

Monthly

NEWSLETTER

June - 2023



Together anything is **POSSIBLE**

www.PSBL.org.uk

Directors Voice

It's June already! Half way through the year, Where has this year gone!

As we approach the warmest season, with long sunny days and outdoor fun, we have lots to celebrate. With Fathers Day approaching, Eid-ul adha at the end of the month, the UK's annual celebration of volunteers and world environment day, there is lots to celebrate including Councillor Joy Laguda 25 years' service to the Community of Plaistow, we thank you!

By popular demand this week we see the relaunch of our women's and girl's self-defence sessions, for **bookings see flyer** on our noticeboard.

There's plenty happening! hope you enjoy the read.

Another busy month with celebrating the kings coronation party at the greenway orchard which was an absolute amazing event, thanks to Green Gym for co- hosting the event and to all those who attended!

We would also like to wish all Dads a lovely happy Father's Day, which includes all those wonderful Step Dads and Father figures!

We marked mental health awareness week by wearing Green and inviting Rashida of Rightly Guided to come and hold a mental health session for us as part of our wellbeing mornings. This was a great space to learn about boundaries and the art of putting yourself first.

Excited to be presenting partners along with **Culture With Newham for SMOOSH on Friday 23rd June... Read all about it below.**

Come along and join the fun!



Call out for new steering group members!

If you live in Plaistow South and have an interest in decision making, have a passion to make your community an even better place to live, work and study then we would love to hear from you! Come along to our steering group meetings which are held monthly, next one in June! for more information see the flyer on the noticeboard.

If you would like us to advertise something for you then please do get in touch.

Enjoy the warm weather and some fun in the sun.

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

Sheba

Sheba Choudhury
PSBL Director

Smoosh

We are excited to have teamed up with Paraorchestra and Culture Within Newham to present **SMOOSH**, a technicolour pop-parade-come-street-party. The professional musicians of Paraorchestra will be joined by dancers and local musicians to perform a track list of songs by artists such as Fatboy Slim, Kate Bush, Basement Jaxx and Adele.

SMOOSH will be coming to Plaistow on Friday 23rd June. There will be two parades:

Parade One - 15.30 beginning at New City Primary School

Parade Two - 17.30 beginning at Jeyes Estate.

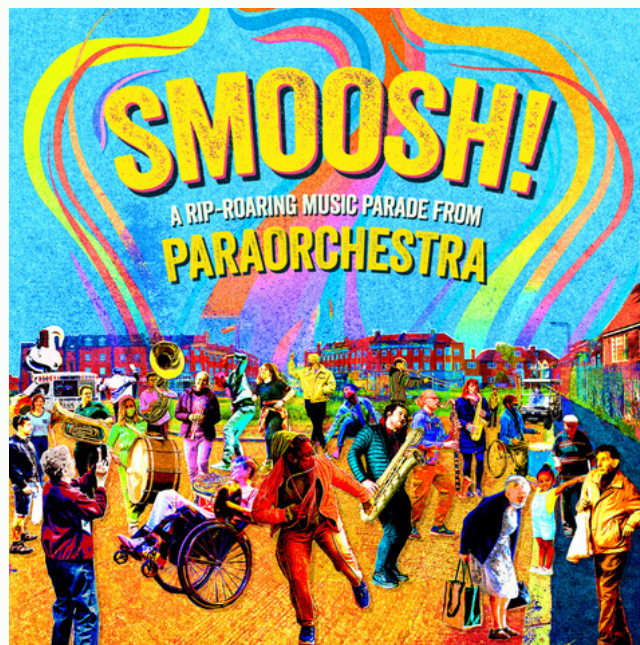
Come to one or join us for both! Watch our socials for more details on the lead up to the event.

Find out more:

www.paraorchestra.com/smoosh

There are opportunities for local dance/music groups to take part. SMOOSH are also looking for local volunteers to help out on the day.

Contact: rachel.millett@paraorchestra.com if you can support. Please do share with others who may be interested.



Right Royal Garden Party!

PSBL teamed up with the volunteers at Greenway Orchard to host a Garden Party with **cake fit for the King!**

We were joined by **Councillor Joy Laguda**, staff and contractors from Newham Hospital, along with local residents and people on the **Capital Ring walk**.

Attendees enjoyed the '**Coronation Photo Booth**' and joined volunteers to tour and learn about the work done at the Greenway Orchard.

The Volunteers meet every Thursday between 11.00am - 2.00pm so why not pop by?

To find out more contact them on:

greenwayorchardgg@gmail.com



Plaistow Celebrates !

Showcasing Coronation events in Plaistow!

Denny managed to visit 5 coronation events... a lot of cake was consumed that weekend!

Please see our collage of some of the great events in Plaistow, from Memorial Community Church - screening, REIN's cook up, fun, games and home grown food from Wild Green E13, BBQ and Raffle from Four Square Church and bouncy castles and burgers from the residents at Jeyes Green.

Come rain or shine, a great weekend was had by all!



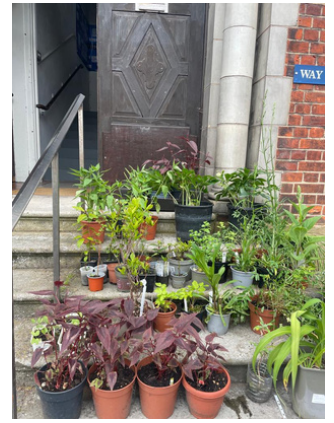
Spring Market

With the sun shining and bubbles floating, it's safe to say we a great day!

Memorial Community Church hosted a spring market in their Forecourt. It was a pleasant sunny day, and stalls outside offered everything affordable!

Hilary had a parade of beautiful homegrown plants for sale, as well as stalls with Caribbean food, face painting, plant pot painting, bric-à-brac sale and of course, we **PSBL** had a stall for residents to learn about what we do and promote all our upcoming events.

It was a lovely event with plenty to keep families entertained, we met some wonderful people and made great connections, **fun was definitely had!**



You said ...

We continue to work in partnership with **Memorial Community Church** to ensure that we can offer regular sessions to help residents in maintaining their digital abilities.

We've had a great turnout over the last few months, and participants have progressed from learning fundamental skills to applying those skills in a real-world setting.

"I finally had the courage to shop online for my new sofa, initially I was a little apprehensive, however, by taking part in the course it has given me the confidence to take the initial approach, I would now like to learn more about phone apps, particularly making appointments, as this is something that would make life easier"

People have mentioned through conversations and outreach work that they would like help navigating around apps on smartphones, such as **GP Patient Access, Online Banking/Social Media, school apps, downloading, and much more!**

Every week, we have implemented what residents have suggested, and in order to meet the needs of our users, so therefore we would like to be able to offer mobile phone support and would appreciate it if you could take a moment to complete our survey by clicking [here](#).

This will help us run workshops based on what people actually want, as opposed to what we think they want.



The Brunch Bunch

REIN (Rights and Equalities in Newham) has launched 'The Brunch Bunch' for people aged 50+.

Every Wednesday between 11.00am -1.00pm
The Mix, E13 8LH will be available as a safe space to eat, talk, make friends, enjoy activities and learn new skills.

Spaces are limited so to book a place or find out more email: info@rein.uk.com or call **0207 437 5349** or **07394027412**

World Environment Day

World Environment Day is celebrated every year on the **5th of June**.

People and organisations from over 143 countries participate in events. The main idea behind the observance was to promote environmental conservation. It deals with all the constituents of the environment, that is, forests, marine life, air quality, soil pollution, etc.

On World Environment Day, people are encouraged to join in the campaigns and make efforts for environmental protection in whatever way they can. They are encouraged to take part in activities that promote environmental protection. People plant young saplings on their neighborhood, clean the garbage from roads and vacant plots, etc.

Every month starting from May, Newham will be running the Litter Lotto and one lucky resident will win £50 for getting their gloves on and picking up one piece of litter during the day.

Download the **LitterLotto App**, grab a bag, put on some gloves, and show everyone how it's done.

<https://www.litterlotto.com/>



'Take what you need, Give what you can'

FREE Little Pantries

Little **FREE** pantries are launching in Plaistow soon. As part of the Community Assemblies, now known as **People Powered Places**, funds were awarded to install Little **FREE** pantries over Plaistow.

'Take what you need, Give what you can'

These will be situated at:

TREGS Day Care & Educational Centre E13

8DA, Upper-Room Foursquare Chapel E13

9EZ, Cornerstone Café E13 8HJ

Belgrave Road E13 8RT.

Keep a watch out for them!



Pollinator Trial

The Greenway pollinator Trail features over 6km of wildflower verges designed to improve the natural environment and biodiversity along the Greenway and beyond.

This space is created with funding from The **Mayor of London's Rewild London Fund**.

The Bee Garden was developed to help wild bees thrive. It is hoped the rewilding project will also attract other wildlife to the area and create a great space for people to learn about types of bee on the trail - their lives, and what you can do to help them thrive in their own garden and green spaces.

Click [here](#) to learn more about the Greenway Pollinator Trail



Dictionary of Culture launch event

Dictionary of Culture is a podcast series created by young people from Newham, supported by **Links Studio**. Over the past few months, young people have met and interviewed their local cultural heroes, including rapper **Guvna B**, singer songwriter **Swanandonly** and **Bossman** from the Chicken Shop. Young people also created original artwork for the series.

The launch party is an opportunity to celebrate everybody involved in the podcasts and hear from the podcasters. The invitation is open to the community, and we will be serving refreshments. Please sign up via **Eventbrite**, and let us know if you have any allergies.

Please contact: **Sophie**
sophie.crocker@community-links.org
if you have any questions.

The **Dictionary of Culture** project was made possible by Culture Within Newham, the Arts Council-funded Creative People and Places programme for Newham, alongside funding from the National Lottery Heritage Fund and the Royal Docks Team.



The poster features a yellow background with a large white outline of an open book in the center. Inside the book, the text 'NEWHAM DICTIONARY OF CULTURE' is written in bold black letters. To the right of the book is a black silhouette of a vintage microphone. Above the book, there are logos for 'CULTURE WITHIN NEWHAM', 'NEWHAM HERITAGE MONTH', and 'links studio'. Below the book, the text 'PODCAST LAUNCH EVENT' is written in large, bold, pink letters. At the bottom right, the date '20TH JUNE 2023' and time '5-7PM' are listed, along with the address '105 Barking Rd London E16 4HQ'. A QR code is located in the bottom left, with the text 'Scan to book your place' written vertically on both sides. At the bottom right, there is a logo for 'COMMUNITY LINKS catch 22' with the tagline 'Proud to be part of'.



The poster has a dark green background. At the top, it says 'community garden' in white. Below that, 'free yoga sessions' is written in large, bold, white letters. In the center is a white circular logo with a stylized sunburst or flower design. Below the logo, the text reads: 'All welcome please bring a towel 11th, 18th, 25th June and 2nd July 10-11am'. In the bottom right corner, there is a small white logo for 'wild green e13'.

FREE Yoga sessions!

Wild Green E13 are running some **FREE** yoga sessions at the garden.

Please join them on:

Sunday mornings 10.00am -11.00am from 11th June to 2nd July.

All welcome and don't forget to take your towels and yoga mat!

C4o advice sessions

The **Caring Conscious Creative Community online (C4o)** project aims to extend the work of Our Community Cares (OCC) by:

Offering Advice, information and support to include how to use council, health and social services easier.

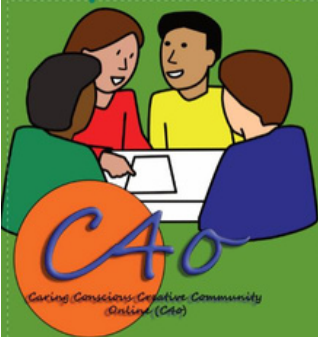
Community involvement through volunteering, community service and activism.

Access to internet services help.

Online & in person drop in's for conversations, meditation and mutual support.

For more information call **07861 647346** or visit the website:

<https://c4o.link/https://www.ourcommunitycares.co.uk>





The Caring Conscious Creative Community Online (C4o) project aims to extend the work of Our Community Cares (OCC) by widening our circle of care and building a more connected community. We offer:

- 1) Advice, information and support on a range of issues - including how to use council, health and social services more easily.
- 2) Community Involvement through volunteering, community service and activism.
- 3) Help with using the Internet to access services
- 4) Online and in-person drop-in sessions for conversation, meditation, community and mutual support.

We are at Stratford Advice Arcade, 107-109 The Grove, London E15 1HP, on Wednesdays 6pm to 8pm.

See our websites for more information and updates. Join our social media groups.

See information on the other side.

Be Kind ...

Spotted in Stratford – How lovely is this! **‘Be Kind’** message in a mural planter, a collaboration between the Newham Community – Deafroots and co-create connection together with artist Rose Hill. These murals were co-designed from November 2022 and January 2023.

www.cocreativeconnection.co.uk



Working Together group

People Participation is a new service at Newham Hospital that aims at putting engagement and participation at the heart of improving the experience of our patients.

The Newham Hospital People Participation Team is working collaboratively with stakeholders to embed patient/carer involvement in the hospital operations and service delivery. The Hospital is keen to ensure that people who use our services or live within the Hospital's catchment area have a leading role in designing and coproducing services. They are actively looking for **patients and carers of the Hospital to be part of the Working Together Group (patient panel)**.

People Participant want to collaborate with local organisations to **broaden community engagement, Co-Production and Participation** in Newham Hospital service planning, designing, implementation, evaluation, and improvement.

People participant are also keen to work with partners, carers, patients, and local voluntary sector organisations to improve the health outcomes of Newham residents. They will be gladly welcome invitation to steering committee meeting to introduce the service and explore how they can work together to improve the experience of service users at Newham Hospital.

Click [here](#) to get in touch.

Get in touch



Newham Hospital People Participation Team
Email: bartshealth.nuhparticipation@nhs.net

Medicine and clinical support services
Mbemba Bojang
Mobile: 07551675913
Email: mbemba.bojang@nhs.net

Women's and children's services, and surgery
Anna Sandiford
Mobile: 07551675963
Email: anna.sandiford@nhs.net

WeCare

Barts Health
NHS Trust

People participation at Newham Hospital

Be part of the conversation

Help us improve services

Co-deliver training
and events

Be a member of our
Working Together group

And much more!



Date's for your diary this month.



June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2023

5th June - Start of self-defence classes

5th June - World Environment Day

5th to 11th June - Child Safety Week

12th to 16th June - Healthy Eating Week

18th June - Fathers Day

23rd June - Smoosh

28th June - Eid ul-Adha

Newham Voices



The June issue of Newham Voices is out now and read more about **Smoosh!**



NOTICEBOARD

BRINGING OUT THE VOICES IN THE COMMUNITY



PSBL WOULD LOVE TO HEAR FROM YOU

Call out for new steering group members!

If you live in Plaistow South and love to get involved in making your community an even better place to live, work and study then we would love to hear from you!

Our steering group meetings are held on the 3rd Thursday of every month.

The meetings are open to the public especially Plaistow South residents.

CONTACT US



info@psbl.org.uk
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



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: JUNE 2023

MONDAY 05TH/12TH/19TH/26TH

TIME: 1.15 - 2.30PM

VENUE: FAMILY CENTRE -

NEW CITY PRIMARY SCHOOL
TUNMARSH LANE
LONDON
E13 9NE

GIRLS 11+ AND WOMEN

DATE: JUNE 2023

SATURDAY 10TH/17TH

TIME: 12.30AM - 2.30PM

VENUE: SOUTH HALL

MEMORIAL COMMUNITY CHURCH
E13 8AL



FOR MORE INFORMATION CONTACT
MALAKA@PSBL.ORG.UK 07922 712215



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



WE ARE SUPPORTING.

WE ARE NEWHAM.



Do you use a prepayment meter?

You are entitled to government support with your energy bills including £400 off your bills.

The government has provided all households with £400 of energy bill support over the past winter. If you are using traditional prepayment meters you are entitled to this government support and will have been sent monthly vouchers from your energy supplier.

All vouchers must be redeemed by 30 June 2023.

What to do to redeem your vouchers:

1. Make sure your supplier has your up to date contact details
2. Check your post, texts, emails and spam for your Energy Bills Support Scheme vouchers.
3. If you can't find your voucher, or it has expired, your energy supplier can reissue.
4. Follow supplier instructions to redeem vouchers at top up points. Take valid ID with you.



For more information, scan the QR code or click [here](#).



Shout out

to people with a family member under 18 with significant special needs, learning disability, autism?

NEWHAM CAMHS IS RUNNING SOME WORKSHOPS FOR THE BANGLADESHI COMMUNITY

We want to talk to you about your experiences of looking after a child or teenager with a disability and emotional/ behavioural/mental health problems

Dates/times : 2nd, 9th and 16th June 2023
10.00-12.00

Place: York House

People: Hasina, Laraib, Priyanka & Bethanne

Contact details: 0208430 9000

Blast off with Comets!

A safe space for disabled children aged 5-11 to kickstart their football journey.

Belong

play

happy

Time and Date: 10-11am Saturdays (starting 10th June 2023)

Location: Newham Leisure Centre, 281 Prince Regents Lane, E13 8SD

Contact: Mabs Alam Email: Sports@activenewham.org.uk

Booking Link: <https://tinyurl.com/Comets-11disabilityfootball>

ENGLAND FOOTBALL

active newham

Newham Talking Therapies
Community Psychological Services & Employee Support

WELLBEING WORKSHOP STAYING WELL AFTER THERAPY

TUESDAY JUNE 13

Join us in a workshop where we look at and discuss:

- Ways of promoting recovery
- Strategies that can help us to navigate the 'ups and downs' after therapy
- Ideas around self-care

From 10am to 11am will be held via MS Teams

TO REGISTER:

0208 175 1770

elft.nttworkshops@nhs.net

Click the icon to register OR see caption for the registration form

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Newham London

NHS

Online course for residents of Newham 'Understanding your feelings (for teenagers only!)

Feeling overwhelmed? Confused? Want to know more about your feelings? Your thoughts?

- Includes a Module on the emotional effects of the COVID-19 pandemic

Emotions are powerful! Find out more!

Go to: www.inourplace.co.uk and enter the 'access code'

NEWFAM

to gain FREE (prepaid) access where eligible

8 Modules

For technical support, contact: solihull.approach@uhb.nhs.uk or call 0121 296 4448 Mon-Fri, 9am-5pm