Monthly

NEWSLETTER

July 2025

Directors Voice

We've reached our **final month of delivery** for **Plaistow South Big Local,** and it's a bittersweet moment. While it's sad to say goodbye, there's so much to celebrate as we look back on the incredible work, community spirit, and friendships built over a decade. Thank you for being part of this amazing journey.

Here's what's coming up this month as we wrap up in style!

Bike MOT – 5th July

We're excited to be hosting another Bike MOT—a great opportunity to get your bike checked and ready for summer with free safety checks and maintenance.
Spaces are limited, so if you'd like to book a slot, please contact us as soon as possible to secure your place.
Don't miss out—ride safe and smoothly this summer!

Greenway Orchard – Every Thursday

Join Greenway Orchard for some fresh air, planting, and connection with nature.
Time: Thursdays, 11am- 2pm
Whether you're a seasoned gardener or a curious beginner, everyone's welcome to get their hands in the soil and enjoy some outdoorsy fun.

Mindful Cuppas – 10th & 24th July

Our Cuppas have truly become the talk of the town!
These warm, safe, and welcoming sessions have been a space to pause, connect, and share stories over a cuppa (or two).
Don't miss our last two sessions:
🫖 **Wednesday 10th July**
🫖 **Wednesday 24th July**
Come for the tea, stay for the conversations!

Save the Date: Big Celebration – 2nd August!

Mark your calendars as **Saturday 2nd August** will mark one of our final celebration events.
It's our way of saying **thank you** to everyone who's walked this journey with us—from volunteers and partners to residents and neighbours. Expect refreshments, music, memories, and lots of love. 💛

More details to follow soon, keep an eye on your inbox and local noticeboards!

Summer school

East Summer School is back this July!
Young people aged 12–17 who live or go to school in Newham, Hackney, Tower Hamlets, or Waltham Forest can sign up for free creative workshops at Queen Elizabeth Olympic Park.
From music and media to storytelling and design, it's a chance to learn from industry experts and connect with others in a fun, inspiring environment.
For more information, read the article enclosed or visit the **East Summer School webpage**.

Well Done to All Exam Students!

A big round of applause to everyone who completed their GCSEs and A-Levels—you did it!
Now it's time for a well-earned summer break. We wish you all the very best for your results and the exciting journeys ahead as you take your next steps. Whatever comes next, you've already made your community proud. 🌟

Wishing you a joyful July filled with sunshine and shared moments. Let's go out with warmth, laughter, and togetherness.

With love and light

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

Sheba

Sheba Choudhury
PSBL Director

BIG Celebration

We'd like to invite you to **one** of our **BIG Celebration events** of Plaistow South Big Local.

Join us to **celebrate over 10 years of achievements** with the people, projects, and partnerships that have shaped our journey. Come celebrate your community with us!

Date: Saturday 2nd August 2025
Time: 1 – 4pm
Location: Plaistow Park.

The day will be fun filled with exciting games, activities, live entertainment, refreshments, and engaging crafts and workshops. It's an excellent opportunity to gather the entire family.

Join us for a spectacular **family fun day** - keep and eye on our socials for further updates!

For more information email **info@psbl.org.uk**

Mindful Moments

Last Month as part of **Windrush** and **Men's Mental Health**, we hosted cuppa's centered around these themes engaging in important conversations and raising awareness.

If was heartwarming listening to peoples earliest memory and sharing their heartfelt journey. We shared conversations about our **childhood stories** and **cultural traditions,** which was really nice. It was interesting to learn about how different people have unique cultural practices and customs.

Our **Men's Mental Health** session sparked meaningful conversations creating a safe space to open up and share stories.

Join us at our next one on the **10th July from 10.30-12.30pm**

Green Gym Planting

Denny and the green gym volunteers spent the afternoon in the scorching sun planting **Bay Leaf trees, Fig trees**, and **Runner Beans** all in the hope that these plants will thrive and bring beauty for years to come!

PSBL helped the volunteers at the **Green Gym** become a **Constituted Group.** The patch is maintained by a group of volunteers from the **Greenway Orchard** who work every **Thursday from 11-2pm**.

The **Green Gym** is open to all, so if you want to get your hands messy over great conversations, go along and join them, they're a lovely, welcoming group!

Tower Gallery

Summer Exhibition 2025!

Visit **Tower Gallery** for an exciting display of **local contempoary art.** The gallery features paintings, sculptures, and installations that will inspire and engage you. Don't miss the opportunity to experience this creative collection, styled in a unique way.

Explore the **winding staircase** to see a range of artistic styles and ideas. You may also get a chance to meet some of the artists, who may be available on-site during opening hours. Maybe you'll discover the perfect piece to bring home!

Whether you're an **art lover**, **a collector** or **just looking for a fun outing**, this exhibition has something for everyone.

For the last chance to see the exhibition before it closes on the **6th July 2025** pop in between 3-7pm on Friday, Saturday or Sunday.

East Summer School

Mark your calendars East Summer School is back from **Monday 28th July to Friday 8th August.**
Get ready for an exciting, fun-filled summer of creating and discovering.

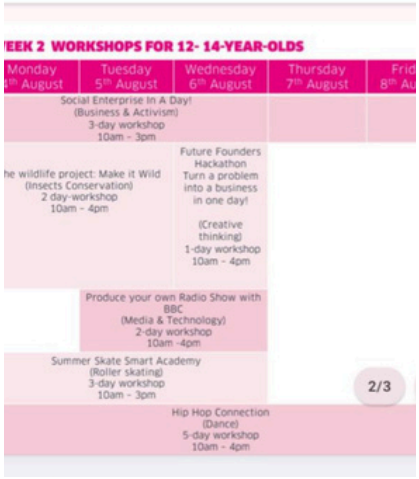
Join them for a week infused with creativity, learning and growth surrounded by industry experts and like-minded young minds aged 12-17!

East Summer School is at **Queen Elizabeth Olympic Park** and offers **FREE** interactive workshops. This is exclusively for young minds **aged 12 – 17 years old** who are living or going to school in **Hackney, Newham, Tower Hamlets, or Waltham Forest.**

Terms & Conditions apply, so please read carefully to make sure you're eligible. Book now by registering online: **East Summer School - 2025 Registration Form**

Should you have any questions or need assistance completing the online form, do not hesitate to get in touch by emailing the summer school mailbox at:

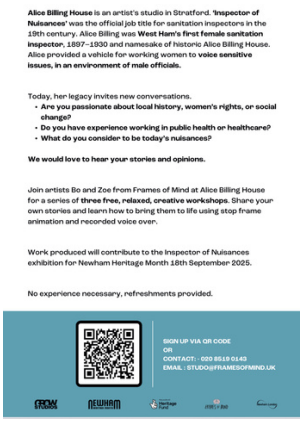
summerschool@queenelizabetholympicpark.co.uk or call **07811 300 019.**



Frames of Mind

Discover the stories behind women's health and working conditions in **Newham** through a series of engaging, creative workshops. Hosted at **Alice Billing House in Stratford,** these FREE sessions provide a welcoming space to share personal experiences, explore artistic techniques like stop-frame animation and voiceovers, and contribute to a collaborative exhibition opening during **Newham Heritage Month** in September 2025.

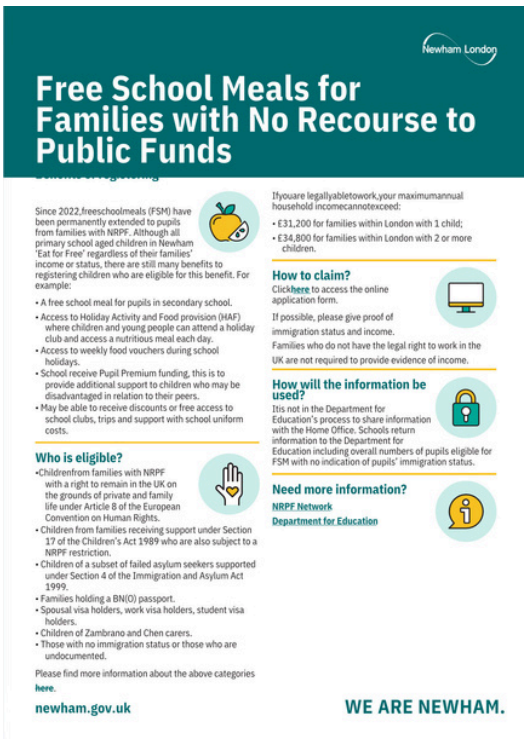
Over three **Tuesdays in July**, participants of all backgrounds and experience levels are invited to get involved, with refreshments provided. This initiative is a wonderful opportunity to connect with local history, express your voice, and help shape a visual narrative of social change in the community. To join, simply scan the **QR code** or contact us at **020 8519 0143.**



Des Says...

Did you know Olympic athlete **Fred Alsop** was born in Plaistow. England international footballers **Sol Campbell** and **Martin Peters** are all also from Plaistow.

NOTICEBOARD



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NEWHAM HERITAGE MONTH

Newham At 60:
A Borough Like No Other
1-30 September 2025

newhamheritagemonth.org WE ARE NEWHAM.

Newham City Farm - Straight from the Horse's Mouth

Call out for stories, photos, artefacts, interview participants

For a Newham Heritage Month "Newham at 60" Project to showcase the history and significance of Newham City Farm with an exhibition during Newham History Month in September.

To participate or know more, please email Alison McLucas nhmcityfarmproject@gmail.com
Or private message Newhamcityfarmproject nhm_newham_city_farm_project

Made possible with Heritage Fund

Newham London

Newham Council plans to create a new Community Farm with Green Skills Hub on the former farm site as part of the Beckton Parks Master Plan. Pick up a copy at either Beckton Globe or Custom House Libraries or here https://www.newham.gov.uk/homepage/236/beckton-parks

NEWHAM UNLOCKED Newham London

WE ARE DIVERSE.

WE ARE NEWHAM.

SOUTH ASIAN HERITAGE MONTH

PROGRAMME OF EVENTS

18 JULY TO 17 AUGUST
www.newhamsouthasianheritage.org

People of the Heart of Everything We Do

All events are free and booking is required. If you require assistance in booking an event, please visit your local library.

For more information, to find out about events not listed and to book visit www.newhamsouthasianheritage.org Programme subject to change. If you have any queries, email events@newham.gov.uk

Matangi/Maya/M.I.A. with Q&A

Wednesday 21 July
7-9.30pm, Stratford East Picturehouse
Matangi/Maya/M.I.A. is a 2018 biographical documentary film about English rapper and artist M.I.A. Directed by Steve Loveridge, the film follows 22 years in the rapper's life, her rise to fame and her perspective on the controversies sparked over her music, public appearances and political activism, creating an intimate portrait of the Sri Lankan artist. The film premiered at the 2018 Sundance Film Festival where Steve Loveridge won the World Cinema Documentary Special Jury Award. Documentary to be followed by Q&A from the audience.

South Asian Heritage Tea Tasting

Tuesday 27 July 5-7pm
Forest Gate Library
The London Tea Exchange will be showcasing some of the most exclusive teas from around the world with a special variety display from South Asia. You will have the opportunity to try several different types of teas and learn about the fascinating history of teas, which connect East and West. There will also be an opportunity to try some mouth-watering south Asian sweets known as Mithai.

Young People's South Asian Evening

Wednesday 28 July
5-7pm, Forest Gate Youth Zone
Join us for a varied evening of discussion and spoken word poetry, followed by a quiz hosted by the renowned Bobby Seagull.

Young, South Asian and British: A Discussion Exploring History, Culture & Identity
The panel of entrepreneurs and high achievers will discuss how their heritage has shaped their identity, how they have blended their South Asian heritage with British culture, how they promote and celebrate their culture through their work and how young people can be empowered to embrace their heritage. Guest speakers include:

- Aditi Anand, Artistic Director at Migration Museum
- Alexei Khatiwada, Ukrainian-Nepalese entrepreneur and founder of Lexis Crispy Treats
- Jaspreet Kaur, award winning poet, writer and history teacher
- Kiran Hothi and Sonam Kaur, co-founders of NotYourWife, a digital platform celebrating South Asian women and South Asians living in the diaspora
- Mumzy Stranger, British Bangladeshi singer, songwriter and producer
- Ruby Dhal, British-Afghan Sikh author, speaker, content creator

The discussion will be followed by Q&As from the audience and a spoken word performance by Jaspreet Kaur.

Quiz hosted by Newham's Bobby Seagull, author and TV personality
As a quiz expert on Channel 4's The Answer Trap and Celebrity Mastermind winner, Bobby knows a thing or two about quizzes. To celebrate and commemorate South Asian Heritage Month, get your quiz brains ready! Both fun and educational, you will be tested on all things South Asian - from food to music, from culture to sport, from geography to history, get ready for an uplifting evening suitable for the whole family.

South Asian Food Heritage

Wednesday 4 August
5-7pm, Old Town Hall Stratford

Join the Tiffinwalli Asian Heritage Project to hear about the history and heritage of South Asian migration, culture and integration into the British society. Participants of the project will share their first hand experiences as immigrants and their food journeys and stories and will talk about food fusions called 'Angrezi Mirch Masala'. Come along and share your own anecdotes. All attendees will be given a pre packed meal parcel catered by Tiffinwalli.

South Asian Games

Saturday 7 August
12-4pm, Central Park
Always wanted to try kabaddi or bhangra dance fitness? Come along to try for free, with qualified tutors. You can also take part in walking yoga, cricket, archery, fencing and football. There will also be a play area for the little ones.

Bon Voyage: A Spotlight on Migration and Identity

Tuesday 10 August
6-7.30pm, Online
Chaired by Nadia Ali, BBC Asian Network Presenter, our female panel will discuss migration and identity and the impact it has had on their lives as women. Guest speakers include:

- Arati Shrestha, President of the Nepalese Women's Association
- Kim Vithana, Actress
- Navina Rajan, singer-songwriter, producer and multi-instrumentalist
- Councillor Peymana Assad, Politician
- Rahma Javed, Director of Engineering at Deliveroo
- Sangeeta Sengupta, Director at TiffinWalli CIC
- Yasmin Khan, Historian at Oxford University

Panel discussion to be followed by Q&As from the audience.

The evening will also include an interactive quiz, a short video about South Asian migration, music from Navina Rajan and live illustrations by artist Daya Bhatti from Daya Illustrations.

Film Shorts with Q&A

Thursday 12 August
7-9.30pm, Stratford East Picturehouse
Join us for a series of contemporary and traditional short South Asian films. The evening will be interspersed with authentic Indian, modern Bollywood and world dance performances, with tribute songs from South Asia by internationally renowned dance company Bolly Flex.

South Asian Literature: Our Heritage, Our Culture, Our History!

Tuesday 17 August
6-8pm, Old Town Hall Stratford
This exciting evening will be hosted by comedian Salman Malik, and include:

- Local author, Vaseem Khan will read excerpts from his book followed by Q&As from the audience.
- Spoken word poetry performances by Ankita Saxena and Riyah Pau
- Bengali Folk and Bollywood dance performances
- Musical storytelling of Pearls for Breakfast by Peter Chand & PKCtheFirst
- Caricature artist
- Henna artist
- Refreshments
- Books on sale by Newham Bookshop

Art Exhibition Launch

Check www.newhamsouthasianheritage.org for date and time, Stratford Youth Zone
Local artist Momtaz Begum-Hossain will host a four day workshop with young people to develop artwork related to South Asian artists. The artwork will be displayed at Stratford Youth Zone gallery space.

Live Cooking Demonstrations

Check www.newhamsouthasianheritage.org for date and time, Queen's Market
Take a break from shopping and join the Food Academy to learn from scratch, quick delicious recipes from Afghanistan, Bangladesh, Bhutan, India, the Maldives, Nepal, Pakistan, and Sri Lanka, using local produce and ingredients readily available from Queens Market.

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Date's for your diary this month

JULY 2025

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	31		

7th - 13th July – Alcohol Awareness Week

10th July – Full Moon

10th July – PBSL Mindful Moments

15th July – World Youth Skills Day

18th July – 17th August – South Asian Heritage Month

20th July – International Chess Day

24th July - PSBL Mindful Moments

Newham Voices

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