

Monthly

NEWSLETTER

November 2022



Together anything is **POSSIBLE**

www.PSBL.org.uk

DIRECTORS VOICE

Darker nights, as the clocks go back

Darker nights are here following the clocks going back an hour last weekend. I can never quite remember whether the clocks go back or forward but an easy reminder is if we remember the seasons, in Spring the clocks 'spring forward' while in Autumn they 'fall back'.

As we enter the month of November we must put safety first for firework night on the 5th. This fun event may be frightening for elder neighbours and pets - respect those in your neighbourhood.

Through this month, we'll be highlighting the threat of Islamophobic hate crime, as well as promoting the positive contributions of British Muslims in the community. Find out more what Newham are doing this month, www.newhamiam.org

On Friday 11th November Remembrance day is observed in the Commonwealth since the First World War to honour those who lost their lives in the line of duty. www.newham.gov.uk/events/event/15/newham-remembers-armistice-day-and-remembrance-sunday-2021



Mental health and Wellbeing is a key priority for PSBL and this month see's the importance of men's health awareness. Branded as 'Movember' men are encouraged to grow a moustache in support and to raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide. The Movember foundation runs the Movember Charity events to find out more and how to fundraise go to www.uk.movember.com/about



Hoping to keep in touch with you on our Social Media: [LinkedIn](#), [Instagram](#), [Facebook](#), [Twitter](#)

Sheba

Sheba Choudhury
PSBL Director

FESTIVAL OF LIGHTS - DIWALI EVENT



Our Diwali festival of lights event at New City Family Centre was a huge success, everyone had a great time! Local residents were able to participate in clay candle painting activities and eat delicious food while discussing what they would most like to see in Plaistow South and how we can all work together to achieve this.

A local card seller was given the opportunity to promote her new business by selling beautiful handmade Diwali cards, which you can buy from her Instagram page [@luckyvscreation](https://www.instagram.com/luckyvscreation) (Pictured below)



PLAISTOW RESIDENT GROUP FACE TO FACE MEETING

Plaistow Residents group are an active WhatsApp group that began during lockdown. They have started hosting Face to Face meetings and earlier in October they held one in Plaistow Fire Station Community Room where local residents and groups discussed ideas, concerns and events. They plan to continue to meet in person and hope to arrange another get together before the end of the year.



The WhatsApp group currently has 105 members, to join use this link: [www.:chat.whatsapp.com/Du3Ngp9G22s9cn4bt0ddys](https://www.chat.whatsapp.com/Du3Ngp9G22s9cn4bt0ddys)

NEW CITY - UNIFORM SWAP



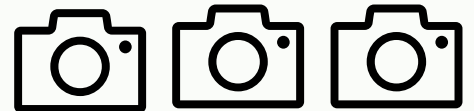
New City will be running a new Uniform Swap Shop every Friday afternoon starting from the 11th November at 2.15pm in the Family Centre. They would very much appreciate and accept donations of good condition, clean and preloved uniform items.

Please hand any donations into the Family Centre. or find out more on their website:



www.newcity.boleyntrust.org/information-for-parents/family-centre

LEARN A NEW SKILL AT ROSETTA ARTS PHOTOGRAPHY COURSE



Rosetta arts are giving people the opportunity to learn photography skills at their affordable classes. The classes provide a welcoming way to explore your artistic side in a comfortable environment. Each session is taught by Hajia Dahiru, professional artist and teacher who has taught in high schools and exhibited her work across London

You'll be taught how to capture the perfect portrait, landscape or subject as well as learning about photography tools like photoshop and a dark room. The photography evening classes start on Tuesday 1st November and run from 5:30pm to 8:30pm for 20 weeks

www.rosettaarts.org/courses/photography-award-level-1-2/

DIGITAL WORKSHOP: FAKE OR REAL NEWS

We had a fantastic morning with Birkbeck outreach and engagement team who ran a 'Fake or Real News? Digital Information Skills Workshop' in our Digital Champions session. We learned how to spot fake news, facts vs. opinions, question our sources and the difference between disinformation and misinformation.

They will be running more workshops like this in Newham across the year - like their online Fake or Real News. There is another workshop online in November for anyone who may like to join - and others available Workshop online in November.

Due to our digital sessions going so well, we have decided to keep running them every Thursday from 10.30am - 12pm with the support of Memorial Community Church. For more information, please contact Malaka at malaka@psbl.org.uk or 07922 712214 or 07922 712215.



Fake or Real online workshop in November www.eventbrite.co.uk/e/fake-or-real-news-digital-information-skills-workshop-tickets-423948199477

SELF - DEFENCE CLASSES - COMING SOON

SELF DEFENCE



PSBL is thrilled to be able to offer FREE self-defence classes to young girls and women.

The goal of the female self-defence classes is to provide a safe environment for local residents to learn that it is their right to defend themselves and how to do so. The sessions will focus on de-escalation techniques as well as active self-defence.

These classes are designed to boost people's confidence in their ability to defend themselves while also reducing fear and anxiety in both women and young girls. More information will be provided as it becomes available, so watch this space!

ASK - 12 WEEK WELLBEING PROGRAMME



Ask, the user led Mental health group will be hosting 12 weeks of wellbeing workshops starting Saturday 5th November. The course is FREE but a commitment to all sessions would be expected by those signing up.

The sessions will be held in Plaistow Fire Station's Community Room at 142 Prince Regent Lane E13 8SG. To find out more/to book contact Joy Dragon on 07944 978977 / Email: askulmhg.info@gmail.com

STRATFORD ROYAL

Stratford Royal held their first in person Community Social in October. PSBL were invited and enjoyed it very much. It was a privilege to join a back stage tour and learn about the work of the theatre. Refreshments followed and attendees were able to network and enjoy, there was even some crafts for both children and adults.



The next social is on Tuesday 22nd November between 11-13.00 which includes a Movement workshop with Sadler's Wells. To find out more about this and other work done by the theatre email them at getinvolved@stratfordeast.com

DROP IN CENTRE COMMUNITY FUNDING OPPORTUNITY



We are delighted to hear that local Plaistow Charity - The Drop in Bereavement Centre has been chosen by Co-op's Good community Causes.

Every Cause has their own dedicated page on the Co-op website where you can find out about the projects. The link to their Profile Page is www.membership.coop.co.uk/causes/66790

NOTICEBOARD

OPEN STUDIO AND PRE CHRISTMAS SALE @SUZANART POTTERY

Come and meet the potters
Buy handmade

**6TH NOVEMBER 2022
11AM TO 4PM
PASSMORE EDWARDS BLDG, 207 PLASHET GROVE, LONDON E7 8QR**
Chance to meet the resident potters

WEEKLY FACE2FACE SUPPORT GROUP FOR MEN

FINDING A WAY FORWARD... Starts 27th October 2022

A Peer Support Group for **Men** experiencing bereavement and/or mental health issues; 7-week evening group programme facilitated by our counsellors Kim & Louisa.

SESSION DATES

October 27th
November 3rd, 10th, 17th & 24th
December 1st & 8th

Thursdays at 6.30pm - 8.30pm

MEETING PLACE

St. Marks Community Centre 218
Tollgate Road, London E6 5YA

TO REGISTER PLEASE CALL

Mobile: 07395 016523

Landline: 0207 511 644

DROP-IN⁺

Bereavement centre

Registered charity number: 1161526

We warmly invite you to come along to join our weekly discussions. A safe space to give and to receive support.



www.thedropinbereavementcentre.co.uk dropinbereavement@btinternet.com

Newham Super Choir
www.newhamsuperchoir.org
Over 60s Community Choir
"Improves my life in every way."

COME AND JOIN US?

- No experience necessary.
- There is **NO** audition, just turn up.
- We sing all sorts of music.
- Singing helps improve your breathing.
- Singing helps mental health.
- Meet new people .
- Work towards performing at one of our events.
- Learn new skills.
- And the first session is Free!

Every Tuesday (during term time.)
10:45 to 12:15
St. Bartholomew's Church,
292b, Barking Road, E6 3BA

For further information visit our website:
www.newhamsuperchoir.org
Or contact: Sovra on 07930 570 687

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