at the London stadium on Sunday 12 June.

Mark will play alongside ex West Ham players Joe Cole, Teddy Sheringham and David James.

Harry Redknapp, a former Premiership manager, first joined West Ham as a player when he was a 15-year-old schoolboy in 1962. Harry managed the club from 1994 – 2001

UNICEF UK Ambassador and co-founder Robbie Williams will perform his hit song Angels during the halftime show. Usain Bolt will also be returning to the London Stadium exactly 10 years on from his gold medal wins at London 2012. Soccer Aid for UNICEF has raised over £60 million for UNICEF since 2006

The game will air live and exclusively on ITV and STV. It will be hosted by UNICEF UK Ambassador Dermot O'Leary.

London Stadium, Queen Elizabeth Olympic Park

Tickets for the game are on sale now via [www.socceraid.org.uk/tickets](http://www.socceraid.org.uk/tickets)

[www.queenelizabetholympicpark.co.uk/whats-on/events/2022/06/soccer-aid-2022](http://www.queenelizabetholympicpark.co.uk/whats-on/events/2022/06/soccer-aid-2022)



# A Noble end to glittering career



**Mickey Ambrose** pays tribute to **Mark Noble** – an East End kid and West Ham legend who ‘done good’

A few years ago I was fortunate to meet ‘66 World Cup hero and West Ham legend Martin Peters (RIP) in Canning Town, an area I know very well because I had to pull my late mother’s shopping trolley in the ‘70s after visiting the once-thriving Rathbone Market opposite the Royal Oak pub where Frank Bruno used to train.

That was a nightmare in itself because, come Monday, I remember my mates from St Bernard’s Comprehensive School in Bethnal Green taking the mickey out of me – “Haha, we saw you

Declan Rice?

If so he would join a remarkable line-up of extraordinary players who over 50 years have assumed the mantle of leadership at West Ham and who epitomise the heart and fighting spirit of the club. The list includes Billy Bonds and Trevor Brooking, Alvin Martin and Julian Dicks, and now Mark Noble. Great men all, and each a hard act to follow.

Finally, what drama the Premier League saw in a sensational conclusion on 22 May. The magnitude of

silence by taking the lead in the 37th minute. Although losing at home, this was still enough for City, who were on course to win the Premier League on goal difference. Liverpool had to win.

Then in the 69th minute another ex-Liverpool player Philippe Coutinho put Aston Villa 0-2 up and Liverpool just needed to score to be the Premier League champions. Liverpool did get their goals in the final minutes, but by then it was too late. City had scored their three goals in less than 360 seconds and the title again belonged to the tearful Pep Guardiola.

As the second half of the final matches kicked off, the final questions were being settled. Tottenham were romping to the final Champions League automatic spot at the expense of Arsenal while Mohamed Salah and Son Heung-min shared the Golden Boot, with 23 goals each. Leeds clung onto their Premier League status, as Burnley joined Norwich and Watford’s descent to the Championship.



What a day, what a season. City may have won the title, but in many ways football was the real winner on the day.

And for Mark Noble, it’s time to put your feet up with a cuppa and a Jammie Dodger. Thank you Mark for the highs and lows, thrills and spills. You are a true gent and an exceptional professional. ●

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



West Ham stars Mark Noble and Aaron Cresswell pictured at a community event organised by the West Ham United Foundation

pushing your mum’s trolley.” In those days kids did as they were told. How times have changed.

Martin told me he was born under his parents’ kitchen table along the Barking Road in Plaistow. Martin Peters, as we know, turned out to be the complete midfielder player.

Fast forward and we find another complete midfielder player, Mr. West Ham Mark Noble, is ending a remarkable 18-year professional career, making 567 appearances for the Hammers.

For years he has been the beating heart of West Ham. He has carried on the tradition of tough men with talent like Julian Dicks, who would die for the Hammers, and was always one to rally the team in the toughest situations, just like first-team coach Stuart Pearce.

But now the question is who does Mark pass the mantle onto? Perhaps

Manchester City’s last gasp winner at home against Aston Villa will live long in the memory. It gave them the narrowest of 3-2 victories, for which they had to score three goals in a remarkable six minutes.

The Football Gods had decreed that on the last all-deciding game of the season, as Liverpool strove for an unprecedented ‘quadruple’, Manchester City would have to beat an Aston Villa team, managed by the greatest Liverpool player of all-time, Stephen Gerrard.

However, this was not about just one game but two. Liverpool were at home against Wolves who took a shock early lead, when Neto scored in just the third minute. The irrepressible Mane equalised for Liverpool in the 24th minute and then the fun really began.

Aston Villa shocked the Etihad into

## East London rugby club joins campaign to reduce head injuries

The Newham-based East London rugby club is one of three clubs in Britain taking part in a ground-breaking health trial that aims to improve safety and reduce head injuries arising from concussion.

Researchers hope a new device, WAVi, which measures brain patterns, will help medical staff spot and manage concussion, and make rugby and all sports safer.

The WAVi device involves a series of sensors being placed on the scalp to measure electrical activity, which produces a set of readings. The hope is that a new scan after a suspected concussion might show how the brain has been affected and then guide decisions on when it is safe to start playing again.

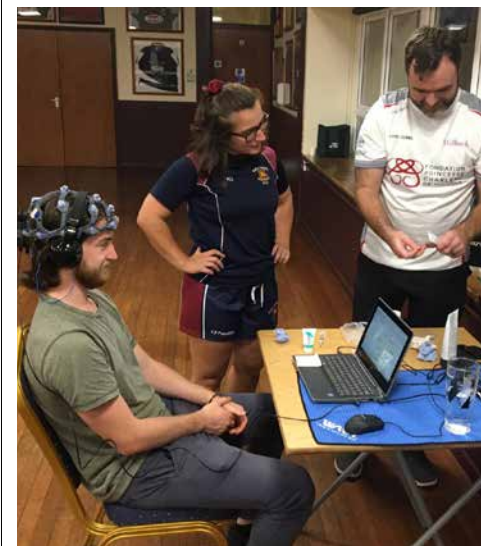
The initiative will be tested in experimental use with the three clubs – East London Rugby Club, based at Memorial Park, West Ham, Cornish Pirates and Sevenoaks Rugby Club – and is backed by not-for-profit organisation Love of the Game.

The health trial comes as brain injury and concussion in sport is getting more attention, with a variety of research projects gathering momentum. There has been a growing debate about repetitive heading in football and the long-term risks to players’

brain health. Head injuries caused by collisions in rugby are also a concern.

The push for standardised protocols comes as research suggests the issue may be more acute for women than men. A study published in the journal JAMA Network Open in April 2021 reported that the risk of sport-related concussion in adolescent girls playing football was nearly twice as high as among adolescent boys.

The key test will be whether the talk of new rules to improve player safety are turned into action. ●



A headstart in health trials

