

# Autumn/Winter 2019



Local Trust | Big Local



**North Meets South (NMS)**  
is by residents, with residents & for residents  
of Marks Gate & north Chadwell Heath  
[www.nmsbl.org.uk](http://www.nmsbl.org.uk)

## IN THIS ISSUE:

- Award-winners
- Holiday help and festive puzzles
- New year, new you

## AND THE WINNERS ARE...

### Mayor of London's Volunteering Awards 2019

Marilyn Wyatt, Kathleen Fynes and Joyce Jackson are exceptional volunteers who realised there was a need for older people's activities in the area. Although themselves retired, they're certainly not retiring as they run three activities - week in, week out - for frail, older, and isolated adults: Carpet Bowls, Nimble Fingers & Board Games and Chair-based Exercises (see back page for details). Thanks to their amazing efforts over the past two years - including actively supporting premature babies, people with dementia, homeless, refugees and a variety of charitable causes - Kathleen, Marilyn and Joyce are now



**WINNERS of the Mayor of London's Volunteering Awards 2019 in Activity & Wellbeing.** They saw off competition from Future Zone volunteers as well others from across London! Here's what they thought of the awards evening at City Hall hosted by Sadiq Khan, Mayor of London:



*"It was held in the Chamber where the Mayor has his Assembly. There were about 300 people and not one seat free. We were made to feel very welcome - beautiful food, and very well organised down to the last detail. Once we found out what other people do, we were just happy to be there. There were all these people on the lower part of the auditorium who we thought were the winners. We decided to sit in the back, in the galleries.*

*It was very much like the Oscars – the nominees for each category were announced by different people then the envelope was opened to reveal the winners. And of course when they called our names we just sat there because we didn't think it was us - we looked at each other blankly. We had to leave our coats and bags with the people near us. It was a very long walk to the stage. Dr Debbie Weekes-Bernard, Deputy Mayor for Social Integration, Social Mobility and Community Engagement made the presentation, alongside Samantha Renke, Actress and Disability Campaigner. We were on cloud nine coming home. We went across Tower Bridge and it was lovely to see the City buildings lit up."*





# HOLIDAY HELP AND FESTIVE PUZZLES

**Night shelter:** Hope 4 Barking Night Shelter operates all year round for single homeless people aged 18+, who are sleeping rough in Barking & Dagenham. The shelter opens 7:30pm each night, and guests must leave by 8am the next morning. No alcohol or drugs are allowed on the premises. There are 20 spaces and self-referrals are accepted. Phone **07527 192 161** or email **[h4bdnighshelter@outlook.com](mailto:h4bdnighshelter@outlook.com)**

**Foodbanks:** These provide at least 3 days' emergency food as well as signposting to other support. Referrals can be made through care professionals like GPs, health visitors, social workers, the police or Citizens Advice Bureau (CAB). Here are the nearest Foodbanks:

Collier Row & Romford Foodbank: The Wykeham Centre and Church House, Market Place, Romford RM1 3AB.  
Phone **07548 674958**

Dagenham Foodbank: RCCG House Of Faith Connections, The BEACON, 104 New Road, Dagenham RM9 6PE. Phone **020 8595 0122 or 07983 431070**

Barking Foodbank: 9 Minden Gardens, Barking IG11 0SF.  
Phone **020 8861 0660 or 07507 648948**

## CHRISTMAS UNSCRAMBLE THE WORDS !

Unscramble the Christmas vocabulary and number the pictures



1. taaSn auClS	_____
2. reet	_____
3. deernni	_____
4. slhgei	_____
5. rfcpleeai	_____
6. gcontski	_____
7. nsrstepe	_____
8. cniyhem	_____
9. srcda	_____
10. reotmanns	_____
11. hsligt	_____
12. lbel	_____
13. retahw	_____
14. arst	_____
15. lohly	_____
16. obbmri	_____



**Can you spot the 10 differences**





# MORE HOLIDAY HELP AND FESTIVE PUZZLES

## Mental Health Direct:

Free and confidential NHS service for anyone in a crisis or severe distress. Open 24 hours a day, 7 days a week: **0300 555 1000**

## The Silver Line:

Free and confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year: **0800 4 70 80 90**

## Samaritans:

A safe place to talk any time, about whatever is affecting to you. 24 hours a day, 365 days a year. Call free on **116 123**

## Domestic Violence Helpline:

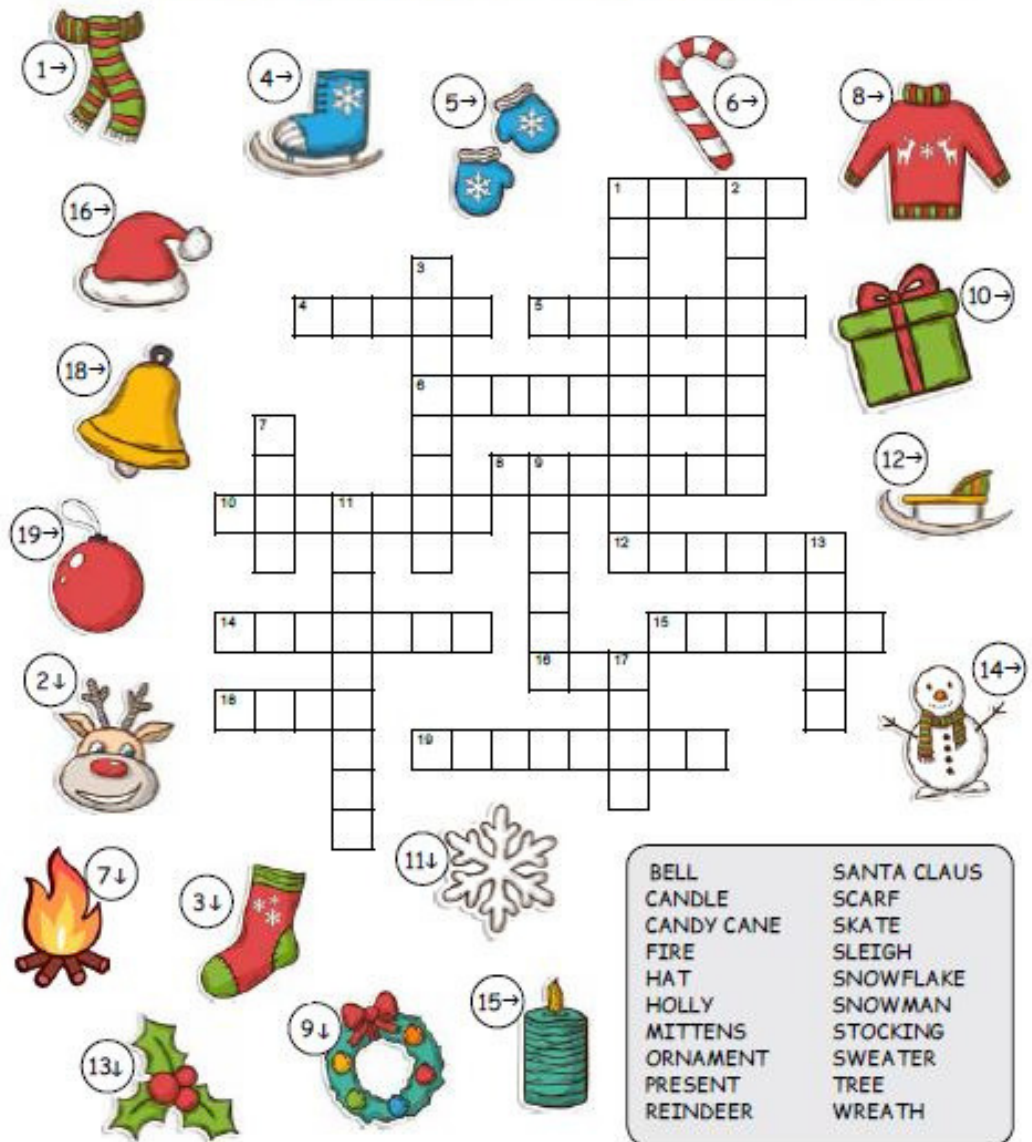
Free and confidential, 24 hour helpline. Run all year round by Women's Aid and Refuge: **0808 2000 247**

## For more helpful contacts

like these, see North Meets South's community links at [www.nmsbl.org.uk/links](http://www.nmsbl.org.uk/links)

## Christmas Vocabulary

**DIRECTIONS:** Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.



between these family pictures?



## YOUNG PEOPLE & CHILDREN:

**Kooth:** Free, safe and anonymous online chat, plus support and counselling for young people. Monday to Friday 12pm-10pm and Saturday to Sunday 6pm-10pm.

[www.kooth.com](http://www.kooth.com)

**Childline:** Free and confidential help for anyone under 19 dealing with any issue. Available anytime, day or night. Ring **0800 1111**



# NEW YEAR, NEW YOU

Try something different with  
NMS and make new friends - free!



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

**Mondays 10.00am-12.00pm:**

**Community Job Club**

**Tuesdays 2.00pm-3.00pm:**

**Age UK's Breathe & Balance**

**Wednesdays 10.00am-12.00pm:**

**Community Cuppa**

**Thursdays 3.30pm-4.30pm:**

**Family Fun & Reading Club** **New!**



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

**Tuesdays 2.00pm-4.00pm:**

**Carpet Bowls**

**Wednesdays 2.00pm-4.00pm:**

**Nimble Fingers & Board Games**

**Thursdays 2.00pm-3.00pm:**

**Age UK's Chair-based yoga**

**Fridays 2.30pm-3.30pm:**

**Chair-based exercise to music**



Starting soon!

Performing arts project -  
dance, drama, music and  
singing for 8-12 year olds



## Remembering Marks Gate and North Chadwell Heath

We are seeking participants for oral history interviews  
for an exhibition about people's memories of the area.  
If interested, please get in touch at [kay@ech.org.uk](mailto:kay@ech.org.uk) or  
call and ask for Kay at 0208 5533 116.



## NMS's Dragon's Den Small Grants are always open!

Our grants help wonderful volunteers like Marilyn,  
Kathleen and Joyce (front cover)  
to run amazing activities for local  
people. So whether it's cooking,  
arts & crafts, family fitness or  
gardening, you can apply all year  
round for up to £500 for individuals or up to £1,000  
for groups! **Contact Ola on 07419 285839.**



**Most North Meets South activities re-start  
the second week of January. Why not join us?**



Have you tried our  
fitness & play  
markings in  
Tantony  
Green park?

**Want to get in touch with NMS? Contact Ola on 07419 285 839  
OR email [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com) OR ask at Marks Gate Community Centre**