



Summer 2021

Local Trust | Big Local



North Meets South (NMS)

A resident organisation for the people of Marks Gate & North Chadwell Heath. Big Local is a community and resident-led approach to creating lasting change. We have funding from the Big Lottery Fund, to address the unique needs of the people that live in our area.

W: www.nmsbl.org.uk

 @NorthMeetsSout4

 @north.m.south

 Catherine Nms Worker

COMMUNITY FUNDAY 24TH July!



IN THIS ISSUE:

- **Community funday – everyone's welcome!**
- **Opportunities in the area**
- **Local stories: Colour in Marks Gate**
- **Book tickets to the seaside**
- **Event & activities calendar**

We are very excited to invite you to our community funday on the **24th of July 10am - 4pm at Antony Green Park Marks Gate**. There will be a variety of fun activities like art and crafts workshops, karate, chair yoga, face painting, family games, as well as information on local services. There will also be free food and drinks with music for us to celebrate our return to a sense of normalcy following a difficult year.

Join us for a fun day out with the family on a lovely summer's day. This will also be a great opportunity for you to meet new people, make fun memories, socialise with your neighbours and learn about opportunities available in the area.

We look forward to seeing you at Antony Green on Saturday 24th July

Want to do more - we would love to hear from you!

- Are you a small business owner looking to promote your services... we have a couple of spaces for you host a stall at the event
- Do you want to give back to your community as a one-off volunteer.... We are looking for residents to become event stewards helping us to manage crowds, run activities and ensure that the event is as safe as possible
- Do you have a skill you want to share... we are looking for people with circus skills, singers, poets, magicians, comedians etc to entertain residents at the event

Contact NMS today to book a stall OR register your interest in working with us on the day!

Ring Catherine on 07419 285839 Email nmsworker17@gmail.com

OPPORTUNITIES IN THE AREA



Free Counselling for Marks Gate & Chadwell Heath Residents

TalkSpace Mindfulness Counselling CIC Limited is a not-for-profit counselling service serving the borough of Barking and Dagenham. We are happy to extend our work in partnership with North Meets South to fulfil their vision for the community of Marks Gate and North Chadwell Heath.

We believe that most people should be able to seek counselling for their emotional health and wellbeing when they need it. Our aim is to reduce waiting times for counselling. Long waiting lists such as NHS Talking Therapies do nothing for immediate distress. We aim to have you placed with a counsellor within 1 to 3 weeks. We fulfil this by having a full staff of counsellors and offering the first 4 sessions of your counselling for **FREE**, sessions thereafter are at reduced cost, so it can be affordable to most.

How to access our services: you can either go through NMS or email us directly at office@talkspacecounsellingservices.co.uk



Entry Level Health & Social Care Training

MAKE A POSITIVE CHANGE AND TRAIN WITH US THIS AUGUST TO SECURE EMPLOYMENT OR ADVANCED TRAINING AS A CARER

NMS has partnered with RWAAB to run a series of employability training in August (online and in person) for **WOMEN** seeking to change careers, build their confidence, or interested in seeking employment within the care industry.

We will provide participants with one-to-one employability support and bespoke training to help them search and secure employment as carers with local care agencies or seek advanced Health & Social Care training with accredited training providers. There will be light lunch and Creche facilities for participants.

To register your interest in joining this FREE programme, email nmsworker17@gmail.com or call 0741 9285 839.

Spaces are limited but priority will be given to those with disabilities and/or barriers preventing them from securing training and/or employment through the more common channels.



Remembering Marks Gate & North Chadwell Heath

"My first impression when I got there before I even got into the school and when we arrived and from the bus and walked along the road it was the fresh air; it smelt of the country side and the air seemed so much fresher."

Rosemary Rodgers, Marks Gate

Eastside Community Heritage is happy to announce a new oral history project 'Remembering Marks Gate and North Chadwell Heath' that aims to collect local people's stories for an exhibition about their memories of the area.

Marks Gate has a rich history - the name originally referring to the entrance or gate into Hainault Forest located near the medieval manor of 'Marks' which stood on what is now Warren Hall Farm. A northern outpost of the borough, the fields of wheat, oat and barley that surround Marks Gate and North Chadwell Heath are a reminder of how Barking and Dagenham might have once looked. Marks Gate is also home to a large housing estate, built in the late 1950s on former fields in Chadwell Heath, much of which remains in municipal ownership.

We are looking for participants to be interviewed about their memories of Marks Gate and North Chadwell Heath. If you are interested in taking part, please contact Andrea at andrea@ech.org.uk or call Judith on 07411536339.

OPPORTUNITIES IN THE AREA



National Citizen Service Summer programme

The NCS programme offers young people, aged 16-17, a once in a lifetime opportunity to do something meaningful with their summer break, as well as a chance to develop skills and take on new challenges that will set them up for adult life. They'll also do something good for their local community, carrying out a project to support a cause they care about. We've seen first hand what an amazing feeling of accomplishment and increased confidence this brings. In 2020, teenagers on NCS donated 500,000 hours of their time to help rebuild their communities after the first lockdown, showing what a difference young people can make when they work together towards a goal.

A place on NCS is worth around £1500. However, thanks to government funding for the programme, NCS only asks for a contribution of £50 to cover some basic costs. To ensure that everyone can do NCS there are also bursaries available to help cover the cost.

More information on the NCS summer programme can be found on the NCS website: wearencs.com. Alternatively, if you have any questions, please call: 0800 197 8010

North Meets South Volunteer Recruitment

We are looking to increase our network of community champions!

Volunteering with NMS is a great opportunity to build new skills, gain work experience and meet new people doing something you have a passion for. We are currently recruiting volunteers to support us on the following projects:

- Interested in helping primary school age children learn? We're looking for dedicated volunteers to support our home work club between 3:30-5pm once a week during term time
- Interested in working with teenagers, football and video games? We are recruiting volunteers with excellent communication skills to support our thriving youth club at Marks Gate
- Looking to meet new people and share your skills? We are recruiting volunteers to support our coffee mornings on Weds 10am - 12pm
- Looking to get fit and meet new people we? We are recruiting volunteers to support our community park run

We are always excited to add more residents to our network of community champions please email nmsworker17@gmail.com to apply.



What is the BD Collective?

The Collective is an umbrella sheltering a series of networks that connect civil society organisations in Barking and Dagenham. The links between the networks generate new ideas and opportunities to improve the lives of the Borough's residents.

Most of the networks are built around a shared endeavour, for example getting food to those who need it, or bringing fitness and leisure activities to our residents.

Some of the networks are focused on a shared ambition, say to improve adult social care or creating more opportunities for residents to set up social enterprise.

How do I get involved?

No organisation is excluded. There are probably as many as 3,000 civil society organisations in Barking and Dagenham. Some are charities. Some are social enterprises. Some are clubs and associations. Some are not constituted, meaning they do not have a formal organisational structure, mutual aid groups for example. We believe all have a role to play in making Barking and Dagenham a better place for residents.

So far we have a Reimagining Adult Social Care Network, a Early Help Network, a Youth Network and a Food Bank Network. We also have an emerging Environmental Network.

Joining the Collective means becoming a partner. Being a partner means joining a network and working with others on behalf of the people of Barking and Dagenham. There are no restrictions but we are looking for partners who share the values of the Collective and the Council

If you are interested in learning more about BD collective or want to join a network, please email Alison at Alison@bdcollective.co.uk.



NMS Training Bursary

Age 19 or over? Looking to learn a new skill, change careers, or start a business, apply for the NMS Training Bursary!

We have allocated funds in our new local plan to cover the cost of courses, books and equipment's to support residents in Marks Gate and North Chadwell Heath to upskill and achieve their career ambitions.

Whether its because you want to change careers, start a business or just want to increase your chances of a promotions we are happy to support your on your journey to bring your dreams to reality!

To learn more contact Catherine at nmsworker17@gmail.com / 07419285839

Upskill to start your own community project

Are you thinking of starting a community project but feel that you do not have the necessary qualification / skills?

NMS is offering free online courses to Marks Gate and North Chadwell Heath residents to make them better prepared to facilitate fun and exciting community activities through our Dragon's Den grants scheme. We offer online course in the following:

- Customer Service
- Equality & Diversity
- Fire Awareness
- Food Hygiene level 2
- Health and Safety Essentials
- Manual Handling
- Risk Assessment
- Safeguarding Adults
- Safeguarding Children



To enrol onto the FREE online course contact Catherine on at nmsworker17@gmail.com / 07419285839



Community Food Club

If you are struggling to make ends meet and want your money to stretch further; join our community food club to reduce your shopping bill.

Membership is **FREE**; every week you receive £20 worth of groceries with access to a wide range of support e.g., financial advice, housing, employment, and health

HOW TO REGISTER?

Visit Marks Gate Community Centre on Rose Lane and enquire about joining the Community Food Club

St Marks Coffee & Cake Mondays

St Mark's Cafe open for coffee and cake on **Mondays 10.00-12.00**.

It is still free, but donations are welcome. We will also be opening the clothing bank during those times for anybody who needs a free bundle of children's clothes (sizes are all subject o availability)



Small acts of Creativity bringing Colour to Marks Gate & North Chadwell Heath

BY PHILLIPPA BANISTER: STREET SPACE FOUNDER DIRECTOR

During the first waves of the Covid-19 pandemic during Spring and Summer of 2020 we had been planning to work with residents from Marks Gate and Chadwell Heath of all ages to identify public spaces in the area that could do with a bit of colour. Maybe streets or spaces that don't feel safe, or attract regular fly-tipping, we used this map to gather data and ran an online google street view walkabout via zoom to remind ourselves of some of the unloved corners of the area. We were keen to work with people to harness their gifts, from painting to pompoms, crochet to cross stitch to add some colourful creativity to these unloved spaces and see what happens!

From all our work at Street Space we've developed a real passion and belief in the power of adapting and tweaking our shared public streets and spaces, as citizens. We believe seemingly small acts can have a huge impact on building community, helping people to feel safer, more joyful and more connected to each other. Whilst we were not able to undertake our planned programme of community engagement, we were grateful to be connected with Marilyn of the Nimble Fingers and Board Games group a highly skilled community of crafters who were eager to begin making knitted flowers for the cause.



BOX OF BEAUTIFUL KNITTED FLOWERS FROM THE NIMBLE FINGERS & BOARD GAMES GROUP!



KNITTED FLOWERS OUTSIDE THE BAPTIST CHURCH NORTH CHADWELL HEATH , ON THE RAILINGS LEADING TO THE A12 UNDERPASS & AROUND MARKS GATE

We experimented by pinning up some of the knitted flowers outside the Eastern Avenue Baptist Church on East Road, on the railings leading to the A12 underpass and across the other side. People immediately started smiling as they saw them. The impact of seeing something bright and colourful softening the usual environment, brightening up the grey literally felt like it was adding a sprinkling of love to the neighbourhood at such a challenging and difficult time for everyone. People often worry about permissions for public acts like this – but we think it's time to give ourselves permission and agency to try and create the liveable and colourful neighbourhoods we'd like to live in. As long as you're not permanently changing something or hurting anyone, the council probably have enough on their plates!

Do you have an idea of a similar community project, NMS is always open to meet residents and learn about their ideas to make Marks Gate & North Chadwell Heath an area that is liked and looked after. So if you've a great idea for an activity that will benefit local people - whether it's gardening, learning a new language, family fun days or swapping skills - we'd love to hear from you!

Pop in to see us at Marks Gate Community Centre, Rose Lane RM6 5NJ or email Catherine at nmsworker17@gmail.com

SEASIDE TRIP FOR FAMILIES : ACCEPTING BOOKINGS NOW!!!

Tickets: £5 person
How to book tickets?

Ring Catherine on 07419 285839/ Email: nmsworker17@gmail.com
by 15th July 2021 to secure a space

COACH TRIP

Walton on the Naze

Date: 20th August 2021

Pick-up from Marks Gate Community Centre from 8am;

Departure from Beach : 4pm

Snacks & Activity : Please bring your own lunch and items to share if you can, games.

Raffle: £1 a strip



COMMUNITY EVENTS – EVERYONE'S WELCOME!

13TH JULY

Job Fair: Marks Gate Community Centre

The Padnall Lake construction team are looking to recruit residents of Marks Gate to help with the development along the A12. If you have become recently unemployed or are looking to change careers there are lots of jobs available ONLY to people of Marks Gate. Join the recruitment team at the community to learn more.

SATURDAY 24 JULY, 10AM - 4PM

Community Funday: Antony Green park, Antony Grove, Marks Gate

There'll be a variety of fun activities like art and crafts workshops, Karate, face painting and family games, as well as information on local services. It's also your chance share your opinion on our plans for the Garages at Roles Grove .

14TH & 15TH AUGUST, 11AM - 9:30PM

Becontree Forever Weekender

A programme of art, architecture and infrastructure to mark the centenary of the UK's biggest council housing estate

OTHER DATES TO REMEMBER

1ST JULY, 9AM

Small and Large Dragon's Den grants open for applications

If you have an idea of a community project this is your opportunity to apply for funds to make that idea a reality. Visit our website to learn more.

JULY 26TH- 20TH AUG, 11AM-1PM

Multi-sport Summer Programme at Antony Green

All sports and life's skills sessions are free for children and young people who are residents of Marks Gate & North Chadwell Heath. Simply contact our delivery partner to register your son/daughter to the sessions, where they can play some sports while meeting other young people their age.

Steven Marshall: 07940 359 009

JULY 28TH, 11AM-12PM

Mindfulness Workshop at Marks Gate Community Centre

An engaging workshop on "what mindfulness and counselling and how to make changes for your mental/emotional well being"

North Meets South (NMS)
By residents, with residents & for residents
of Marks Gate & north Chadwell Heath
www.nmsbl.org.uk

NTREE FOREVER WEEKENDER B

Becontree 100 Festival

In partnership with Love Music Hate Racism

Saturday 14 August, 11am – 9:30pm
Parsloes Park, Dagenham

FRANK TURNER

IDLES DJ set Ft. Joe Talbot

NOVA TWINS YOLANDA BROWN

DON & LETTS BALIMAYA PROJECT

Dennis Bovell

Dance Creative workshops Rides Arena thrills and spill
Family shows Stalls and crafts Flamingo Carnival Parade

Free Event www.lbbd.gov.uk/becontree100 Car Park
www.becontreeforever.uk £3.50

Becontree Forever Summer of Festivals In collaboration with our local partners Barking & Dagenham



NMS ACTIVITIES CALENDAR – EVERYONE'S WELCOME!

ALL ACTIVITIES ARE DUE TO START ON MONDAY 28TH JUNE

MONDAYS: 10AM-12PM MARKS GATE COMMUNITY CENTRE

Drop-in Job Club

Join us for a cup of tea to discuss your career goals and how we can support you to achieve them

TUESDAYS

No activity on the Calendar

WEDNESDAYS: 10AM-12PM MARKS GATE COMMUNITY CENTRE

Community Cuppa

Join us for a chat and a cup of tea about everything and nothing. This a great opportunity to meet your neighbours and learn about things happening in the area

THURSDAYS: 3:30PM - 6:30 TANTONY GREEN PARK

Thursday Football & Chips (TFC)

We are building a thriving community of young people in Marks Gate. Our Thursdays Football & Chips programme delivered by Spark2life is a safe space for young people to socialize and learn from each other.

FRIDAYS

No activity on the Calendar

SATURDAYS

No activity on the Calendar

SUNDAYS

No activity on the Calendar

On the days when there are no activities on the NMS calendar do visit the Marks Gate Community Centre OR St Marks Church there are lots of free activities open to residents in the area



COMMUNITY FOOD CLUB
Food for thought

WELCOME TO THE CLUB

If you're struggling to pay your bills or want to make your money stretch a little bit further, join the Community Food Club to reduce your food shopping bill. The Community Food Club allows you to have access to roughly £20 worth of groceries each week and will explore support with you to help change the issues you may be facing. Membership to the Food Club will also give you access to support from a wide range of services providing advice on finances, housing, employability and health.

WHAT YOU NEED TO KNOW

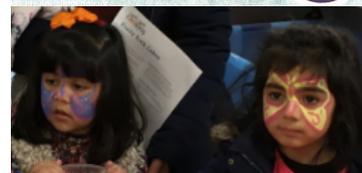
To be eligible for the Community Food Club, you must:

- You must live in London Borough of Barking and Dagenham and be in need of support
- Membership access is available for one person per household to visit once a week
- Membership access is restricted to one site over the course of the 3 month membership
- Members must commit to making a positive lifestyle change over the course of their membership

WHEN AND WHERE

Marks Gate Community Centre
100a Marks Gate
London E16 2JH
020 831 1200

Every Wednesday
11am - 1pm



TFC

THURSDAY

FOOTBALL & CHIPS

@ TANTONY GREEN
(AKA MARKS GATE PARK)

FREE FOOTBALL & GAMES FOR :

AGES 7-11 @ 3:30PM-4:30PM

AGES 12-16 @ 4:30PM-5:30PM

Ages 16-18 6PM

For more info Call Alison - 07812487926

North Meets South

Spark2Life
Sharing Positive and Inclusive Kids 2 Life

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