

**Regeneration minister  
visits NDC area for  
opening of THE hub**

**Summer youth  
programme inside**





## Introduction from Jim Ludlam

local resident and chair of the West Ham & Plaistow New Deal Partnership Board

**W**elcome, to this twelfth issue of NDC News. As always we've lots of interesting projects and activities to report on. For example, we had a wonderful event in March to celebrate the official opening of THE hub when Sir Robin Wales, Mayor of Newham and Yvette Cooper MP, one of the team of regeneration Ministers, joined more than a hundred guests to mark this very special day. They were very complimentary about what we've achieved there. As you know, THE hub's the first of the NDC's community resource centres. Our second centre, Grassroots, in Memorial Park, is close to completion - find out more about this on page 28.

Crime rates in the NDC area have continued to drop for the fourth year running. Much of this success is a result of the partnership between NDC, the Council

**“Our revolutionary methods of tracking crime really can make a difference in catching criminals.”**

and Newham Police. However we are still concerned that crimes do happen that don't get reported to the police and I take this opportunity to encourage you to tell them if you know about a crime. Our revolutionary methods of tracking crime really can make a difference in catching criminals. You can contact the police by calling 020 8534 1212 or visit their website at [www.newhampolice.co.uk](http://www.newhampolice.co.uk). In this issue I'm pleased that on page 16 we've an interview with the Borough Commander, Chief Superintendent Michael Johnson. He talks about the value of working in partnership

with the community and praises NDC for its focused approach to tackling crime, citing it as a model of what he wants to introduce across our borough.

This issue also has the usual round up of project updates. The Community Involvement Team's (CIT) Community Initiatives Fund is proving to be very successful providing funding for a range of activities and groups. Find out about some of these groups on page 7. As well as the Fund the Community Involvement Team has been busy running a variety of courses for local residents and getting out and about, encouraging people to get involved in NDC. The Youth Team has been as busy as ever organising ski trips, residential outings and a whole host of other activities which kept NDC's young people busy during the school holidays (see pages 12-15). Elite, our jobs brokerage project, has been recruiting staff to work in the new nursery based in THE hub and which I visited recently(see page 24).

So, as you can see, there's been plenty going on in the NDC area so far this year. A wide range of people have been telling me how impressive the magazine is and I hope you enjoy the read; don't forget we are always keen to hear from you about things that are going on. If you want to let your neighbours know about a group or activity you're involved in in your area, or maybe you've been involved in an NDC project and want to share your experiences, why not call 020 8586 9493 and ask to speak to The Editor.

As I write this, the weather's still a bit chilly but I hope you have a happy and warm summer.

*Jim Ludlam*





## NDC News Issue 12 Spring/Summer 2005

|    |  |
|----|--|
| 04 | Official opening of THE hub                  |
| 05 | London's Olympic plans in the spotlight      |
| 07 | Community Involvement round up               |
| 10 | Latest housing news                          |
| 12 | Returning to the slopes                      |
| 15 | East Ham MP praises youth achievement        |
| 16 | Newham's Borough Commander talks to NDC News |
| 19 | Health ... eat well & exercise               |
| 21 | Cooking Bus                                  |
| 22 | Your community representatives               |
| 24 | Local jobs for local residents               |
| 27 | Education ... improved results & buildings   |
| 28 | Grassroots ... close to completion           |
| 30 | Directory of NDC meetings and services       |

Cover [Joan Appleby & Rudy Henry](#) enjoying themselves at at one of NDC's over 50s lunches  
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Add your support for the 2012 Olympic bid at [www.olympics.newham.gov.uk](http://www.olympics.newham.gov.uk)



### Contact Us

If you want to know more about NDC or any of the projects mentioned please telephone the NDC office on **020 8586 9493** or get in touch with the NDC team details of which are listed below. You can either phone them at the NDC office or you can email any member of staff to their personal email by inserting their details into the following address:  
**[firstname.lastname@ndfc.co.uk](mailto:firstname.lastname@ndfc.co.uk)**

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## Official opening of 'THE hub'



**Yvette Cooper, Minister for Regeneration in the Office of the Deputy Prime Minister and Sir Robin Wales, Mayor of Newham, unveiled a special plaque on 16 March for the official opening of THE hub.**

More than 100 guests joined the celebrations in the community resource centre on Star Lane. Local dance group Enigma and singers from Lister School provided the entertainment while guests viewed a photographic exhibition of NDC projects.

Following a tour of the building Yvette Cooper, Minister for Regeneration said: "I am really impressed by what I have seen here today and would like to congratulate the NDC and Newham Council for driving this project through. Excellent facilities like these really do assist local residents and provide important long-term benefit to the whole community."

Sir Robin Wales, Mayor of Newham said: "I am very proud of THE hub and other projects Newham Council is working on with the NDC. It highlights the importance of community facilities and also demonstrates

the value of working in partnership with other organisations like the Office of the Deputy Prime Minister, the Department of Trade and Industry, the European Regional Development Fund, the Canning Town Partnership and Transport for London."

As the plaque was about to be unveiled Jim Ludlam, NDC's Chairman shared some of his memories of the local area. "I remember when the site along here was mainly a row of houses, with the Peculiar People's church at one end and with Doctor Comyns' surgery just round the corner. The church and houses had to be demolished and most of you will remember the combination of derelict domestic garages and vacant units that took their place," he said. "We spent a lot of time talking to the local community about what they wanted here, and while costs meant we couldn't provide everything, we are very proud of this flagship building which really does act as a social hub for the area."





A temporary ice rink was set up at Stratford Station for the IOC visit



Bobby Charlton shows the IOC team around Wembley Stadium

## London's Olympic plans in the spotlight

**D**uring February the International Olympic Commission (IOC) made a four-day visit to London to examine plans for the 2012 Olympic Games and Paralympic Games.

London 2012 Chairman Sebastian Coe promised delegates from the IOC inspection team that London would host 'the best games ever'.

The double Olympic Champion told the 16-strong Evaluation Commission: "In my lifetime I've seen many wonderful Games – seen them and taken part in them. But I'm an athlete and I don't run to come second. London's ambition is not just to be a good Olympic Games. It is to be the best. A gold medal Games."

During the visit the IOC members visited Downing Street to meet Prime Minister Tony Blair and Buckingham Palace for a formal dinner hosted by the Queen.

In between they were given presentations on the bid's 17 key themes and visited all of the proposed Olympic venues in the city, some of which are located in Newham.

At the end of the visit Keith Mills, Chief

Executive of London 2012, said: "I can best describe this week as mission accomplished. We set out to achieve four things: technical superiority, organisational ability, a great welcome in London and to show the IOC a great team. I think we accomplished that."

**"We have done everything possible to show this city to the very best effect"**

Lord Coe outlined the amount of work that had gone into the visit and thanked the many people who had been involved.

"This has been a Herculean team effort," he said. "We have done everything that was humanly possible to show this city, it's people, our concept and our legacy to the very best effect."

"I hope they (the IOC team) leave with a clear understanding of why we want to do this, a clear understanding of how we are going to do it and a clear understanding of what we can do for the Olympic Movement and sport in this country."





## The Eye of Joe Okwesa

By Ona Dike- Amenechi

**A**t the age of 17, Joe Okwesa picked up his father's camera and since then he has hardly put it down. His career spans 20 years and his camera has immortalised such a wide range of images. He has captured every day life, celebrities and scenes from many international events.

"Everyday I wake up in the morning it is like I just started for the first time," says Okwesa who considers himself a perfectionist.

Joe Okwesa is a unique personality. It is not everyday that one comes across a prolific Nigerian photographer who has quietly carved out a niche in the competitive European arena. He is an African photographer and yet at the same time a cosmopolitan figure and his photography reflects this bicultural perspective. It is this perspective that gives Okwesa's work its peculiar identity, one that stands out from the crowd.

Okwesa is a commercial photographer and the founder of Artseens Photo Agency which is located at THE hub. He also runs an extensive photo library that provides images for major advertising companies and the media industry in general. His training at Kilburn Polytechnic followed by a diploma from the New York Institute of Photography provided him with the foundation that set



his career in the right path. His first professional experience was at the British Central Office of Information (COI). This exposure gave him a boost and provided him with the expertise and confidence to set up as a freelance photographer.

Okwesa is a fine example of the variety of talented professionals who are trying to make a positive difference in the Newham area. His aim is to use photography to reach people in the community.

Okwesa says: "I consider myself an artistic photographer and I want to inspire the young people in our community to develop their sense of creativity and to make them aware of what photography is all about."

*For more information call 020 7055 0005 or visit their website at [www.artseens.com](http://www.artseens.com)*



## NDC kids support the bid

NDC's Increasing Sport and Physical Activity Project arranged for more than 60 local school children to take part in a sports event at the Excel Centre while the IOC team were in town. Wheelchair basketball, boxing, badminton and dance were just a few of the activities on offer. Some of the young people were even lucky enough to have their photo taken with the FA cup.





## Reaping fund's benefits



**NDC's** Community Initiatives Fund is making a real difference to a whole range of local groups. Now in its second year, the Fund provides grants of up to £2500 for groups or activities that are of benefit to NDC residents. Here are just a few of the groups whose applications for funding have been successful.

*For more details or to apply for a grant contact Saffrey Brown on 020 8586 9493.*



## Best foot forward

**T**he Eastlea Line Dancers have been strutting their stuff at Eastlea Community School for over seven years. After they lost their funding late last year they turned to NDC's Community Initiatives Fund for help.

"Without the Community Initiatives Fund", explained organiser Hazel Winkup, "we wouldn't have been able to carry on and the club would have had to fold".

The Club meets every Wednesday afternoon in the Community Lounge to go through their paces.

"They know hundreds of line dances", said tutor Leah Willis, "they really need it and the exercise keeps their minds active as well." The oldest Eastlea Line Dancer is 86 years young. For many members the club provides a valuable opportunity to get out of the home and socialise. During summer members travel to Southend for fish and chips. They are always looking for new members!

The Club plans to make another application to the Community Initiatives Fund for costumes as they are hoping to realise a long-held ambition by donning cowboy hats and performing in public!

*If you'd like more information about the Eastlea Line Dancers please get in touch with Leah Willis on 07946 812 622.*

## Project Plus

**P**roject Plus is a newly formed group that is being funded by a grant from the Community Initiatives Fund. The group will be meeting on Wednesday mornings from 10am to 12pm at the NDC offices, 1 London Road E13.

It was set up by Plaistow resident Debbie Ridgley with support from Farzana Hussain and Petre Jones, the GPs at the Project Surgery on Lettsom Walk which was opened in 2003 with NDC funding.

Project Plus aims to be a friendly meeting place to help ease isolation and loneliness that many in the community feel, especially carers, older people or those with long term physical or mental health problems.

Everybody is welcome. There will be complementary therapies, traditional board games, help with stress and relaxation plus plenty of friendly company along with tea, coffee and biscuits! There will also be trips out as well as monthly breakfast get togethers at THE hub.

*If you're interested in joining Project Plus or even helping with the group then please phone Debbie Ridgley on 07729 583148.*





# Community Involvement

## Parent and toddler activity classes

**O**ne local mother of a young child applied to the Community Initiatives Fund to run a project for pre-school children and their carers. Following some local research she found that there was only one parent and toddler play group in the whole of the NDC area. Although Sure Start run some activities in the area, these are only available for families who are struggling. To tackle this lack of facilities open to all toddlers and parents an application was made to the Fund for a grant of £2500 to start up a new group in the NDC area. The new group aims to:

- Provide regular high quality pre-school activity classes in the NDC area

- Promote child learning through high play, including improved language skills, physical co-ordination, confidence, sharing and creativity
- Increase the sense of community and desire for families to live/stay in the locality
- Facilitate parents/carers enjoyment and support through talking with others, thereby breaking down carer isolation.

*Every Thursday 9.00-11.30am at THE hub, 123 Star Lane E16.*



## Sembhy Jaguars Under 11's Football Club

**T**he Sembhy Jaguars Football Club was awarded a grant of £530. A group of local parents wanted to develop a youth football club for children under 11 to deal with fitness, training and general self esteem. The application to the Fund was to buy equipment and also to advertise locally for more members.

Sembhy Jaguars is a family orientated club with training twice per week. For more



information contact Gary or Lawrence on 020 7366 9002 or 07903 306203.

## Area tours

**T**he Community Involvement Team took a group of residents involved in NDC on a tour of the area so they could see first hand all the improvements that are taking place. The tour included a look around the Brooks Estate with an opportunity to see flats in Smiths Point, before and after refurbishment. A visit to NDC schools highlighted all the physical improvements such as new classrooms, arts spaces and landscaping. Following lunch at THE hub on Star Lane, the group took a look



at the Homezone at the Cranberry Estate. "I found the NDC area tour to be both informative and enjoyable. The well planned day included literature we received prior to leaving on the tour, which was most useful," said Sandra Jadama, local resident and NDC community board member.

*If you are interested in taking part in future tours, and you live in the NDC area, please contact Sue Miller on 020 8586 9493.*





## Fairtrade Day at THE hub



**A**s part of Fairtrade Fortnight, the Fairtrade Foundation and the Day Chocolate Company organised a lunch-time event at THE hub in March. The event was also supported by the NDC Community Involvement Team.

Fairtrade simply means paying producers a fair and consistent price for their goods.

The event was well attended by over 90 residents and featured a very special guest, Veronica Mintah, a Fairtrade Cocoa farmer from Ghana. It isn't every day that a cocoa farmer from Ghana visits the New Deal area! Veronica is a member of the Kuapa Kokoo co-operative and she shared her experiences with residents and children from Star Primary School.

NDC resident board member Liz Ayers welcomed Veronica and commented: "This is a really worthwhile event. Regeneration is also about looking beyond our own area and seeing how our own actions can help improve the lives of some of the world's poorest people".

## Unleash your potential

**D**uring March a group of residents took part in NDC's Personal Empowerment course. The three day course, organised by the Community Involvement Team, was designed to help participants to become more confident and learn how to tackle some of the things that hold them back. The idea was that by the end of the course those who had taken part would have developed some really exciting new goals for themselves, and actions and skills

## Finding Destiny

Ibifuro Onisarotu has lived in the NDC area for a couple of years but had never been involved in NDC activities until she met Howard Mendick from the Community Involvement Team. Howard was distributing leaflets about courses on the Essential Training for Communities (ETC) programme, and with a bit of gentle persuasion encouraged Ibi to attend a course. Although a little hesitant at first, Ibi enjoyed the course so much she ended up attending six in total.

"I'm so pleased I joined the course. It was a real challenge but I met lots of new people from the community - my new friends."

Ibi has since successfully received a grant of £1,800 from the Community Initiatives Fund to run a series of workshops on African music and dance. 'Destiny Foundation' is open to all and looks at the meaning of African instruments, sound, dance and dress. *For more information on the Destiny Foundation call Howard Mendick at the NDC offices on 020 8586 9493.*



for achieving them. Keith Smith, CIT Manager said: "We believe community empowerment begins with personal empowerment."

One participant, Theresa Bastin had this to say on completing the course: "Attending this course has made me a much more confident person. I feel much more positive about my whole life now."

*If you would like to know more or are interested in taking the course in the future please contact Keith Smith on 020 8586 9493.*





## A place to be proud of

One of Newham's most important housing improvement schemes is taking place in the NDC area in Plaistow North. Although not the largest scheme in the borough, the redevelopment of the Brooks Estate and Plaistow North area is undoubtedly a key part of the Council's vision for the future of its housing stock. Unlike the traditional council estate, once completed, the area will include an interesting mix of high and low rise properties with considerable attention paid to the surrounding environment, allowing for easier and safer movement through it.

What is also unusual is the way in which the scheme is being managed. Not only are several council departments involved, such as housing, public realm and the anti social behaviour team, but also housing associations and other organisations such as NDC. In addition to this, the housing team are actually based on site. The idea is to create an estate that not only feels and looks better, but one that works better. For residents this will mean better homes, a pleasant and safe environment, with more efficient maintenance and upkeep.

Local residents have been at the forefront of making this happen. One of NDC's first tasks at the start of the regeneration programme in 2000 was involvement in the Masterplanning for Plaistow North with the Council. This was a lengthy two year process that involved extensive consultation in order to reach a consensus between what local residents wanted and what could be realistically achieved.

Kamal Faizi, Head of Housing at Newham who has been involved in the Plaistow North scheme from the very beginning was keen to ensure that the final result created impact through the style and quality of the design. He, along with the residents wanted something different that they could be proud of. As he said, "this scheme will provide major changes to people's lives."



top, Watts Point demolition; bottom, CHA development; inset, Smiths Point refurbishment

## New Build. Knocking down and starting again

The first indication that things were really going to change was the dramatic demolition of Watts Point in June 2003. 88 flats, maisonettes and shops on Stratford Road were also demolished as part of this phase. The following year work started on the demolition of Bates Point. Unlike Watts Point which underwent a controlled explosion, Bates Point was painstakingly demolished floor by floor.

At the site of the former Watts Point and BETA Club, the construction of 58 flats and 27 houses by Community Housing Association (CHA) is well underway. CHA hope to build a total of 200 new homes in the area.

Arhag Housing Association is also building new homes in sites across the area including Stratford Road (opposite Portway School) and West and East Roads.

It is anticipated that the new build phases will be complete by the end of 2006.





above, Beardsfield improvements; insets, Smiths Point kitchen and bathroom refurbishments

## Environmental improvements

An important part of the Plaistow North scheme is the environmental works that have been incorporated into the overall plan to improve access and movement around the area as well as improving safety and the physical appearance.

## Hunter Walk

Works will include the closure of the alleyway from Stratford Road down to the last house on Libra Road. The existing street lights will be removed and the land on which they stood will be incorporated into the gardens of some houses on Libra Road. Landscaping work will be carried out to incorporate the acquired land with existing gardens and a new fence will be erected to the rear of Fothergill Close maisonettes.

## Beardsfield

Beardsfield alleyway will be closed between nos. 2-34 Libra Road with a new fence line erected to the rear of these properties. This will mean residents will no longer have access via their back garden gate.

## Beardsfield (demolished garages)

Since the demolition of the garages some residents have expressed concerns about security. To address this parking bays will be introduced to the area previously occupied by the garages. A new fence line will be added to the rear of 40-45 Beardsfield which will not affect access to the gardens via the side gate and walkway.

## Extension to Brooks Road

The extension to the road will run along 2 Chadd Green and 2, 4, 6, 8 & 10 Brooks Road and part way into the existing play area, which will eventually be moved. There will be a hammerhead in the road to allow cars to turn.

## Refurbishment

**S**miths Point, a 15 storey block with 56 flats built in the 1960s is undergoing a total refurbishment. The scheme will include new kitchens and bathrooms, new windows, revised internal layout and new central heating system. The external works will include new lifts, remodelling of the entrance with new secure garden area and a concierge service.

Work on this block has been in progress for about a year with a number of flats already completed.

Two small blocks on Valetta Grove and Maud Road will also be refurbished as well as a number of low rise blocks in Beardsfield and Libra Roads.

Bell Philips Architects has been appointed by Newham to carry out the refurbishment of existing low rise properties to the south of Stratford Road. The first phase of their work will include parts of Beardsfield and Libra Roads.



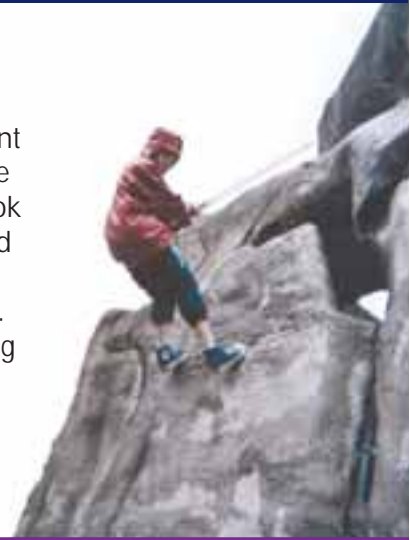


## Trip on a barge

**D**uring the Easter break the NDC play team took a group of 13 young people aged between 8 - 12 years old on a residential to Fair Play House's barge. Everyone got a chance to try out canoeing, mountain climbing, archery and sailing, as well as a number of assault courses, night walking and a trip on a speed boat.

Along with these activities the young people were split into crews when they arrived and all the chores on the boat were

divided up. This meant that the young people took it in turns to cook three meals a day and were responsible for keeping the boat tidy. For some of the young people it was a new experience; their first time away from home.



challenging but rewarding week. The impact has been so great that many of the young people now want to start up a Newham ski club with support from Newham's Youth Service.

One of the students, on returning from the trip said: "I am going to start saving my pocket money now for next year, skiing is the best thing ever."

Another aim of the trip for certain young people was to use the skiing as part of their GCSE Physical Education. A video of the trip has been produced and will be used as a tool to engage more of the secondary schools within the borough to take educational visits abroad.

Education and Skills Secretary Ruth Kelly recently announced that the Government wants outdoor learning to be part of every pupil's experience. This will be a key aspect of the new Manifesto for Education Outside the Classroom.

Noel Forrest, Senior Development Worker at Newceys and one of the organisers of the trip said: "I have now been involved in two educational visits abroad and strongly believe in the benefits afforded to those young people who get to attend. Not only have such trips been proven to broaden horizons, but also they accelerate learning and promote citizenship. Our aim is to support all secondary schools in Newham to deliver on the Government's pledge."

## Returning to the slopes

**F**ollowing last year's success, another group of young people from Eastlea and Lister Schools took to the ski slopes of France for a trip of a lifetime.

29 young people, more than double the number who went last year, were given the opportunity thanks to funding from West Ham and Plaistow NDC and Newham Community Education and Youth Service (Newceys).

While planning the trip the young people were taught the basics of skiing at Brentwood Park dry ski slope courtesy of NDC's Making Tracks and Increasing Sport and Physical Activity Project.

For many of the young people involved this trip proved to be a personally





## NDC Easter Play scheme

**T**he NDC Easter play scheme was held at Grange Primary this year due to building work at Star Primary. (A massive thank you to Ms Carter and the site supervisor at Grange for letting us use the site.)

The programme had been revamped to try and include a wider variety of activities. These included cookery, photography, dress making along with all the favourite activities that are always on offer. The play scheme also took young people on local trips to the swimming pool, bowling lane and the cinema.

A big plus point for this play scheme was the number of new faces that we saw.



Children from all five of the NDC primary schools attended. Well done to all the play team; John, Joe, Matt, Zobia, Amira and Lyndsey.

## Thames Gateway Youth Football Project

**T**he Thames Gateway Youth Football Project (TGYFP) at West Ham United is currently running a number of football coaching sessions within the NDC area. The sessions are open to young people residing in or attending a school within the NDC area and are free of charge.

The session for the Estate Representative Team is for players aged between 14 and 16 and is an invitation only session. The team train as a squad every Monday evening at the Community site, Beckton. On one Monday every month the team play fixtures against representative teams such as Charlton Athletic, Millwall and Chelsea.

Each player is or has been attending one of the other sessions and has been identified

by a coach to train as part of a representative squad of the Estates programme co-ordinated by the TGYFP at West Ham United. This has proved to be a great incentive for the young people and a huge success for the project.

The current league competition came to an end in December with the West Ham United team finishing second behind Charlton Athletic. It is hoped that the new competition will begin soon.

Below is a list of the football coaching sessions currently taking place with a qualified West Ham United coach within the NDC area.

*For further information on the TGYFP please contact either Craig Glashan or Barry Saville at West Ham United Football in the Community on 020 7473 7720.*

### Thames Gateway Youth Football Project coaching sessions in the NDC area:

|                  |                |                            |                                     |
|------------------|----------------|----------------------------|-------------------------------------|
| <b>Monday</b>    | 6.00 – 8.00pm  | Lister Secondary           | <i>Estate</i>                       |
|                  | 7.00 – 9.00pm  | Estate Representative Team | <i>Estate</i>                       |
| <b>Tuesday</b>   | 12.30 – 1.30pm | New Vic College            | <i>S.E.N.</i>                       |
|                  | 1.00 – 1.45pm  | Eastlea Secondary          | <i>S.E.N.</i>                       |
| <b>Wednesday</b> | 3.15 – 4.15pm  | Lister Secondary           | <i>Girls Only After School Club</i> |
| <b>Thursday</b>  | 3.30 – 4.30pm  | Star Primary               | <i>Girls Only After School Club</i> |
|                  | 5.00 – 7.00pm  | Lister Garden Park         | <i>Estate</i>                       |
|                  | 4.00 – 5.00pm  | Eastlea School             | <i>Girls Only After School Club</i> |
| <b>Friday</b>    | 4.00 – 5.00pm  | Eastlea School             | <i>Girls Only After School Club</i> |
|                  | 5.00 – 7.00pm  | Woodlands Youth Club       | <i>Estate</i>                       |





## Access for all young people

**Y**oung people with disabilities living in the NDC area are being encouraged to take part in a number of youth projects.

In recent months football coaches from West Ham United Football Club have been working with less able young people from Eastlea School and Newvic College teaching them basic football skills such as passing, shooting and how to work as a team.

Another sports programme allowed young people to try a range of sports including sailing, swimming, wall climbing, gymnastics and horse riding. But one of the most successful projects has been the music therapy workshop, now in its fifth term. Run within Eastlea School, the workshops have helped young people to express their emotions and improve their communication skills.

Other NDC funded projects have been doing their bit. Ape Media provided training in DJing and radio broadcasting for disabled young people, who then got to produce and present two one-hour shows that were broadcast on Break FM in August. Techshop ran a six week course teaching young people with disabilities from Eastlea School basic mechanics skills. This scheme ended with a day racing go-karts on a track. Media 2, NDC's film project, has set up a ten week course at Newvic College. It covers everything from leaning how to use the equipment to presenting to camera.

Educational outings have also been a great success with trips to the London Eye, Tower of London and London Aquarium. Many more have already been planned for the future.

*For more information on projects for disabled young people call Matthew Nicholls on 07961 840762.*

## Sei-Shin-Ryu

junior karate club E16



- Boys and girls welcome
- Female instructor

**Every Friday**  
**6.00pm - 7.30pm**

at THE hub, 123 Star Lane, Canning Town E16

For details call: **020 7473 5249** (THE hub)  
**020 7511 3131** (after 7pm) **07952 915 302** (after 4pm)

**...or just turn up!**

## NDC Summer Programme

### NDC 5 A SIDE SUMMER CUP

Co-ordinated by Thames Gateway Youth Football Project

**2 to 5 July** at Memorial Park

2 age groups - 7 to 11 and 12 to 16

*To enter a team or for more information call Craig on 0207 473 7723*

### TECHSHOP SUMMER PROGRAMME

**25 July to 19 August**

Ages 11 and upwards.

*Contact Irfan on 0208 553 2266*

### APE MEDIA - BREAK FM

Runs from **8 August to 4 September**

Open to young people who are interested in radio broadcasting. *For further information contact Richard on 020 7474 2111*

### NDC SUMMER PLAY SCHEME

Runs from **25 July to 12 August**

Ages 8 to 11 years

3 weeks packed full of activities, sports, trips and much more! *For more information contact Joe on 07958 681 108*



## East Ham MP praises youth achievement

**E**ast Ham MP, Stephen Timms, visited the Techshop in Manor Park in February to present 'Bronze Youth Achievement Awards' to a group of young people who have been attending the ten week 'Day2Day' course.

The young people, selected from Lister School, took part in a hands-on learning course based around mechanical engineering, such as go-karts. They were commended for learning to work as a team, solve problems and improve their own performance.

The Techshop, which is funded by NDC, runs a variety of programmes which are aimed at increasing the skills, confidence and achievement levels of young people who are disengaged and disaffected from mainstream education and to help reduce anti-social behaviour and crime on local estates.

Speaking afterwards Mr Timms said: "I am deeply impressed by the drive and commitment shown by both the staff and young people I met tonight. Great



opportunities are opening up for the youth in Newham, with the building of Stratford International, the Thames Gateway and potentially the Olympics in 2012. The challenge is to equip and enable young people to unlock their own potential, and I am so encouraged to see the Techshop alongside the New Deal for Communities, achieving this."

*More information can be found about the Techshop and the courses they are running at <http://www.techshop.org.uk>*



## Calling all budding film makers

Are you interested in making a film? Would you like to learn basic **film making techniques** – camera work, sound recording, script writing and story boarding? NDC's film making project would like to hear from you. Films can be about anything – maybe a documentary about your area or how about creating the new Coronation Street (Barking Road!)

All films made will be broadcast on NDCTV – NDC's own film channel at [www.ndfc.co.uk](http://www.ndfc.co.uk)

**Interested?** Call Matthew on 07961 840762





## Chief Superintendent Michael Johnson, Newham's Borough Commander speaks to NDC News

### **Q** As Borough Commander, what are the main challenges you face?

**A** I took over as Borough Commander in October 2003. Newham has the usual problems with robbery, anti social behaviour etc, that other areas face. Some of our main challenges relate to the diversity of our population and the fact that geographically, we are one of the largest boroughs. We have the third highest volume of crimes across the Met which means that our borough has one of the highest demands per officer. I think our biggest challenge is matching demand with resources - getting the resources in the right place at the right time.

Things are definitely improving. Crime in Newham is down by 10% and we are the top Met borough in terms of performance. One of our main priorities is to reduce the fear of crime which is particularly difficult with media coverage always being so negative. The fear or perception of crime is often higher than the reality of being a victim of crime - we need to manage this.

### **Q** How do you plan to do this?

**A** We need to be smarter in how we use our resources. The Safer Neighbourhoods scheme\* is a good way to get our message out. I see the way NDC has tackled crime as a forerunner for the Safer Neighbourhoods scheme which is all about neighbourhood-based policing. The Anti Social Behaviour Team is

another example. Both teams work closely with local people within their communities.

NDC has taken a focused approach which allows you to tackle problems more effectively. I would eventually like to see Safer Neighbourhoods teams across the borough.

### **Q** What do you think are the benefits of working with organisations such as NDC?

**A** Partnership working is one of the main ways we want to take things forward. By working with NDC, the Council, councillors, housing teams etc, we can identify and tackle problems before they get out of hand. For instance, something as simple as a dispute with a neighbour or a dog walker, if it's dealt with early on we can stop it from escalating and developing into a much larger issue. We need to get in there early.

### **Q** What else do you think the police and NDC should be doing to tackle crime?

**A** We need to be looking at designing out crime. We need to look at the environmental layout when considering building and road design. The physical environment often raises the fear of crime - graffiti, rubbish, it all adds to the way people feel about their area. We also need to provide places for people to go, particularly young people. We need to steer them away from anti social behaviour.





**“ Dedicated officers can get to know the people in their patch, and they can be realistic about how to approach particular issues ”**

*Chief Superintendent  
Michael Johnson*

**Q NDC funds four Metropolitan Police officers who are dedicated to the NDC area. What impact do you think they have on crime in the area?**

**A** NDC was unique in having officers dedicated to one area but with the introduction of Safer Neighbourhood teams this is now happening in other areas. Dedicated officers can play a vital role in finding long term solutions to problems. They have the opportunity to get to know the people in their patch, and they can be realistic about how to approach particular issues. By being locally based, not only do the officers know the best times to be in particular locations but the local community know when and where they can find the officers. It's about being part of the community, not apart from the community.

**Q Chief Inspector Paul Morris is a member of the NDC Partnership Board. How do you see his role?**

**A** Paul is a senior member of my team so having him on the NDC Board is an indication of how seriously we take our relationship with NDC. He has several

years of experience and expertise that he can bring to the Board. He can also provide an element of realism in terms of what is happening across the borough. He is effectively a direct link back to me.

**Q Since joining the Partnership Board Paul has re-instated the NDC's Crime Steering Group which brings together senior representatives from partner organisations. What do you think are the benefits of such groups?**

**A** We can't possibly always know what's happening on the ground but these sorts of groups provide a mechanism for finding out what is happening locally. They provide an opportunity for high level representatives, the people who can get things done, to have open and realistic conversations about various issues and how they can be tackled.

Again, it goes back to partnership working and finding ways to be part of the community.

*\*Safer Neighbourhoods, London's most far-reaching community safety strategy offering: neighbourhood-based policing, a dedicated team of officers for each neighbourhood, allowing local communities to get involved in finding local solutions.*





## Camera work

**T**owards the end of last year local residents, through both the Plaistow North Service User Group (PNSUG) and NDC Crime Theme meetings, expressed their concern that CCTV cameras were not working in Lettsom Walk. As a result of these complaints NDC in partnership with Newham Council looked at the problems. All five cameras in Lettsom Walk are now in full working order.

More recently through the NDC Crime Theme meetings, local residents queried why the camera in the car park of Plaistow Station was constantly facing downwards.

Again through discussions with the Council the CCTV is being upgraded.



## Strengthened partnership

**I**n late 2004 Chief Inspector Paul Morris joined the NDC Partnership Board. He is the Borough Liaison Officer responsible for the Metropolitan Police's Performance and Projects Portfolio. Keen to have a representative from the Metropolitan Police on the Board, NDC approached Chief Inspector Morris who was happy to join and continue the successful working relationship that had been created previously.

One of the first things he got involved in was the restructuring of the NDC's Crime Steering Group. The Group brings together the NDC Crime Theme, Metropolitan Police, Newham's Anti Social Behaviour Unit (Community Constabulary), housing representatives and NDC's Neighbourhood Manager on a monthly basis to look at ways to make the NDC area safer and to reduce crime. This partnership working has already produced some good results for the community including more efficient targeting of crime hotspot areas, as well as the closure of an address involved in anti social activities. This group is also targeting more long term problems.



**Figures just released** show a decrease in the number of crimes committed in the NDC area for the fourth year running. Since 2001 there has been a steady decrease in crime as a result of the efforts of the NDC's Crime Analyst and regular intelligence briefings with the NDC Policing Team.

*For further details on any of the above please call Kathryn Featherston on 020 8586 9493.*





## Basketball club ends on a high!

**P**upils from Gainsborough, Manor and Ranelagh schools have been participating in an after school Basketball Club since January.



Organised by Natalie Bailey from Eastlea School and supported by Paul Belcher, NDC Community Sports Coach, they have been playing friendly competitions every Tuesday. "We have seen some high levels of skill and good team play" said Paul. The Club ended with a finals day. All were winners with pupils receiving an 'Olympics 2012' goodie bag and five pupils were presented with basketballs for their sportsmanship. *Free basketball sessions are now taking place every Friday 5.00-7.00pm at Lister Garden Park. Just turn up.*

## Voucher Scheme



**F**ollowing the government's 5 a day directive NDC residents with high blood pressure, cholesterol, diabetes and obesity or on low income are entitled to 13 weeks worth of

**vouchers for fruit and vegetables.** The vouchers are issued after an initial assessment and healthy eating advice if required. They are worth £2.50 each and can be exchanged for good quality fruit and veg from the mobile shop or at any of the food co-ops (see pages 30-31 for times and locations). Home visits for assessments and home delivery are offered to those less mobile.

*For more information contact Debbie Turner, NDC Health Improvement Team, on 020 8586 9493.*

## Health improvement at Lister

NDC's Health Improvement Team (HIT) are planning a new project in Lister School offering staff and pupils counselling support and advice, health information and support for giving up smoking. Working with the school staff, the QUIT project and school nursing service, sessions will run during Wednesday lunchtimes and the afternoon school session. Referrals will be accepted from staff, parents/carers, and pupils can self-refer.

*For further information please contact Jan Chappell, Debbie Turner or Neil Ansell on 020 8586 9493.*

## Exercise for all

Do you fancy taking part in some easy going, fun exercise classes? Then why not pop along to one of the NDC Health Improvement Team's classes which are open to people of all ages and abilities – especially suitable for those who haven't exercised before or who are returning. You can also get some health information and advice. And its free!

**Eastlea Community Lounge**  
Fridays, 12pm – 1pm all year round

**Portway School Hall**  
Mondays, 10am – 11am, term time only

*Both have crèche facilities. For further information or to book a crèche place call Debbie Turner on 020 8586 9493*

## Bingo Caller needed

We are looking for a bingo caller for the RAD Centre, East Road, Thursdays 1pm-3pm. Not only will you be given a free 2 course lunch, you can meet new people and benefit from a range of NDC projects.

We are also looking for volunteers to help out at lunchtime.

*If you're interested please call Kim Mallinder on 020 8586 9493*





## Increasing Sport & Physical Activity Project

**A**s one of the newly appointed community sports coaches nationally I am now more than six months in to post. So what have I done and what is planned for the future? My role is to increase sport and physical activity within the NDC area, which I do in a number of ways. Qualified in coaching football, basketball, badminton and volleyball, I deliver a number of multi-sport sessions within the NDC schools. I also run an after school basketball league, evening multi sports sessions, football clinics and a walking group. Also two half term multi sport programmes have been held at Cumberland and Lister Schools.

As the weather improves and the evenings get longer there will be more activities planned in the parks and multi sports cages at Gainsborough School and Lister Garden Park. These will include, football competitions, school sports days and evening multi sport sessions.

*If you would like further information about any of these activities, have suggestions about other sports that could be delivered or run a club that would like to use me to deliver coaching sessions. Please contact Paul Belcher on 07900 291 412*



|                     |   |
|---------------------|---|
| <b>Gainsborough</b> | multi-sport sessions delivered during school time as well as a lunchtime skipping club. |
| <b>Portway</b>      | multi-sport sessions delivered during school time.                                      |
| <b>Grange</b>       | multi-sport sessions and skipping delivered during school time.                         |
| <b>Curwen</b>       | lunch time football club and after school skipping                                      |
| <b>Star</b>         | after school multi sport club   |
| <b>Eastlea</b>      | after school year 7 football clinic and boccia for disability group.                    |



**Wednesday 1st June – Friday 3rd June  
TURN UP AND JOIN IN!**

**Skipping                  Dance                  Football**  
**Hockey                  Trampolining          Basketball**

Lister School, St Mary's Rd, Plaistow E13 9AE

Year 3-7: 10.30am-12.30pm & 1.00-3.00pm

## NDC Half Term Activities

**NDC** has been running successful half term activity programmes offering children the opportunity to try volleyball, canoeing, cricket, hockey and indoor athletics as well as competing in football and basketball competitions.

*If you would like to contact me regarding any of the above, have suggestions on how we can increase physical activity within the NDC area, or belong to or run a club that needs support, equipment or coaching please call Paul Belcher, NDC Community Sports Coach on 07900 291 412 for a chat.*





## Community Food Enterprise announces 'Volunteer of the Year'

**C**ommunity Food Enterprise (CFE), which receives funding from NDC, held its first ever Volunteer of the Year Award on 16 May in the Longitude Suite at City Airport.

Angela Fields was voted pick of the bunch for 2005 after nominations from customers at the numerous food co-ops established throughout Newham by CFE. In addition, all the other volunteers received a voucher for £25 in recognition of their invaluable help. Angela has been a key volunteer at a CFE co-op for over two and a half years. As part of her prize she also won a weeks holiday in Scotland for two, sponsored by NDC and London City Airport. The panel members



Angela with CFE co-founder & NDC board member Eric Samuel



Wilma Samuel receiving her award from Jim Ludlam, NDC Chair

were impressed by her outstanding dedication, reliability and service to the community.

"I feel really honoured by the Award and am looking forward to the holiday in

Scotland. The biggest reward for me, though, is seeing the positive difference my contribution has made to the community", she said after the award ceremony.

Eustace Bellevue, Chair of CFE, added: "We are extremely grateful for the invaluable support of our 45 volunteers - it is fundamental to the success of our projects. Hopefully the Volunteer of the Year Award, which will now be an annual event, will motivate even more people to get involved in their local communities".

## Launch of National Training Programme for Community Food Workers

**L**eading figures from the Food Access world joined Community Food Enterprise (CFE) at the launch of the National Training Programme (NTP) for Community Food Workers on 25 May in the House of Commons.

The unique training programme, the first of its kind, has been developed specifically for community food workers across the UK. Accredited by the National Open College Network (NOCN), the programme has its roots in the experience of those involved in food access and food poverty projects across the country and in particular, in Newham.

The programme covers topics including: developing a community food project; food poverty; nutrition; social enterprises, cooking and growing skills. Following a successful pilot towards the end of last year in London, Cumbria and Dudley the course will run in

Newham's London Centre of Excellence from September 2005.

Among the guests at the launch was Dr Martin Caraher, Reader in Food and Health Policy at London City University who said: "This training programme shows just what can be done to help both communities and volunteers and demonstrates how the issues of health, education, skills, community engagement and involvement can be harnessed to deliver on national health priorities and also benefit the community. "

The event was organised to raise the profile of the National Training Programme and food access in general.

*For more information about the National Training Programme for Community Workers contact Kate Lucas, National Training Programme Manager on 020 7511 9014 or [kate@community-food-enterprise.org.uk](mailto:kate@community-food-enterprise.org.uk)*





# Your community representatives

Each of the five NDC neighbourhoods - Cranberry Lane Estate, Eastlea, Plaistow North, Rudolph Road and Woodlands - has two community representatives on the board. There are also five NDC-wide representatives.

You can contact NDC board members by calling 020 8586 9493, or email [board@ndfc.co.uk](mailto:board@ndfc.co.uk)

## Cranberry Lane Estate



Eric Samuel



Oluwatayo Longe

## Plaistow North



Shirley Gilbert



Hazel Watson

## Eastlea



Ernest Boama



Jim Ludlam (Chair)

## Woodlands



Liz Ayers



Barbara King

## Rudolph Road



Nicola Barratt



Sophie Gitiba

## Youth



Rebecca Rice





## NDC wide



Sandra Jadama



Jean Ludlam



Kathy Piper



Norman Pirie



Lita Webb

## Non-community representatives



Chief Inspector  
Paul Morris  
Metropolitan Police



Pamela Gardner  
East Thames



Paul Coates  
Community Housing Association



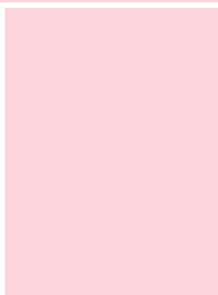
Val Graves  
Newham Primary Care Trust



Ronnie Moodley  
Arhag Housing Association



Bharat Pandya  
Local Business Representative



TBC  
Job Centre Plus



CIlr Regina Williams  
London Borough of Newham



CIlr Neil Wilson  
London Borough of Newham



CIlr Marie Collier  
London Borough of Newham



## Local jobs for local residents

**E**lite, the NDC's jobs brokerage project, have been busy advertising vacancies for staff at the new nurseries in the NDC community resource centres. Foundations for Learning, who will be running the nurseries, as well as others in the local area, have vacancies at various levels. Ruksana Mohammed, the Area Manager at Foundations for Learning said: "Elite have been able to send us a good field of local candidates and as a result we have

**"Elite have been able to send us a good field of local candidates"**

been able to recruit a high percentage of our staff from the local area."

One local resident who was recruited via Elite, Nurhan a qualified nursery officer, started at the Early Years Academy in the first round of recruitment in March this year. In October, Nurhan was promoted to a head of room position at the new hub nursery.

### Dionne Wilkinson-Weeks

Dionne, an experienced playgroup worker with young children registered with Elite in March last year. She was keen to find a job with long term prospects and good opportunities for further professional development and training. Shaheda, her Elite Consultant provided her with one to one advice and guidance about effective job searching and supported her in making a number of applications. Dionne has now secured a permanent post with Foundation for Learning to work at the Early Years Academy in Plaistow Road where she will be supported to work towards her level 3 NVQ.

*For more information about Elite or to talk to an advisor please call 020 7055 3570.*



Dionne and Nurhan at THE hub nursery

### Job opportunities

**Full time or Part Time Childcare with Foundation for Learning at THE hub**

#### **Qualified and Unqualified Nursery Assistants, Qualified Nursery Officers**

required to work in local area. Qualified roles must have NNEB, NVQ 3 EYCE, Cache Diploma Level 3 or equivalent qualification

#### **Full Time Head of Rooms**

To manage a room complying with Health & Safety requirements and ensuring delivery of the Curriculum and effective management of staff in the rooms Must have NNEB, NVQ 3 EYCE, Cache Diploma Level 3 or Equivalent

**Essential:** experience of working in childcare settings

**Desirable:** First Aid & Food and Hygiene certificates

**For more information on any of these positions, contact Elite on 0207 055 3570**



## Elite Case Studies

### Coral Harry

Coral first joined ELITE in September 2002 shortly after reading a leaflet about their services. Coral had been unemployed for nine months and lacked the confidence to look for work because of an ongoing tribunal case with former employers. She felt that it would affect her ability to secure future employment. The rest of the story is told in Coral's own words.

"Once I became a member of the Elite project, Marie Henriques, my careers consultant worked closely with me to overcome the problems with the ongoing tribunal case, whilst simultaneously helping & encouraging me to apply for work. She helped me with my CV and also put me on a number of courses to help build my confidence to attend interviews. She helped me explore further education courses to improve my prospects of achieving my goals.

"Within six weeks of attending Elite, I was offered a job as an income officer for a Housing Association in Hammersmith. Just over a year later, I was promoted to principal income officer. This was a temporary post, so when it came to an end I decided to look for a job nearer home.

"Once again I returned to Elite and began actively job searching. To my joy, I was recently offered a senior manager position at a Housing Association in Liverpool St. I will be the second most senior person in my department.

"I hope this encourages others within this community to believe and trust in your own abilities. I found success and so can you!! Whilst Elite was designed to help & encourage members of our community to find work, they do so much more than that, they help people to rebuild their lives. "

### Kirt Davis

Kirt first approached Elite in April 2004 after receiving literature through his door about their services. Kirt was an experienced pastry

chef but was unable to obtain permanent employment and had spent several years working short term contracts through agencies. Kirt felt undervalued in his workplace although he was highly skilled. Elite were able to help Kirt market himself more effectively to employers by updating his CV and ensuring that it highlighted his key skills. He was also given help via Elite's job matching services and supported with advice on successful negotiation in the workplace. With this support, Kirt was able to obtain employment as a pastry chef on a six month contract. With the help of a careers advisor he eventually found a permanent position as a head chef in a well known restaurant in London. Kirt's income has substantially increased with this position and he has a real opportunity to enhance his career prospects in this new role.

### From Babyhood to Preschool

The Foundations for Learning Partnership Limited

**Spaces available at THE hub nursery for 0-5 yrs**

123 Star Lane, Canning Town E16 4PZ

**8am to 6pm Monday to Friday**

We offer a supportive, caring and secure learning environment and nursery education of the highest quality. This is because a healthy attitude to learning, the self-confidence that comes from a secure environment, and warm and understanding relationships are the Foundations for Learning that every child needs to develop in the critical first five years of life.

Please call 020 8472 8700 to speak to someone about your childcare needs today!





## Interpreter Training

**I**n March the first crop of graduates from the NDC funded Interpreter Training Programme received their qualifications at a small ceremony attended by the current group of learners, NDC staff and Jaimin Patel of Newham Language Shop.

Presenting the newly qualified interpreters with their certificates, Jaimin said: "This inspiring and energetic project both directly benefits the community and provides local bilingual residents with an opportunity to turn their natural abilities into a fulfilling and profitable career."

The second round of the course is now underway. In addition to undertaking the main Open College Network Community Interpreting course, the 16 Newham residents, most of whom live in the NDC area, are sharpening their language, study and communication skills, and will take part in post-course workshops that will help them find work as community interpreters.

*The third round of the NDC-funded project, begins in September; please call Tim Thornton on 020 7247 2944, or email [makingtraining.work@virgin.net](mailto:makingtraining.work@virgin.net) to find out more.*

## Discover volunteer success

**L**ocal resident Anne Among volunteers at the children's story-building centre in Stratford. Discover is a hands-on creative centre where children 0-8 years old play and create their own stories on the specially designed Story Trail.

It's on this Story Trail that Anne has managed to get back into the swing of working having taken time off to raise a family.

Anne's aim when she first came across NDC was to work with children, never thinking she would end up in a place like Discover. Every day she has to tackle the wobbly bridge over the sparkly river and pass the giant's foot.

NDC has helped to make sure she has childcare for the two days a week she's at college. As well as gaining hands-on skills through the volunteering programme, she is also working towards a NVQ qualification in Childcare.

There are so many new things happening to her that are changing the course of her life. She

is meeting new people, mixing with a multi cultural community, gaining new skills and making new friends. And the greatest reward of all is seeing a child's smile as he or she enjoys playing on the trail.

"It makes me so happy when I'm working on the Trail and a child wants my help to build a story. I feel so proud that I have the ability and skills to help nurture the children. The children give so much joy and the more they interact the more you as a story builder get to play and encourage them."

*For more information call Discover on 020 8536 5564 or visit [www.discover.org.uk](http://www.discover.org.uk)*



## Improving buildings

**T**he programme of improvements taking place in the NDC schools, with funding from London Borough of Newham and NDC, have been progressing well since we reported in the last issue of NDC News.

### Eastlea Community School

A new one storey building with theatre, drama and music teaching spaces, (opposite) as well as the refurbishment of the existing sports hall will be completed this summer.



Eastlea Schools' creative and expressive arts block will officially open in July



### Gainsborough Primary School

The provision of a new multi-purpose hall, kitchen, lift system with disability

access and new classrooms is on schedule for completion this summer.

### Grange School

Work to create new classrooms, IT suite, library and multi purpose assembly hall is now complete. Sir Robin Wales, Mayor of Newham will officially open the new building later in May.

### Portway School

The package of improvements that include the construction of new classrooms, disability access and enhancements to the school boundary is well underway and is expected to be completed towards the end of the year.



### Star Primary School

Works to provide a new extension which will house an Early Learning Centre began in April and are expected to be complete by the winter.

## Improving results

**S**econdary schools across the borough of Newham have made continuous improvements in their Key Stage 3 results, according to figures published in March by the Department for Education and Skills (DfES).

More students achieved at least level 5 in English, achieving a borough-wide average of 63%, up from last year's 55%. In maths, 62% of students gained at least level 5, up by 2% from the previous year.

Schools Minister, Stephen Twigg, singled out Eastlea Community School for praise as the school was ranked 15th in the top 100 fastest improving schools in the country.

Sir Robin Wales, Mayor of Newham said: "Schools in Newham are continually improving and this is down to the staff working tremendously hard to provide the best opportunities for their students,"

Primary schools have also seen improvements in the past year. Four out of the five NDC schools gained Key Stage One results above the Newham average in reading, writing, maths and science.

And in Key Stage Two all NDC schools achieved results above the Newham average for English. Two NDC schools gained above the Newham average in maths and three in science. All NDC schools showed Value Added gains at Key Stage Two.





## Grassroots

**N**DC's newest resource centre is just about to open! Work on the innovative Grassroots centre is pretty much complete, and the tenants will begin to move in to the building in May 2005.

Children who attend Gainsborough School and the NDC play forum came up with the name which reflects the childcare services on offer. The fully equipped building will contain a 38 place nursery and a 15 place crèche, and will include two built-in outdoor play areas for use by children in attendance.

Other facilities within the centre include

- A multi-purpose community hall with full audio visual capabilities; ideal for community activities and training,
- A healthy eating café operated by NDC funded Community Food Enterprise serving freshly made produce
- An outdoor south facing terrace with a clever interactive water feature



- An operational hub and administrative offices for the Sure Start programme which brings together early education, childcare, health and family support
- A base for the local police team.

Like THE hub, NDC's other community resource centre, Grassroots will have energy efficiency features to maximise the use of natural light and heat, and reduce the ecological impact of the building.

*Watch out for information on the launch of this great new local resource. For more information contact Colm Lacey at the NDC offices on 020 8586 9493.*

## Homezones

**W**ork on the Rudolph Road Homezone is progressing well.

Homezones are about changing the priority in the street towards the pedestrian and children in particular. This is achieved by changing the layout of the road space, pavements and junctions to force drivers to slow down. Improvements in the Rudolph Road area include high quality paving and surfacing, extensive tree planting and extended 'social space' allowing a space for interaction.

The Homezone scheme will continue into Autumn 2005 and will include a much needed redesign of the garden areas of Tibbenham Walk and Given Wilson Walk to incorporate a play area, new landscaping and extensive resurfacing.

Local residents have been highly involved in the development of this scheme, and the latest to join in are a new gardening group – 'The Green Triangle Gardening Club' – who plan to manage and maintain the special



planting and community gardens created as part of the Rudolph Road Homezone. (see page 34 for details)

The Cranberry Lane Estate has also received the Homezone treatment in the past few months, and work is now very close to completion. This work was carried out in partnership with Newham Council, East Thames Group and Solon Housing Association and, much like the Rudolph Road scheme, features new road and parking layouts designed to slow traffic along with new play areas, redesigned communal spaces and new seating.

*For more information on Homezones contact Colm Lacey on 020 8586 9493 or [colm.lacey@ndfc.co.uk](mailto:colm.lacey@ndfc.co.uk).*





## These routes were made for walking

Our latest improved route through the NDC area is almost complete. The new scheme at Grasmere Road is a shared surface route which features high quality light stone surfacing, striking granite boulders, new bollards, seating and landscaping along its length.

The new path forms part of an improved pedestrian and cycle network which runs throughout the entire NDC area, and is designed to make the different neighbourhoods and community resources easier and safer to access.

For more information on any of these improvements please contact Colm Lacey or Paul Schafer at NDC on 020 8586 9493.

## Woodlands SUG success

More than 50 people turned out for the Woodlands Service User Group (SUG) meeting on 9 May. The meeting started with a tour of Grassroots, the new community resource centre in Memorial Park, providing a unique opportunity to see inside this state of the art building before it is open to the public. Back at the meeting, community safety was top of the agenda with some residents expressing their concerns about anti social behaviour around West Ham Station. As a result the Neighbourhood Management Team immediately arranged for Newham's Together Bus to be parked in Memorial Avenue to hear resident's concerns about crime in the area. Well done to Neighbourhood Management and Community Involvement Teams for such a successful meeting.



## Get your creative juices flowing

**R**esidents of the Eastlea area cannot fail to have noticed the fantastic new illuminated sign on the southern wall of Eastlea School at Exning Road. The sign is on a very large scale, and its legend 'being successful and feeling successful' reflects the aspirations of the school and its pupils.

Similarly, residents of Plaistow North will have noticed the improvements for the pathway connecting East Road and Park Grove, known locally as Witches Passage. (below.) New paving and lighting have brightened up this previously dark alley, and new railings commemorating the achievements of local sportsman Edward Harry Temme are just about to be installed.

Both of these projects were designed in conjunction with the NDC Environmental Arts Group, a group of local residents who meet regularly to discuss arts improvements to the local area.

The arts group is open to all, and you don't need to have had previous experience of design or working with artists. All you need to bring is ideas and enthusiasm! *For more information contact Paul Schafer on 020 8586 9493.*





# Directory of NDC services and meetings

*(All details were correct at time of publication)*

## Board Meetings

All board meetings are held at 7pm at the NDC offices, 1 London Road, Plaistow E13.

- Tuesday 24 May
- Tuesday 28 June
- Tuesday 26 July
- Tuesday 23 August
- Tuesday 27 September
- Tuesday 25 October
- Tuesday 22 November

## Service User Group (SUG) Meetings

SUG meetings involve members of the community and local service providers (council departments, landlords etc). If you would like to have a say on how local services are delivered in your area you can attend one of the meetings listed below.

### Rudolph Road SUG

Monday 31 May at NDC offices - 1 London Road, Plaistow E13  
*Meeting starts at 6.30pm*

### Cranberry Panel

These meetings cover the same sort of issues as a SUG meeting. All meetings are held in the Cranberry Community Centre, Cranberry Lane Estate E16 and will start at 10.30am

Future dates to be confirmed.

## NDC Theme Group Meetings

Are you interested in having a say in the way NDC money is spent in your area? Do you want to know about new projects and activities where you live? If so, come along to one of the theme group meetings listed below. *All meetings take place at the NDC offices, 1 London Road, Plaistow E13 .*

### Crime

*All meetings start at 6.30pm*  
Tuesday 19 July  
Tuesday 20 September  
Tuesday 15 November

### Health

*All meetings start at 6.30pm*  
Thursday 26 May  
Thursday 28 July  
Thursday 29 September  
Thursday 24 November

### Economy & ICT

*All meetings start at 6.30pm*  
Wednesday 13 July  
Wednesday 7 September  
Wednesday 2 November

### Education

*All meetings start at 6.30pm*  
Tuesday 12 July  
Tuesday 13 September  
Tuesday 8 November

## Food co-ops in the NDC area

**Fridays 3.00pm – 4.00pm, term time only**

Star School, Eastlea E16

**Saturdays 9.30am – 11.30am**

NDC offices, 1 London Road, Plaistow E13

*Community Food Enterprise run co-ops in other parts of Newham. For further details call CFE on 020 7511 9014 or visit*

*[www.community-food-enterprise.org.uk](http://www.community-food-enterprise.org.uk)*





# Mobile Food Store

**T**he mobile food store stocks a wide variety of fresh fruit and vegetables along with a selected range of essential items such as fresh milk, baby foods and nappies.

Residents living in the West Ham Community Forum area can also place orders online at [www.community-food-enterprise.org.uk](http://www.community-food-enterprise.org.uk) For more details call Community Food Enterprise on 020 7511 9014.

*Listen for the Oranges & Lemons jingle!*

## MONDAY

|                   |                                     |
|-------------------|-------------------------------------|
| 10.00am – 11.00am | Paragon Close E16                   |
| 11.30am – 12.45pm | Cranberry Lane Estate, E16          |
| 1.00pm – 1.30pm   | Eastlea School, E16                 |
| 2.45pm – 3.45pm   | Ranelagh School, Ranelagh Road, E15 |
| 3.45pm – 4.15pm   | Violet Court, E15                   |

## TUESDAY

|                   |                          |
|-------------------|--------------------------|
| 10.00am – 10.30am | Pretoria Road, E16       |
| 10.30am – 11.00am | Beaconsfield Road, E16   |
| 11.00am – 11.15am | Chester Road, E16        |
| 11.30am – 12.00am | Sutton Road              |
| 1.15pm – 1.45pm   | RAD Club, East Road, E15 |
| 2.00pm – 2.30pm   | Chadd Green, E13         |
| 2.45pm – 3.45pm   | Hamilton Road, E15       |
| 4.00pm – 4.15pm   | Celandine Way, E15       |

## WEDNESDAY

|                   |                                    |
|-------------------|------------------------------------|
| 10.00am – 10.30am | London Road, E13                   |
| 10.30am – 11.00pm | Florence Road E13                  |
| 11.15pm – 12.00pm | Didsbury Centre, Didsbury Road, E6 |
| 1.30pm – 2.45pm   | Ascot Hall, Star Lane, E16         |
| 3.00pm – 3.45pm   | Portway School, Park Road , E15    |
| 4.00pm – 4.15pm   | Libra Road, E13                    |

## THURSDAY

|                   |   |
|-------------------|---|
| 10.00am – 10.45am | Bluebell Ave., Manor Park, E12                                      |
| 11.45am – 12.15am | Hathaway Crescent, Manor Park, E12                                  |
| 2.00pm – 4.00pm   | Sure Start Thamesview, Sue Bramley Centre, Bastable Avenue, Barking |

## FRIDAY

|                   |                                   |
|-------------------|-----------------------------------|
| 10.00am – 12.00pm | Durning Hall, Forest Gate, E7     |
| 1.15pm – 1.45pm   | St. Johns Centre, Albert Road E16 |
| 1.45pm – 2.15pm   | Astra Centre, Drew Road E16       |
| 2-30pm – 4.00pm   | Grange School, Suffolk Road, E13  |





## Health Improvement Team Outreach Services

The Health Improvement Team offers a range of services throughout the NDC area.

### Counselling & advice sessions

**Mondays 10.00am – 12.00pm**

NDC Offices, 1 London Road, Plaistow E13

**Tuesdays & Thursdays 9.30am – 12.00pm**

Greengate Surgery, Plaistow E13

**Fridays 9.30am – 12.00pm**

Star Lane Medical Centre, Eastlea E16

For more details contact Jan Chappell on 020 8586 9493.

### Health screening & advice services

A number of sessions are held across the NDC area. For details on times and locations call Neil Ansell or Ann Kavanagh on 020 8586 9493.

### Healthwise

Sessions offering nutritional advice, exercise, health screening and advice.

**Mondays 10.00am – 12.00pm**

Portway School, Plaistow North E15

**Fridays 10.00am – 12.00pm**

Granwell Social Club, Plaistow E13

**Fridays 12.00pm – 1.00pm**

Eastlea School, Hilda Road E16

For more details contact Deborah Turner on 020 8586 9493.

### Health Advice & Counselling Support Sessions

Held at Lister School for pupils, staff and local residents.

**Wednesdays 12.30pm - 3.00pm**

Contact Jan, Neil or Debbie on 020 8586 9493 for more details.

### Men's Health Screening

Health screening includes monitoring blood pressure, cholesterol, blood sugar and full health assessment.

A number of sessions are held across the NDC area. For details on times and locations call Neil Ansell or Ann Kavanagh on 020 8586 9493.



### Elite advice surgeries

Offers advice on training and employment issues. For more information call 020 7055 3570.

**Alternate Wednesdays 2.00pm – 4.00pm**

Cranberry Community Centre, Cranberry Lane  
Drop in or appointments via reception on 020 7055 0965.

**Thursdays 10.30am – 12.30pm**

NDC Office, 1 London Road, Plaistow  
Drop in or appointments via NDC on 020 8586 9493.

**Thursdays 2.00pm – 3.30pm**

Plaistow Job Centre, Balaam Street  
Drop in only.



### Over 50's lunch club

**Mondays 1.00pm – 3.00pm**

Eastlea School, Hilda Road E16

**Tuesdays 12.00pm – 1.00pm**

RAD Club, East Road E15

**Wednesdays 12.00pm – 3.00pm**

Ascot Hall, Star Lane E16

**Thursdays 12.00pm – 3.00pm**

RAD Club, East Road E15

**Fridays 12.00pm – 3.00pm**

Ascot Hall, Star Lane E16

For more information contact Kim Mallinder on 020 8586 9493.





## MP's Surgery Details

**Y**our local MP's hold regular surgeries offering you the opportunity to discuss issues that are of concern to you.

### Lyn Brown MP West Ham

*Recently elected. Surgeries to be confirmed  
Call 020 7219 6999.*

### Jim Fitzpatrick MP Poplar and Canning Town

**Canning Town surgeries:** 1st Friday of every month, 3.30pm - 6pm at Community Links, Barking Road, Canning Town.

**Poplar surgeries:** 2nd and 4th Friday of every month, 4pm - 7pm at Tussler Hall, Grundy Street, Poplar (opposite Chrisp St Post Office).

*To make an appointment to attend the surgeries call 020 7536 0562.*

## Free and Confidential Advice Service from Community Links

We give independent and confidential advice on:

- **Welfare Benefits & Tax Credits** Why not have a benefit check? You might be missing out on money you're entitled to.
- **Debt and Money Advice** We can give confidential advice on dealing with rent arrears and help in negotiating with creditors.
- **Housing Rights** Get advice on a range of housing matters including rent arrears, tenant's rights, repairs and preventing eviction.

You can book an appointment at one of the following locations by calling the number listed and asking for an appointment to see the Adviser or by going along to the outreach venue and asking for an appointment.

**North Canning Town Sure Start** *The Old Surgery, 1 Comyns Close, E16* For parents/carers of children under the age of 5. Drop-in-service, no need for an appointment Phone **020 7473 5610** for information

**Cranberry Community Centre** *Cranberry Lane, off Manor Road, E16* **020 7473 9684**

**NDC Office** *1 London Road, Plaistow, E13 (behind Plaistow Station)* **020 8586 9493**

**Lister Community School** *St Mary's Road, E13* **020 8471 3311** ask for the school receptionist who can book you an appointment to see the Adviser

**Respite Unit at the Brooks Estate** *E13*

*For residents of the estate only* **020 7473 9684**

**Balaam Street Practice** *113 Balaam Street, Plaistow, E13* **020 8472 1238** - only for patients registered at this GP practice

**Dr Samuel & Partner GP Surgery** *97 Stopford Road, Plaistow, E13* **020 8472 3846** - only for patients registered at this GP practice

**Dr Samuel & Partner GP Surgery** *60 - 62 Stephens Road, Stratford, E15* **020 8534 2040** - only for patients registered at this GP practice

**The Project Surgery** *10 Lettsom Walk, Plaistow, E13* **020 8472 5234** - only for patients registered at this GP practice

**Greengate Medical Centre** *497 Barking Road, Plaistow, E13* **020 8471 7160** - only for patients registered at this GP practice





# Directory

## Diary dates at

### Tuesdays

1.30 – 3.30pm Sure Start Health Group

### Wednesdays

10.00-11.00am Walking group

1.00 – 1.30pm Mobile Food Store

9.30 – 11.30am Health Clinic, Free health checks and advice in Jetsol Pharmacy

### Thursdays

9.30 – 11.45am Tumble Tots

12.00 – 3.00pm Sure Start Rhyme Time & Parachute Play

7.00 – 10.00pm Bingo

### Fridays

10am to 4pm Move IT

6.00 to 7.30pm Karate Club

### Saturdays

5.00 to 8.00pm East London Eritrean Group (Meets twice a month)

### Events coming up:

3 June Volunteer Week

21 June Refugee Week

23 July Recycling event, Swap or Buy Day

*For more details on any of the above call THE hub on 020 7473 5249*

## The Green Triangle Gardening Club



Come and join our newly formed community gardening club in the Rudolph Road area. We are looking for new members and for a club secretary.

We have loads of ideas and are getting advice from NDC regarding funding for equipment, training, trips etc.

You can spend as much or as little time as you want, and you don't even have to live in the Rudolph Road area.

Just give Sandra a ring on 020 8586 9232, we'd love to hear from you.

## Opportunities in Childcare and Childminding

NEWTEC's East London Childcare Institute is a unique initiative – combining early years and childcare training with business support, employability skills and a jobs agency.

We are now offering three short courses to NDC residents: Introduction to Childminding Practice; Business Skills for Childminding; and Introduction to Working with Children. All courses are free, delivered through local venues and are supported by an on-site crèche in case you need childcare while you're learning.

To join a course or for more information, call Sharon or Julie on 020 8519 5843

Email: [enq@newtec.ac.uk](mailto:enq@newtec.ac.uk)

Website: [www.newtec.ac.uk](http://www.newtec.ac.uk)



**LONDON DEVELOPMENT AGENCY**



## The NDC Walking Bus

**Come and join NDC's Walking Bus, a safe and healthy way to get your children to school.**

### The route

**8.30am** East London Cemetary

**8.35am** Opposite 300 Grange Road

**8.40am** Opposite FIRAT Newsagents

**8.45am** Lester Avenue

**8.50am** Gainsborough School

A Walking Bus is a great way for your child to exercise, have a chat with their mates and gain some independence and awareness of their local environment.

The bus will be led by 2 NDC staff every Wednesday morning. The long-term aim is for the bus to be run by parents / volunteers and operate more frequently.

To find out more, or to reserve a one of the 10 place for your child, call Paul Belcher on 07900 291 412.



# Get Involved

**Community Involvement Team (CIT)**  
 What we can do for you

CIT encourages and supports the involvement of residents in the NDC programme and community life by:

- Keeping you informed about the range of NDC projects and activities
- Letting you know how you can get involved
- Helping you play an active part in your community
- Providing free training, advice and support
- Funding your ideas through the Community Initiatives Fund (CIF)
- Encouraging the whole community to get involved

For more information about New Deal for Communities (NDC) and how you can get involved contact the Community Involvement Team (CIT)

West Ham & Plaistow NDC  
 1 London Road  
 London  
 E13 0AT  
 Tel: 020 8586 9493  
 Fax: 020 8586 0691  
 E-mail: cit@ndfc.co.uk  
 Web: www.ndfc.co.uk





# Bringing FREE computer training to your doorstep

Move IT is a free mobile training service, with interactive software, individual support & free resources

## Come on board. Courses in:

- Computing for beginners & intermediates
- Internet skills
- Web design
- Touch typing
- Music production (coming soon)
- Video editing (coming soon)
- OCR New CLAIT Certification
- BBC Becoming Webwise Certification

Move IT is not just a training service, it also offers flexi-time where you can use the services at your own pace and discretion.

## Move IT is located at the following points between 10am and 4pm:

**Mondays:** Stratford Road

**Wednesdays:** London Road, Plaistow

**Thursdays:** Hamilton Road

**Fridays:** THE hub, Star Lane

## For more information

call **Mohammad** on 07971250701,

email: [move.it@ndfc.co.uk](mailto:move.it@ndfc.co.uk)

or pop along to one of the locations.

Look out for the Move IT van in your area.



## Rayner's Deli at

Pop in for breakfast, lunch or a light snack

- Tea
- Cappuccino
- Hot chocolate
- Coffee
- Latte
- Cakes & pastries

Why not try something from our home-cooked lunch menu? Everything is freshly cooked each day.

- Shepherd's pie
- Spaghetti Bolognese
- Steak sandwich
- Jacket potatoes
- Sandwiches / baguettes
- Toasted sandwiches... and more

*We also cater for local meetings and events.*

Pop in and see us. Mon – Fri 9am to 5pm

**Rayner's Deli, THE hub,**

**123 Star Lane,**

**Canning Town E16 4PZ**

**Tel: 07903 810007**

# Map of the NDC area



The West Ham and Plaistow New Deal Partnership are supported by:

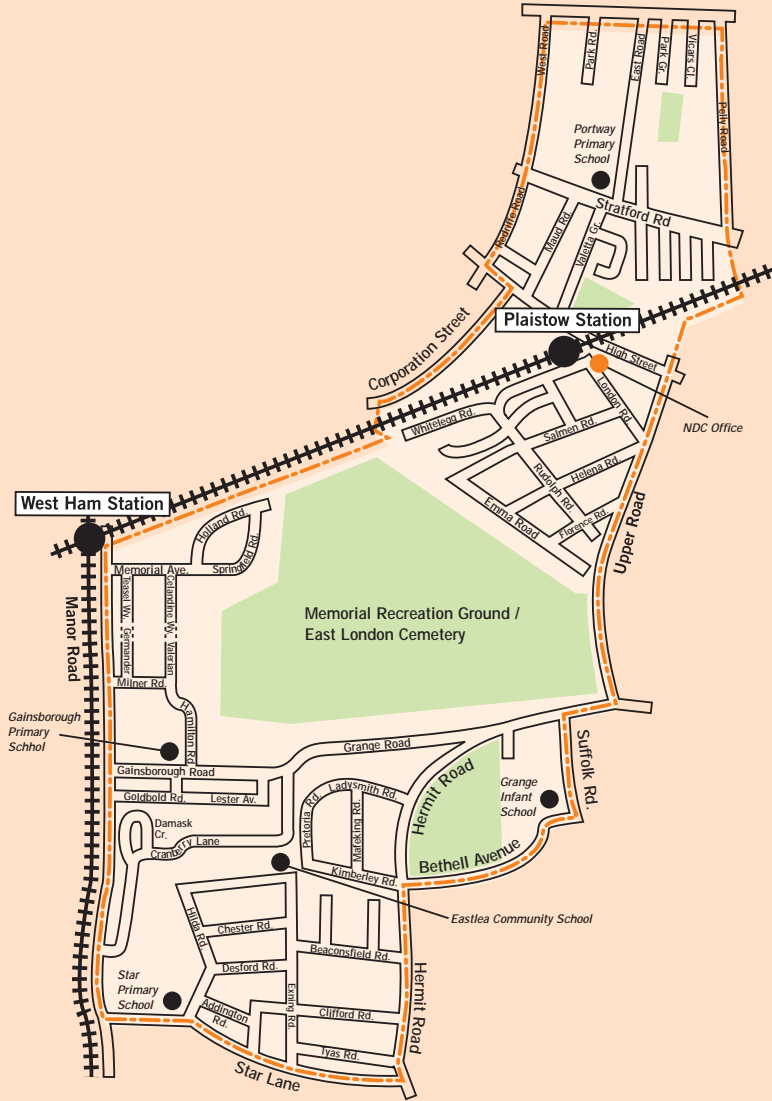
- London Borough of Newham
- East Thames Housing Group
- Newham Primary Care Trust
- Community Housing Association
- Metropolitan Police
- Job Centre Plus
- ARHAG Housing Association
- Sure Start

Our offices are at:  
**1 London Road**  
**Plaistow**  
**London**  
**E13 0AT**

You can contact any member of the NDC team by telephone on:  
**020 8586 9493**

If you know the name of the person you wish to contact you can email:  
[firstname.lastname@ndfc.co.uk](mailto:firstname.lastname@ndfc.co.uk)

Find out the latest news about NDC and what's happening in your area by logging onto our website:  
[www.ndfc.co.uk](http://www.ndfc.co.uk)



Monday - Friday  
 9.00am - 5.00pm



WPN/1/05

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