

Get stuck in with



Plaistow South Big Local

Issue No 4 — Spring 2015

Enterprising Youth Make Market Success

The first ever Plaistow Youth Market (PYM) raised over £800 for the 45 young stallholders who presented their produce and talents at the pre-Christmas 'Winter Market' event, held under cover in NewVIC's 'link'.

Around 250 customers, including MP Stephen Timms, Young Mayor Yaseen Bux, and local Councillors, perused the cakes, pastries, sub-sandwiches, beanie hats, home-made cosmetics, jams, jewellery, bags, phone cases, scarves, hair bows, mugs, rulers, glass goods, cards, etc, on offer.

PYM is an initiative of PSBL in partnership with young people and staff from NewVIC, The Mix, Eden Plaistow, and other

local youth agencies. We think it is the first market focused on young people in East London, if not the whole

of London! A real first for Plaistow! The average age of lead stallholders was 20. The aim was to help them to develop their marketing and

business enterprise skills, whether they want to develop a full-blown career or just make a little extra cash from a hobby. We also wanted to raise the positive profile of young people and of Plaistow itself.

Besides the young entrepreneurs, support stalls were run by Community Links, the Friends of Queens Market,



Barclays Bank, Unlimited (Star People), LBN Plaistow Community Neighbourhood, and PSBL, and Plaistow's own Cornerstone Café ran a refreshments stall.

We're now planning an open-air Summer Market, on The Greenway on Saturday 23rd May.

Are you, or do you know, a young person or young adult who has a product or skill they'd like to sell?

To apply for a FREE stall, ask for a form from:

info@plaistowsouthbiglocal.org.uk

We're even offering small bursaries (grants) to help new stallholders 'dress' their stalls.



PSBL Steering Group members open PYM, led by young stallholder Razia Labiba



A million opportunities to improve Plaistow!



PSBL PROJECT UPDATES:

<u>PRIORITY TITLE</u>	<u>PROJECT NAME</u>	<u>DESCRIPTION</u> & <u>STATUS</u>
Celebrating People & Places	- "Growing Up In Plaistow"	- oral history project — awaiting result of Heritage Lottery Fund application — if successful, the project will start in June
	- "Community Mural"	- Glen Road hospital wall mural—awaiting partner group approval - if successful, the project will start in April
	- "Plaistow Streets"	- supporting residents to improve their streets - awaiting resident groups' requests - £1500 each group available NOW!
Greening Plaistow	- "The Greenway"	- improving access and use of the Greenway - awaiting LBN plans - due later in 2015
	- "Orchard Project"	- community orchard adjacent to hospital - awaiting partner group plans—due later in 2015
	- "Green Spaces"	- supporting residents to improve run-down spaces - awaiting resident groups' requests— £2500 each space available NOW!
Family & Personal Financial Management	- "Credit Union access"	- promoting Credit Union use in south Plaistow—about to commission partners— should start in May/June
	- "Advice and Support"	- money management & debt advice—about to commission partners— should start in May/June
Young People/Young Adults	- "Plaistow Youth Market"	- young people's market—up and running, with 2nd PYM in May
	- "Building Skills, Engagement & Enterprise"	- support, training and skills development - about to engage young apprentice—due later in 2015
	- "Young People's Forum"	- forum to shape and steer activities in Plaistow - about to commission lead agency - due later in 2015
Older People's Needs	- "ICT classes"	- support for agencies running computer classes - REIN & Barking Rd Community Centre funded from March 2015
	- "Outreach to Isolated OP"	- info leaflet and pilot activities - Barking Rd Community Centre funded from March 2015
Supporting Local Action	- "Supporting Local Action Fund"	- small grants to local groups - first grant has been approved—further grants available throughout 2015



A Community Way to Save, Borrow & Spend

NewCred and London Community Credit Union have come together to build a stronger community based financial institution.

They now offer a wider range of financial products and services including:

- * Banking products and services
- * Flexi Credit Facility
- * Current account with VISA debit
- * Current account with cash card
- * Internet banking
- * Jam Jar budgeting account
- * Online loan applications
- * Telephone banking





BEFRIENDING HELP AVAILABLE

- ❖ Are you living alone & over 50?
- ❖ Just discharged from Hospital?
- ❖ Frail, sick and require friendly support?
- ❖ Require assistance with Shopping?
- ❖ Need company? - a Befriender?- someone to talk to?
- ❖ Or do you wish to Volunteer as a Befriender for the Project?

If you answer yes to any of the above or you know a neighbour requiring support in Plaistow South;

Contact: Barking Road Community Centre,
627-633 Barking Road,
Plaistow, E13 9EZ
Tel: 020 8471 2258

Ask for Amina, Mildred or David.



Part - funded by PSBL – Plaistow South Big Local





FREE COMPUTER LESSONS FOR 50+

- Are you over 50?
- Do you live in Plaistow South?
- Interested in Computer Lessons?
- Want to know about Internet?
- Do you want to shop online?
- Send emails to family / friends
- Learn how to use Skype to communicate
- Communicate on Social Media, etc.

If your answer is yes to any of the above, then contact us at:

Barking Road Community Centre
627-633 Barking Road,
Plaistow,
London E13 9EZ
Tel: 0208 471 2258




Part-funded by PSBL – Plaistow South Big Local





14 - 30 years old? With a product or service to sell?

Create It. Bring It. Sell It.
Get a FREE stall at the
Summer PY Market

GET IN CONTACT

info@plaistowsouthbiglocal.org.uk



Some of you may have decided to quit smoking at the start of this year, and if you have managed to stay quit, well done! For those that didn't do so well, why not get that extra support from one of Newham's Stop Smoking Advisors?

Our advisors have already helped thousands of Newham residents to quit smoking

You are four times more likely to be successful at stopping if you use a nicotine replacement product like patches, gum, mouthspray etc. together with support from an advisor, compared to quitting on your own. The service is **FREE** and you would only pay for products if you are not eligible for free prescriptions.

There are Stop Smoking Advisors in a number of locations in Plaistow South able to support you to quit smoking. There is a drop-in at Newham University Hospital Trust (Macmillan Information and Support Centre - Zone 1) every Tuesday from 10am to 4pm, as well as four local pharmacies offering advice. Full details and more information about Newham's Stop Smoking Service can be found at www.newham.gov.uk/stopsmoking or by calling 020 3373 6630.



FUNDING FOR RESIDENTS' & COMMUNITY GROUPS' PROJECTS

Do you belong to a local community group, or an informal group of residents who have a project for which you want funding?

We know that there are a good number of community groups and organisations already at work in the area, and want to help them provide community activities for residents, and also support initiatives from new groups.

PSBL has specific grants and help for residents'

street-based initiatives (up to £1500 each) and green space development (up to £2500), and have now also launched our small grants programme, PSBL Supporting Local Action Fund, offering one-off grants of between £250 and £2500 for initiatives that meet local needs and fit with our five priorities:

- Celebrating People & Places
- Greening Plaistow
- Family & Personal Financial Management
- Older People's Needs
- Working with Young People/Young Adults

You will need to show how your project involves volunteers but, contrary to the article in our Autumn newsletter, you DO NOT need to 'match-fund' the grant. The panel meets 2-monthly, in mid-March, May, July, September and November this year.

For an application form along with guidance notes, please contact simon@plaistowsouthbiglocal.org.uk



Kaizen Primary School and Nursery

At Kaizen Primary School and Nursery, we believe that every child is entitled to be a part of our learning community, which is innovative, creative and reflective. Our children are happy, enthusiastic and active learners and are supported by highly qualified staff who are committed to enabling and motivating all children, each other and the community.

If you would like to know more about Kaizen Nursery, or would like to organise a visit for you and your child, please don't hesitate to contact us on 020 7473 6890.

Come to Kaizen Toddler Group!

Every Tuesday,
9am - 11am

Led by experienced and high quality Kaizen staff, the toddler group will give your child the opportunity to get used to our school, while enjoying great toys and getting to know other Kaizen families!

ZUMBA®

First class FREE

For All New customers
Redeem this coupon below and bring to the class

1 New change for 2015
Your New Sexy body

Mondays & Thursdays
6:30 - 7:30pm **£5 per class**
All welcome. No experience needed

More info call Pam
07916327541
www.salsapam.co.uk

Queens Rd West Community Centre
63 Queens Rd West
London

E13 0FE
FREE Parking outside venue
Nearest Tube: Plaistow stn, on District line (10mins walk to venue)

First Zumba class FREE For All New customers
Redeem this coupon and hand it in at the class. 1 coupon per person

NAME:

E-MAIL:

We respect your privacy and will NOT pass your details to any third parties.
Please tick the box if you do not wish to receive information, news and promotional offers from salsapam community dance

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	VENUE	ACTIVITIES ON OFFER	TIME	ADDRESS
MONDAY	The Mix Youth Centre	Music Production, Drama Classes, Dance, I.C.T, CV Writing, Pool, Table Tennis, Trips.	18:00 - 21:00	1a Cumberland Road, Plaistow, E13 8LH
TUESDAY	Drama Workshop	Drama Classes, Theatre Trips.	17:00 – 20:00	627-633 Barking Road, Plaistow, E13 9EZ
WEDNESDAY	The Mix Youth Centre (After School Club)	Hair and Beauty Classes, Pool, Table Tennis, ICT, Help with Home Work, Arts and Crafts, Trips.	15:00 – 18:00	1a Cumberland Road, Plaistow, E13 8LH
FRIDAY	The Mix Youth Centre	Hair and Beauty, Youth Committee, Music, ICT, Mentoring Service, Tuck Shop, Pool, Table Tennis, Trips.	18:00 – 21:00	1a Cumberland Road, Plaistow, E13 8LH

For more information call Nicholas Turpin–Gardner on 07984 382 104 or 020 7473 5387

Roll up! Roll up!

Local community schools on parade

1pm to 5pm

Saturday, 2nd May 2015

**Ground Floor, Swift Centre Building,
387 Barking Road, Plaistow. E13 8AL**
(next to the big Memorial Community Church)

Come along to the climax of
Newham Complementary Schools Week!

Dancing, singing, music, poetry, ethnic food, stalls and all the fun of the fair!

Open to the public, local community groups
can exhibit their wares

For further details of this & other events that week,
contact martinpinder7@hotmail.com or 079 5181 5621



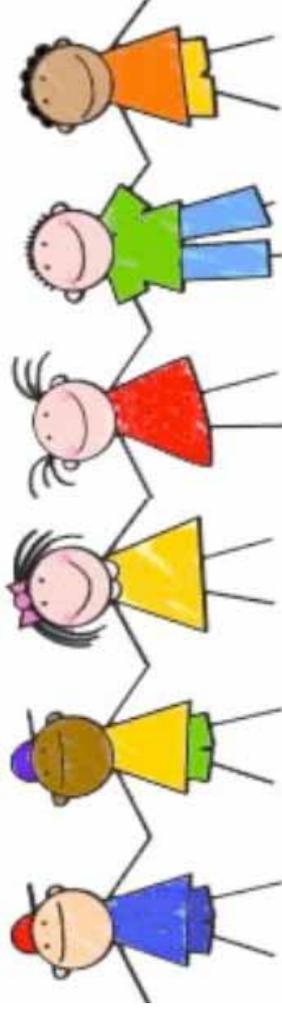
Mums and Toddlers!

Fridays 9-11am

FREE!

Short service at 10am

Tea, coffee, juice, fruit snacks etc
Just turn up, stay and play



St Philip and St James' Church
Whitwell Road, Plaistow
divinecompassionparish.org.uk

Money Champions

Building Community Resilience in Newham

The Money Champions is a new financial inclusion/education project that is based on a community influencing model and will be run within the London Borough of Newham in 2015.

The Money Champions will aid in empowering people in the community to increase their financial confidence, better manage their money, take control of their debt issues and become more financially resilient.

Individuals (frontline staff & volunteers) based within organisations and institutions in the Newham community will have the opportunity to volunteer and receive all the training and resources they need to become a 'Money Champion'. They will act as money ambassadors who will signpost and guide people in the community to local and digital services that can provide the expert advice, help and support they need.

So why become a Money Champion?

As well as helping others, you will have the opportunity to:

Develop personal knowledge and understanding of financial education

Help build the communities resilience by signposting people to advice & support



www.moneyaande.co.uk

Receive comprehensive training and resources

Help us to develop the project and highlight the successes

Money Champions is funded by the Big Lottery Fund and managed by Money A+E.

For further information please contact us:

Email: info@moneyaande.co.uk

Mob: Greg - 07947080893 / Jerry - 07949186587



South Plaistow is one of 150 areas selected by the Big Lottery to receive funds from a £200 million 10-year programme to ensure lottery 'good causes' money is fairly distributed.



We have over **£1 million** to spend! And lots of other resources to draw on.

Plaistow South Big Local is about bringing together all the local talent, ambitions, skills and energy from individuals, groups and organisations who want to make the area an even better place to live.

Since mid-2013 residents have formed a Steering Group along with local organisations, now recognised as the 'Partnership' which will plan and oversee the work of the next ten years. We aim to make a significant and lasting positive difference to our community.

Get in with Plaistow South Big Local

www.plaistowsouthbiglocal.org.uk

e-mail: simon@plaistowsouthbiglocal.org.uk

telephone: 020 7473 5349 / 079 2010 1740



PSBL is being supported by Local Trust, which is working with the Big Lottery Fund and a range of partners providing expert advice and support for residents, and locally by Rights & Equalities In Newham (REIN).

Local Trust Big Local

rein
Rights & Equalities in Newham

