

Anything is POSSIBLE
with



Plaistow South Big Local



Issue No 5 — Summer 2015

Star People in South Plaistow

PSBL has made a successful bid for 'intensive support' from a special national programme designed to help social enterprises.

UnLtd is the UK's foundation for social entrepreneurs and supports people who want to take action to change the world in which they live. They provide a mix of cash, development support and networking opportunities for



people who want to start and grow their own social enterprises.

The **Star People** award programme is open to residents of Big Local areas only and its purpose is to support people who have ideas to improve their local community. Awards of between £500 - £15,000 are available for social entrepreneurs who can demonstrate that their enterprise meets a specific social need and has the potential to be sustainable in the long term.

If this sounds like you, you can already apply for this help. Go to www.unltd.org.uk/starpeople/ for more information.

We now have a few local people in receipt of awards. But from later this summer south Plaistow will have the benefit of a dedicated outreach worker to help PSBL boost its support for social enterprise. This will include developing the Plaistow Youth Market - see centre pages for a report on the recent PYM on the Greenway.

We have also gained support from an existing Star People award winner in promoting social enterprise at local schools. A 10-module course helps young people understand what social enterprise is all about and consider their own options. PSBL has agreed to part-fund training for local tutors to continue these courses in the long-term. □

Community Mural at Glen Road

You will probably have seen the 'We Are Newham' photos next to the ambulance parking area at Newham University Hospital. Three of the people featured are closely associated with PSBL. In partnership with the hospital, Newham Council and NewVIC, PSBL has started work on developing a **100 metre long mural** on the blank wall that runs along Glen Road, opposite Cumberland School's playing fields.



Working with local schools, youth groups and our wider Forum we have commissioned a community organiser-artist, Madhumita Bose, who is engaging residents in the first phase - drafting pictorial ideas around **local history, community and diversity** and transferring them onto marine plywood boards for later assembly and mounting onto the walls. Next year the themes will shift to **health and education** for the second phase. The plan is to mount the boards this time next year. The mural is designed to last at least 10 years.

Pupils at New City and Kaizen Primary Schools and Cumberland Secondary are already hard at work on the project. They will be joined by Tollgate Primary and NewVIC students next term. Workshops are planned with local youth groups over the summer. Some open sessions with residents of all ages are being planned for later in July and into August. **If you want to get involved, contact us now for dates.**

We are very grateful to LBN, Travis Perkins, Forest Recycling Project and the schools involved for providing significant resources to enable this project to proceed. □

A million ^{plus} opportunities to improve Plaistow!

Approaching One Year Into Our Plan



PSBL PROJECT UPDATES:

<u>PRIORITY TITLE</u>	<u>PROJECT NAME</u>	<u>DESCRIPTION</u> & <u>STATUS</u>
Celebrating People & Places	- "Growing Up In Plaistow" - "Community Mural" - "Plaistow Streets"	- oral history project — awaiting new Heritage Lottery Fund application — if successful, the project will start in January 2016 - Glen Road hospital wall mural—schools and community workshops underway - Phase 1 due to be completed by Christmas - supporting residents to improve their streets - awaiting resident groups' requests - £1500 each group available NOW!
Greening Plaistow	- "The Greenway" - "Orchard Project" - "Green Spaces"	- improving access and use of the Greenway - awaiting LBN plans - due later in 2015 - community orchard adjacent to hospital - awaiting partner group plans— due later in 2015 - supporting residents to improve run-down spaces - awaiting resident groups' requests— £2500 each space available NOW!
Money Issues	- "Credit Union access" - "Advice and Support"	- promoting Credit Union use in south Plaistow—Money A&E commissioned for pilot project and started work - money management & debt advice—Money A&E commissioned for pilot project and started work
Young People/Young Adults	- "Plaistow Youth Market" - "Building Skills, Engagement & Enterprise" - "Young People's Forum"	- young people's market—up and running, 2nd PYM in held May, next one due in December - support, training and skills development - young apprentice engaged in May — work now underway - forum to shape and steer activities in Plaistow - young apprentice now arranging first meetings
Older People's Needs	- "ICT classes" - "Outreach to Isolated OP"	- support for agencies running computer classes - REIN & Barking Rd Community Centre funded from March 2015 - info leaflet and pilot activities - Barking Rd Community Centre funded from March 2015— info booklet due out NOW!
Supporting Local Action	- "Supporting Local Action Fund"	- small grants to local groups - two grants approved to date — further grants available throughout 2015 & 2016



PSBL Money Issues Initiative

SUPPORT * ADVICE * EMPOWER



Do you want advice about budgeting, debt or money issues?

We are here to help!

**Book an appointment to see a Money Adviser at one of
our Money Advice Surgeries**

**Appointments will be held on a Monday (once a month) at a number
of outreaches in the Plaistow South area.**

For further information please contact:

Greg – 07947 080893 or Jerry - 07949 186587

Email: info@moneyaande.co.uk Web: www.moneyaande.co.uk Twitter: [@moneyaande](https://twitter.com/moneyaande)



Funded by

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



They are a stronger and more competitive banking alternative to the High Street banks. All savings up to £85,000 are guaranteed under the Government's Financial Services Compensation Scheme

If you live, work, or study in Newham, Tower Hamlets, Hackney, The City of London, Newham, Waltham Forest, Islington, or Haringey you can join LCCU now.

Branches nearest to Plaistow are at 16 Vesey Path, E14 6BT and 1 Water Lane, E15 4LU.

For more info, go to www.londoncu.co.uk, e-mail in-

fo@londoncu.co.uk telephone 020 7729 9218 or call in at one of the branches.





Summer Market on The Greenway



A typical early summer Saturday of showery weather saw the first Summer Plaistow Youth Market on the Greenway on 23rd May. 20 stalls run by some 35 stallholders aged 15 to 35, selling and showcasing the creative enterprise of local young people and young adults, attracted around 1000 customers of all ages - something of a family outing for many!



Goods on sale ranged from pastries and cakes to soaps and glass gifts, from handmade cards to beaded bags and Asian foodstuffs. Total takings were around £1250, more than 50% up on the Winter Market held last December at NewVIC - stallholders got to keep every penny! PSBL and our partners pulled together a team of over 20 volunteers to prepare, support and clear-up after the event – many thanks to all who contributed in this way as PYM could not take place without you!



Valiant performers from UCKG's Victory Youth Group provided rain-defying entertainment, and Plaistow's own Cornerstone Café much-needed refreshments, while Dr Bike ran a cycle repair stall which was in high demand throughout the day.



In partnership with



Greenway Showcases Young Creatives



The first event of this kind at this place, the Greenway between Barking Road and Prince Regent Lane proved a superb location for PYM - thanks to Thames Water for their permission and support. We're wondering whether there is any demand for a wider range of market and perhaps performance events there during the summer months in future years. What do you think? Would you like to explore this with us?

Meanwhile, we're already beginning to think about the next PYM - our Winter event probably at NewVIC again. We're also beginning to think about the future of PYM, perhaps as a social enterprise in its own right. Are you a potential (or already active) local social entrepreneur with an interest in developing PYM with us? Get in touch!

PYM is proving a great success as the first of many PSBL-inspired initiatives - run through a thriving partnership with existing local groups and organisations. [📄](#)



Photos thanks to Connor Hurley, Patrisha Galang and Anna Allen





Intergenerational ICT project & more for people aged over 55

Date: Every Thursday

Time: 11am-1pm

Location: The Mix 1a,

Cumberland Road, Plaistow

E13 8LH

Want to improve your use of a

Mac or PC?

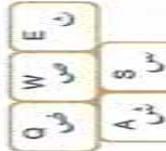
Want to contact friends using

Skype, Twitter or Email?

Come along: meet friends, have

fun, learning new things!

Work alongside young people!!



Part-funded by



Funded by PSBL, staff at Newham African Caribbean Resource Centre have compiled a comprehensive 64-page directory of local services which might be of use, especially to older people.

Including contact and activity details for community venues and organisations, health and social care, and local commercial services, we will have 500 copies to circulate to groups and individuals in the area.

Get in touch with PSBL if you would like a copy.



FOOTBALL FOR PEACE

Football for Peace is a pop up football coaching program aimed at all young people aged 8 – 17.

Our programme will be delivered by qualified football coaches and youth workers who will deliver training programmes, matches, competitions and workshops designed to discourage young people from engaging in low-level gang activity, crime and ASB.

Football for Peace will take place

from 10am—4pm across Plaistow between 27th July –21st August.

Contact Nicholas Turpin—Gardner or Paul Leslie:

07984382104 / 07919404855 / 020 7473 4359 or via email: nick@rein.uk.com / paul@rein.uk.com





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,
12.20pm – 2.20pm



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



SALSA AND ZUMBA

BRING YOUR SNEAKS WE'VE GOT THE BEATS TO MAKE YOU MOVE!

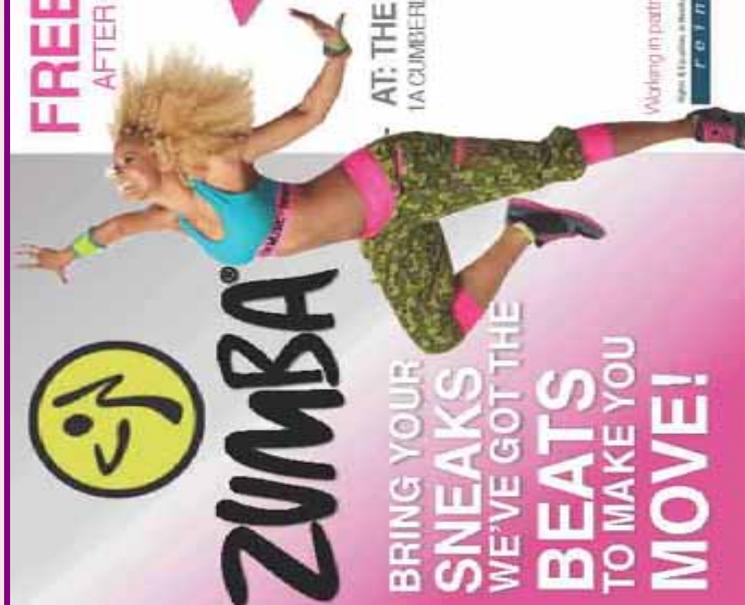
FREE CLASSES
AFTER SCHOOL GIRLS ONLY!
11-19 YRS OLD

STARTS
THURSDAY 18TH JUNE
4:30 - 5:30PM

AT: BARKING ROAD CENTRE
627 BARKING ROAD, LONDON, E13 9EZ

FOR MORE INFO
CALL PAM:
07916327541

Working in partnership with community neighbourhoods
Area 8 Education & Research
F.E.T.R.
Newham London
SaleStarters
Direct



ZUMBA

BRING YOUR SNEAKS WE'VE GOT THE BEATS TO MAKE YOU MOVE!

FREE CLASSES
AFTER SCHOOL GIRLS ONLY!
11-19 YRS OLD

STARTS
WEDNESDAY 17TH JUNE
4:30 - 5:30PM

AT: THE MIX YOUTH CENTRE
1A CUMBERLAND ROAD, LONDON, E13 8LH

FOR MORE INFO
CALL PAM:
07916327541

Working in partnership with community neighbourhoods
Area 8 Education & Research
F.E.T.R.
Newham London
SaleStarters
Direct

FUNDING FOR RESIDENTS' & COMMUNITY GROUPS' PROJECTS

Do you belong to a local community group, or an Informal group of residents who have a project idea 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 improvement (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

Money Issues

Older People's Needs

Working with Young People/Young Adults

You will also need to show how your project involves volunteers.

The panel meets 2-monthly, in mid-July, September and November this year.

We have already provided funding for the Urban Wilderness (First Avenue) Community Garden's new sensory garden and Victory Youth Group's 'Where You Going?' programme.

What can we help you with?

Soon we will be running a fundraising support seminar for local groups - if you're interested, do get in touch.

For a SLAF application form along with guidance notes, please contact:

info@plaistowsouthbiglocal.org.uk



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.

This Summer marks the end of the first year of our plan. The Steering Group, the formal PSBL 'Partnership', is reviewing the plan with other interested residents and putting together the next year's programme. 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: info@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).

Rights & Equalities In Newham

re in

Local Trust

Big Local



LOTTERY FUNDED