

Monthly

NEWSLETTER

February 2023



DIRECTORS VOICE

The shortest month, with love in the air.

Although February is the shortest month of the year, we are excited about lots of things happening this month at PSBL.

We are again, going to be supporting the Household Support Funding scheme with Newham council. We want to help our community where we can especially during this difficult time of cost of living crisis.

Our self-defence project have been well attended and we are able to offer spaces in February, do book your free space via eventbrite – see flyer below.

Thank you to everyone who completed the consultation survey, as we pause and rest to revamp our plan we want your help! Are you a strategical thinker, good at making decisions, want to make a difference in your community for your community?

We have opportunities for Steering Group Members at Plaistow South Big Local, you will have the very important task of ensuring money is spent in the right projects!



If this is something you're interested in whether to help make a difference in your community or get work experience to boost your CV then please get in touch with me or a member of our team.

We want to get to know you better and what better to bond over a cuppa!

We would like to invite you to our very own Plaistow South afternoon tea party on Monday 20th March- full details can be found in the flyer below.

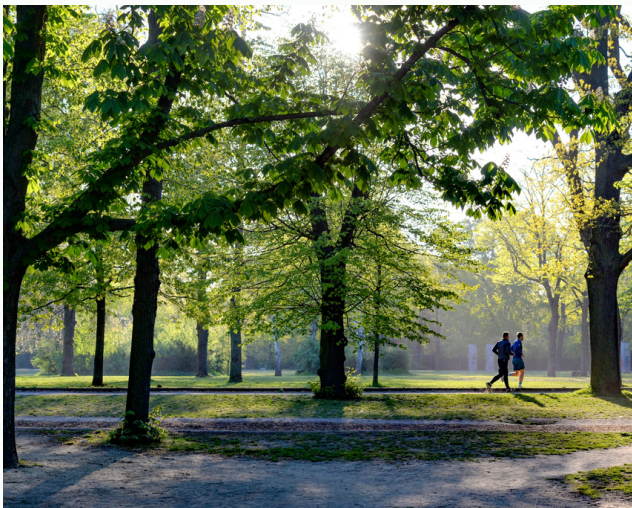
We are looking forward to celebrating internations womes day on 8th of March. Come along and join us over a cuppa as we celebrate success together, See flyer below for further information.

Looking forward to seeing many of you as possible and hoping to connect soon!

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

Sheba

Sheba Choudhury
PSBL Director



STEERING GROUP PANTO



PSBL steering group, Greenway Orchard volunteers and staff were treated to a trip to the theatre to watch the Pantomime Cinderella. Big thanks goes to our friends at Stratford East for making this happen. The show was truly wonderful, a great cast and PSBL even got a shout out much to our surprise! Stratford East - Theatre Royal is an absolute gem in our community and they do so much alongside the shows. Do check out their website for what's happening!

Thank you Stratford East - Fun was certainly had by all!

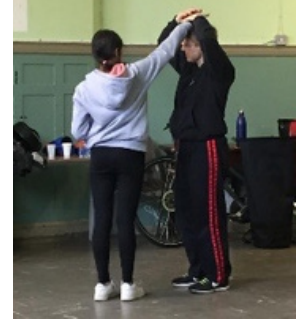
HOUSEHOLD SUPPORT FUND

We are pleased to announce that PSBL have been chosen once again to help Newham Council/ Our Newham Money to distribute much needed help to local residents during this time of crisis. Following on from our work last year, phase 3 of the funding will be given in the form of Tesco shopping vouchers. We are proud to have supported 140 residents in the previous phase. There are a limited number of vouchers available so do get in touch to register your interest by end of the day Wednesday 15 th February 2023 by emailing denny@psbl.org.uk or malaka@psbl.org.uk



SELF DEFENCE

We launched our self-defence project in January after gathering information from the needs of local residents, and we are pleased to see the sessions going really well, with great turnouts and amazing feedback!



Antonella signed up for a four-week course, calling it a "a fantastic initiative" Emma is on her third session and is having a great time; she feels it has helped her mental well-being. Emma has been attending with a friend and says, "The sessions were great!"

Classes will be running across February to March 2023

To book your FREE women and girls's session please do contact Malaka - malaka@psbl.org.uk

JOIN US
FREE BIKE MOT
18TH FEBRUARY 2023
10AM-3PM



HELD AT MEMORIAL COMMUNITY CHURCH, LONDON E13 8AL

WORKING IN PARTNERSHIP WITH BIKE WORKS DR BIKE WILL BE FACILITATING FREE BIKE MOT'S FOR COMMUNITY MEMBERS. ALL ATTENDING WILL GET A FULL FREE BIKE MOT AND A HI-VIS JACKET FOR EACH BOOKING

BOOKING WILL BE REQUIRED FOR ALL ATTENDING. PLEASE BOOK YOUR FREE BIKE MOT APPOINTMENT SLOTS BY CONTACTING MALAKA AT MALAKA@PSBL.ORG.UK



FREE BIKE MOT

PSBL is working in partnership with Bike Works, Dr Bike to provide FREE bike checks on the 18th February 2023 10am-3.00pm to promote and encourage people to use more environmentally friendly, sustainable modes of transportation for their travels and to increase cyclist safety.

Booking is required for all attending; please reserve your **FREE** bike MOT slot by emailing malaka@psbl.org.uk.

All attending will receive a **free hi-vis jacket**.

Venue: Memorial Community Church
395 Barking Road, E13 8AL

GREENWAY ORCHARD – SEN PLAY EQUIPMENT

The volunteers at Greenway Orchard were pleased to take receipt of some wonderful new SEN equipment. This was made possible with funding from Plaistow Community Assembly. The equipment is situated by the gate at Boundary road. The Greenway Orchard is a great place to visit on a winter walk, do pop by on a Thursday between 11-2 to meet the volunteers or contact them at Greenwayorchardgg@gmail.com to find out more.



NEW CITY JUST GIVING

New City Primary School has opened a food bank and uniform store to help families who are struggling financially due to the rise in the cost of living; however, they do require funds to keep this going.

Any donation to New City's food and uniform bank would be greatly appreciated.

Donations can be made via [Just Giving Page](#).

DROP IN BEREAVEMENT GROUP DAY OUT



Drop in Bereavement Centre DIBC provides wellbeing activities to help process the grief journey. They support residents through this most difficult of times. DIBC help to reduce isolation and loneliness especially within elders. Participants can take part in peer support workshops. In 2023 the centre hope to continue their focus on addressing Men's wellbeing.

PSBL recognise the importance of the work done by DIBC and funded a coach trip to Rochester Dickenian Christmas Market for 25 staff and service users.

One attendee said “ **It's not often that I get out at Christmas but this year not only did I manage to get out but I have also made some treasured friends of the DIBC who took me back on a magical Dickenian Christmas of yesterday gone by**”



PLACE OF REFLECTION – COMING TO PLAISTOW PARK!



The Place of Reflection aims to be a carefully designed space that encourages reflection, mental wellbeing, unity and social interaction. Local residents were invited to give their views at Plaistow library at a recent planning session.

The chosen design will take pride of place in **Plaistow Park**, it will serve as a lasting memory of residents who lost their lives due to Covid -19 and in honour of the front line services who supported Newham's most vulnerable throughout the Pandemic. It will be fully inclusive, accessible to all and designed for people of all faith's & cultures.

To learn more about the project email parks@jonsheaff.co.uk

IMMERSIVE DRAMA WORKSHOP



Plaistow Library will be hosting an Immersive Drama Workshop for young people between the ages of 11-16. The library will become a creative space to explore, create and devise alternative futures through theatre, dance & music and what's more it's totally **FREE!**

The sessions will be held on **14th and 15th February at 2-3.30pm**. To find out more go to www.xenogenesis.squarespace.com

NEWHAM VOICES



Great community news including a feature about PEACH - Big local in Custom House.

www.newhamvoices.co.uk/category/good-reads-in-newham/



LGBT+ HISTORY MONTH

LGBT+ History month in February, Newham has a number of events running at venues across the borough.

The programme of events can be found here: <https://www.newhamlgbthistory.org/>.



NOTICEBOARD



Getting to know us better!

it's all about the tea!

Join us and our partners over a cuppa to find out about opportunities in your local area

Monday 20th March 11.30-1.30pm
At the Swift Centre
Next to Memorial Community Church
395 Barking Road, Plaistow, E13 8AL
info@psbl.org.uk
07922 712214

Money advice – Green space projects – Community – Wellbeing - Digital



Together anything is **POSSIBLE**

8 March

International Women's Day

Celebrate your success with PSBL

Make International Women's Day your day and do what you can to truly make a positive difference for women.



Join us for storytelling over a cuppa on Wednesday 8th March 10.30-12.30pm at Memorial Community Church Parker Room 395 Barking Road, Plaistow, E13 8AL

Info@psbl.org.uk
07922 712 215



BRINGING OUT THE VOICES IN THE COMMUNITY



PSBL WOULD LOVE TO HEAR FROM YOU

Our steering group meetings are held very month, usually on 3rd Thursday between 6-8pm. The meetings are open to the public especially Plaistow South residents.

CONTACT US

info@psbl.org.uk
www.PSBL.org.uk



SELF DEFENCE CLASSES FOR WOMEN AND GIRLS



Supporting women and girls to improve their confidence and awareness when protecting themselves

4 WEEK COURSE
WOMEN 18+ (Free Childcare)
DATE: FEBRUARY 2023
MONDAY 06TH/20TH/23RD/27TH
VENUE: FAMILY CENTRE - 1.15PM
NEW CITY PRIMARY SCHOOL
TUNMARSH LANE
LONDON
E13 9NE
TIME: 1.30-2.30PM

GIRLS 11+
DATE: FEBRUARY 2023
SATURDAY 04TH/11TH/18TH/25TH
VENUE: SOUTH HALL 1.45

MEMORIAL COMMUNITY CHURCH
E13 8AL
TIME: 2.00-3.00PM



FOR MORE INFORMATION CONTACT
MALAKA@PSBL.ORG.UK / DENNY@PSBL.ORG.UK
07922 71214 OR 07922 71215



Together anything is **POSSIBLE** www.PSBL.org.uk



Get Digital Help | Give Digital Help

at Plus Centre, Memorial Church, Plaistow
395 Barking Road, London E13 8AL

We can support with:

- Booking GP appointments
- Creating email accounts
- Drafting emails
- Order your online shopping
- Connecting with family members
- Supporting you to learn new skills
- Computers are also available for general use for anyone who needs them but does not require specific support or coaching.



Regular sessions will be held every Thursday from 10.30 - 12.00pm
*Saturday Drop-in sessions are from 5:30-7pm

For more information contact: malaka@psbl.org.uk
07922 712214 or 07922 712215
www.PSBL.org.uk/digital-inclusion



SEND SURGERY

Your space to ask advice about SEND services.

Please book an appointment at SEND Surgery if you are a newham parent or carer of a child or young person, aged 0-25 years, and you need advice and guidance about the following:

- EHCP plan
- Social Care
- Therapies
- SEND Travel Assistance
- Family Support
- General Info

To attend, please book 1 ticket only via the eventbrite links below so that we can continue to support as many families as possible.

Dates for this term are:

- Wednesday 18th January 2023
<https://www.eventbrite.com/e/414597390957>
- Wednesday 22nd February 2023
<https://www.eventbrite.com/e/510568172147>
- Wednesday 22nd March 2023
<https://www.eventbrite.com/e/510569205237>



Our General Info sessions are a great option if you are unsure about the different services available. Sessions are 15 minutes and run between 10am-12pm. Representatives from Newham Parents Forum are available to support parents and offer further information about their role. If you would like additional support in requesting an appointment, please contact: 07495 021 062 or info@newhamparentforum.co.uk



FAITH & HOPE MINISTRIES CHARITY DAY

@FHMCOGOP

What Is It?

Faith & Hope Ministries COGOP presents its charity day where we give away **FREE CLOTHES** to those who are in need.

Date:
Tue 28 Feb '23
11 AM - 1 PM

Location:
Lenwood Hall (via Big blue gate), Coronation Road, Plaistow, E13 9QB, London.
Closest Tube station:
Upton Park. Bus: 376

Items Available:
Women's Clothing
Men's Clothing
Children's Clothing

Light refreshments will be provided

We accept clothing, food, drink and financial donations too

Pastor Elijah 07958705421 | admin@faithandhopeministries.org.uk
www.faithandhopeministries.org.uk
 Registered charity number: 287868

Please get the free Studybugs app for reporting your child's absence due to illness.

<https://www.studybugs.com>

New City Family Centre

Free Services for Families and Children Under 5

January - July 2023

New City Family Centre, New City Road, Plaistow E13 9PY
020 8325 4546

Monday
Rhyme Time
9am - 9.30

Women Only Self Defense
1.30pm - 2.30pm
(Booking only)

Wednesday
Parents Coffee Morning
8.50 - 9.30

Centre Manager
Miss Wendy Rainer
DSL
Family Support
Miss Allison Dolan

Tuesday
Parent & Toddler
9am - 10am

Thursday
Dance Fit
9am - 9.45
(Please arrive promptly)

Friday
Sensory Time
9am - 10am

Food Bank & Uniform Swap Shop
2.15 - 2.40
(No referral Needed)