



Autumn/Winter 2017

Local Trust | Big Local

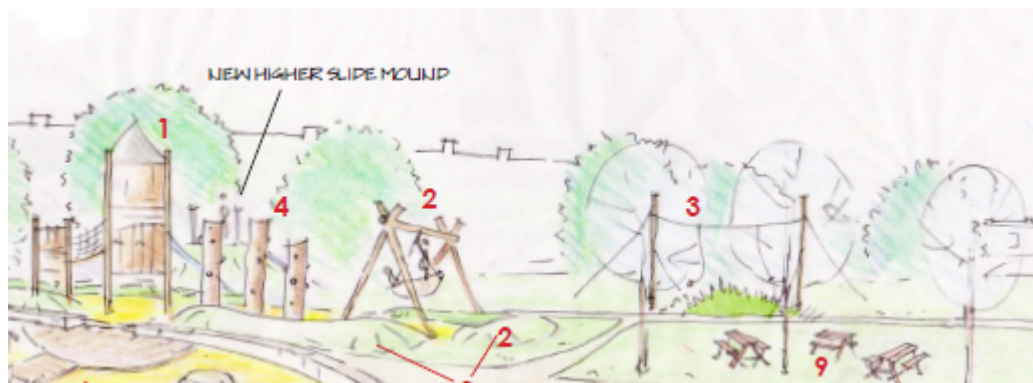


LOTTERY FUNDED

North Meets South (NMS)

is by residents, with residents & for residents
of Marks Gate & north Chadwell Heath

www.nmsbl.org.uk



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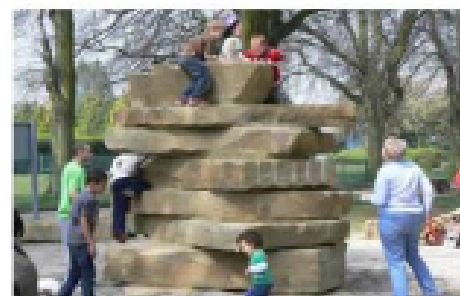
YOUR VISION FOR TANTONY GREEN

Right from the start you told us you wanted more places for children and young people to play safely. Last year we asked consultants to find out more, followed this year with designs based on your ideas. Children liked the field with space to run but wanted picnics, a 'play house', swings, climbing, slides and a zip ride. Young people favoured a gym, and adults wanted Tantony Green to be welcoming for everyone:

Nice to see stuff that includes everybody"; "Some families can't afford days out so

somewhere to spend the day, like this, is great."

Now, in partnership with the Council, we're working on raising extra money to boost NMS's contribution so we can have a park to be proud of. Soon we could turn "boring" Tantony Green into a vibrant space for the whole community to enjoy – with a spinning disk, basket swings, towers with bridges, climbing ropes and slides, a zip wire, stone climbing stack, outdoor gym, picnic tables, wildflower meadow, 'butterfly sanctuary', herb garden and more!





DRAGON'S DEN CATCH-UP

This year's event was a great success, with 11 new community activities getting grants. Choose from free breakfasts for children and young people, carpet bowls, learning through play for 0-5 year olds, circus skills workshops, a cultural festival event, arts & crafts with Creative Cafe, help with computing and social networking skills, money & debt management training, knitting, crocheting, embroidery and board games, a creche supported parenting programme, and BMX cycling coaching for children and young people All will be running in 2018, so look out for publicity.

**Starting at Eastern Avenue Baptist Church hall,
East Road RM6 6YJ:**

Carpet Bowls -Tuesday 9 January, 2.30pm-4.30pm

Nimble Fingers (knitting, crochet, embroidery)

& Board Games - Wednesday

10 January, 2.00pm-4.00 pm

All abilities welcome.



ENTERPRISING RESIDENTS

A group of social-minded residents have been taking part in a brand new project aimed at helping people set up social enterprises. These are businesses that are run for community benefit rather than for profit. Ideas included tackling loneliness through baking, a women's support group and helping homeless people. Participants will be promoting free 'taster' sessions in early 2018. If you've an idea for a social enterprise and would to build your confidence and knowledge to help you get started, contact NMS:

Ring Ola on 07419 285839 or
email nmsworker17@gmail.com



Have you visited the North Meets South website? It has lots of useful links and information: www.nmsbl.org.uk

HOLIDAY HELP

Are you feeling alone or isolated? Would you like a friendly chat?

The Silver Line is a free confidential helpline providing information, friendship and advice to older people. It's open 24 hours a day, every day of the year: 0800 4 70 80 90

Orange Line is a confidential helpline for local people of all ages, open 9am to 5pm, Monday to Friday:
01708 758 649

CALLING COMMUNITY HEROES

Could you be a friend of **Tantony Green** park?

Or could you help out at North Meets South community activities around the Marks Gate and East Road area?



We would love to hear from you!
Contact Ola on 07419 285839
or email nmsworker17@gmail.com
or visit www.nmsbl.org.uk

HAPPY NEW YEAR, HEALTHY NEW YOU



Have fun & keep active with chair-based exercise to music. Join us at Eastern Avenue Baptist Church Hall, East Road RM6 6YJ:
Fridays 2.30pm - 3.30pm
From 12 January, £2 a session

STARTING JANUARY

Eastern Avenue Baptist Church hall, East Road RM6 6YJ:

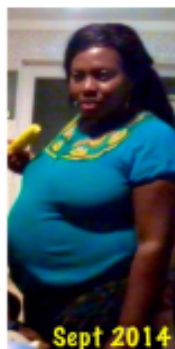
- **TUESDAY 9 Jan,**
2.30pm-4.30pm: Carpet Bowls
- **WEDNESDAY 10 Jan,**
2.00pm-4.00pm: Nimble Fingers & Board Games
- **FRIDAY 12 Jan,**
2.30pm-3.30pm: Chair-based exercise

Marks Gate Community Centre, Rose Lane RM6 5NJ:

- **WEDNESDAY 17 Jan,**
9.30am-11.30am: New Me

NEW ME
EAT HEALTHY

Feel sluggish after the holidays?
Want a 'NEW ME' in 2018?



This Eat Healthy programme will help women and men lose weight and become more physically active. Over 13 weeks you'll learn valuable information about nutrition and how to get that healthier you **plus** fun & easy group exercise. Best of all it's completely **FREE!**

So what are you waiting for?

Call **0208 724 8018**, quoting **NEW ME MARKS GATE**

Or email: healthy.lifestyles@lbdd.gov.uk

Starts: Wednesday 17 January 2018

Time: 9.30am to 11.30am

Place: Marks Gate Community Centre,
Rose Lane, Marks Gate RM6 5NJ

NELFT NHS
NHS Foundation Trust



London Borough of
Barking & Dagenham
lbdd.gov.uk



Season's
Greetings!

Want to get in touch with NMS? Contact Ola on **07419 285 839**
OR Email nmsworker17@gmail.com OR Ask at St Mark's Church cafe

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