Monthly

NEWSLETTER

May 2025

Directors Voice

Spring is in full bloom, and with it comes new beginnings, joyful celebrations, and a season of community connection!
As we move into May, we're reflecting on the wonderful events we've shared and looking forward to even more exciting times ahead.

Grab a cuppa, get comfy, and read on for all the latest updates!

Springtime Fun – Find the prize voucher!
Thank you to everyone who joined us for our Family Fun Easter Celebration at Greenway orchard! It was wonderful to see families come together and take part in finding prize vouchers and enjoying Easter crafts. Laughter filled the air, and the joy on the children's faces reminded us just how special community gatherings can be.

Mindful Cuppas – Moments of Calm & Connection
This month, we're hosting not one, not two—but three Mindful Cuppa sessions! Join us on 1st, 15th, and 29th May for a warm drink, gentle conversation, and space to unwind.

These sessions offer a welcoming environment for mindfulness, crafts, and connection with neighbours. Whether you're a regular or it's your first time, you're very welcome.

Self-defence Celebration Party – Saturday 26th April
We had an incredible turnout for our Self-defence Celebration Party at New City School!

This event marked not just the end of our formal sessions, but the success of a movement that began with a simple idea: to create safe, empowering spaces for women and girls. Over the past year, more than **200 participants** have joined us to build confidence, learn practical skills, and support one another.

Saturday's celebration honoured that journey. We shared food, stories, tried new activities, and celebrated what we've built together—trust, solidarity, and a real sense of belonging.

A huge thank you to **People Powered Places** for the funding that made this possible, to the Plaistow Neighbourhood Team for their unwavering support, and to our incredible facilitators, volunteers, and of course, the brilliant women and girls who made this project so powerful.

You are all part of something special.

I'm thrilled to share that our self-defence sessions for women and girls are not ending just yet! Thanks to continued support from PSBL, we'll be running sessions at Memorial Community Church **until the end of July.** If you haven't secured your spot yet, be sure to book via **Eventbrite** or speak to a member of the team—we'd love to see you there!

Save the Date – 'Get to Know Us Better' Event – 22nd May
Curious about everything we do at Plaistow South Big Local? Want to meet the team, meet local organisation and how to get involved?

Join us for our Get to Know Us Better event on **Thursday, 22nd May!** The event will be set out like a market place to showcase great happenings and partnerships in Newham. It will be open to local community to find out more and to get to know us better!

There will be refreshments, activities, and plenty of opportunities to connect.

We can't wait to see you there!

Final Phase of PSBL – Countdown to a New Chapter
As Plaistow South Big Local enters its final months, we're focusing on delivering the last round of projects and celebrating all we've achieved together over the years.

Your participation, energy, and support have been the heart of this journey. Let's make the last chapter our most memorable yet!

If you have any events, opportunities, or local news you'd like us to share, get in touch—we'd love to hear from you!

Wishing you all a joyful, mindful, and connected May and hope you enjoy the two bank holiday long weekend this month!

Let's Stay Connected
Follow us on **LinkedIn**, **Instagram, Facebook**, and **Twitter** for updates on our projects and events.

Sheba

Sheba Choudhury
PSBL Director

Self-defence Celebration Party

What an incredible day!

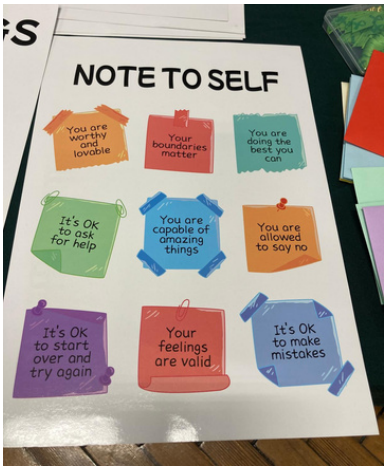
Our Self-defence Celebration Event at New City School brought together so many amazing people to mark the success of our community **self-defence sessions** in Newham.

From inspiring stories and powerful self-defence demos to arts workshops, mindfulness sessions, and delicious food — every moment reflected the **strength, resilience, and unity of our community.**

A **huge thank you** to **People Powered Plaistow** for making this work possible through their funding and belief in our vision. A heartfelt gratitude to everyone who attended, supported, facilitated, and shared their energy with us.

This wasn't just an event — it was a celebration of safety, confidence, and community power.

Here's to continuing the journey together!



Upcoming Cuppa's in May

Join us for our upcoming mindful session, a wonderful opportunity for residents to gather in a safe and supportive environment, fostering connections and engaging in activities that **promote overall wellbeing.**

We're we can we try to incorporate awareness events into our sessions, highlighting important themes that resonate with our community. **From May 5th to 11th,** in honor of Deaf Awareness Month, our next session on **May 15th** will focus on raising awareness about the deaf community along side mindful arts and crafts.

Our last session for **May will be the 29th.**

Mark your calendars and get ready for an interactive and enjoyable morning.

We can't wait to see you there!

You're Invited:
Get to Know Us Better Event

Join **PSBL** and our local partners for our much-loved **Get to Know Us Better** event — a friendly, market-style gathering where you can explore local opportunities, connect with community organisations, and enjoy a cuppa while getting to know one another.

Expect meaningful conversations, advice and plenty of ways to get involved, There will be **FREE** cakes & refreshments in our **Community Cuppa Corner.**

We're looking forward to welcoming a visit from **Charabancs and Cadillics, Travel Trunk Tour,** reminiscing together.

Hope to see you there!

Please see the flyer for full details.

QSA Fundraiser/ sleepout

Quaker Social Action (QSA) is the Local trusted organisation & Charity that manages PSBL's staff and finances. QSA works with people on low incomes in east London and around the UK, to help them seek solutions to the issues affecting their lives. They do this though the work of several organisations under the QSA umbrella.

Cook up provide's community kitchen space, where people can cook the food they want to eat. The project welcomes people living in B&B and hostel accommodation, those experiencing street homelessness and asylum seekers.

Down to Earth service is the only UK-wide service for people struggling with funeral costs by giving bereaved individuals the space to grieve, reducing the distress caused by the cost of paying for a funeral.
This Way up give's people on low incomes tools to find peace and clarity and take steps towards their goals with free life coaching and mindfulness.

Turn a Corner is a mobile library who support street homeless people with friendly chat, books and essentials. During summer festivals, the small but dedicated team of two collect and distribute sleeping bags that would over wise end up in landfill. On 9th April the team did a sponsored sleep out to help raise funds for work done by QSA. It's not too late to donate here's the link **Sam & Steve's sponsored sleep-out for QSA**

Find out more about their work at: **https://quakersocialaction.org.uk/we-can-help/homelessness-housing/turn-corner/support-turn-corner**

Deaf Awareness Week

British Deaf Association writes: Deaf Awareness Week is an annual event that aims to raise awareness about the Deaf community, our language, culture, and history.

It is a time to celebrate Deaf identity, promote Deaf culture, and advocate for equal access to communication and services for the Deaf and hard of hearing. This week-long event from **5th – 11th May**, provides an opportunity for individuals and organisations to come together and support the Deaf community, learn about their experiences, and work towards a more inclusive and accessible society.

Deaf Awareness Week is a time to celebrate diversity, promote understanding, and build a more inclusive world for all.

The theme for **Deaf Awareness Week 2025 is "Beyond Silence".** This theme focuses on breaking down barriers to full accessibility for individuals with hearing loss, celebrating the diverse ways Deaf people communicate, and highlighting the richness of Deaf culture.

Baby Steps

Baby Steps is a series of walks for **mums-to-be** or **mums with children under 2**, who live in Newham, and would like to meet other mothers in the local area. This new programme aims to provide a friendly and welcoming environment for mums to connect with each other through **nature-based** walks along a section of The Line. Each session will begin with a short walk along the river, introducing participants to relaxation exercises, and guiding them in gentle movement. After the walk, the group will stop at a café for a hot drink and a chat with other mums.

The walks are free to attend and will take place **between May and August 2025.** They will take place in and around **Queen Elizabeth Olympic Park in Stratford.** The walks have a welcoming and positive atmosphere and are led by Louize Williams, and Jo Knox, from Vital Arts.

The walks are every 3 weeks from May – August, and can be booked via Eventbrite **here**
Contact Lorna Powell **lorna@the-line.org** or Jo Knox **jo.knox@nhs.net** with questions etc.

ANKH Place activities

ANKH Place CIC is excited to be offering some further wellbeing art & confidence building boxing sessions at **Grow Box, Vincent Street E13**

Aged 4 to 12 years? Looking for a free afterschool activity?

Come along and try a range of arts and some boxing sessions. Refreshments are provided.

Click **here** or just turn up with an adult and we can register you there.

Haircycle events

Haircycle have some exciting news to share – they have been given more time at the HairCycle Hub in Stratford and they are keen to make the most of every moment.

Over the coming weeks, they will opening their doors with a fresh line-up of workshops, events, and opportunities to connect, from ropemaking and spinning to brickmaking and beyond! Whether you've joined before, or you are curious about craft, eager to get hands-on with hair (yes, really!), or just fancy a tea and a chat, there's something for everyone.

All workshops require sign-up via Eventbrite **here**

Address: 373 High Street,
London E15 4QZ

There will be events taking place in **May and June** — including an embroidery workshop with **Sow Studio**, a felt making session, and a **HairCycle Film Screening** at a local cinema - More details soon. Check the latest updates via **@haircycle_** on Instagram.

What's On at HairCycle Hub:

Volunteer Fridays

Every Friday | 10am–6pm | Drop in for 2 hours or stay all day, **sign up here**
Help sort hair for a better future, it's hands-on, surprisingly satisfying, with free tea, biscuits, and good company.
Open House & Locally Grown Exhibition

Fridays | 10am–6pm | Free
Drop by to explore what we've been **'growing'** and making
Lunch Hour Demonstrations

Fridays 11 April & 16 May | 1–2pm | Free
Take a peek behind the scenes and discover how we transform waste into wonder.

Brickmaking with **R-Urban**

Fridays 9 & 23 May | 1–4pm | Free, Sign up via R-Urban **here** @Dovetail, Carpenters
Join **R-Urban** for a hands-on session on sustainable building materials making a cob oven together using hair and London clay.

NOTICEBOARD

NOTICEBOARD

OPEN DAY
SUNDAY 4TH MAY
12-4PM

COMMUNITY GET TOGETHER
SOW SEEDS
LEARN ABOUT WILD PLANTS

Date's for your diary this month

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	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	31

2025

May 3rd - PSBL Self-defence - Memorial Community Church

May 4th - Star Wars Day

May 5th - May day -Early Bank Holiday

May 5th - May 11th - Deaf Awareness Week

May 12th - International Nurse Day

May 15th - PSBL Mindful Moments

May 17th - PSBL Self-defence - Memorial Community Church

May 22nd - PSBL Get To Know US

May 29th - PSBL Mindful Moments

May 31st - Memorial Community Church - Spring Market

Newham Voices

April issue of **Newham Voices** is out now!

Fun Facts ...

May 4th is celebrated as Star Wars Day by fans around the world, a playful pun on the iconic phrase **"May the Force be with you".**

The day has become a widely recognized annual event for Star Wars enthusiasts to celebrate their love for the franchise.

Date's for your diary this month

May

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

2025

May 3rd - PSBL Self-defence - Memorial Community Church

May 4th - Star Wars Day

May 5th - May day -Early Bank Holiday

May 5th - May 11th - Deaf Awareness Week

May 8th - The Big Help out festival.

May 12th - International Nurse Day

May 15th - PSBL Mindful Moments

May 17th - PSBL Self-defence - Memorial Community Church

May 22nd - PSBL Get To Know US

May 26th - 30th - School half term break

May 31st - Memorial Community Church - Spring Market

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