

# January/February 2021



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)



## BEST WISHES FOR 2021

North Meets South wishes everyone in Marks Gate & North Chadwell Heath a happier new year. 2020 was a difficult time for many as a result of Covid. Sadly we're not out of the woods yet, so please continue to follow government guidelines and stay home except for the essentials. Remember 'Hands, Face, Space' plus open windows for fresh air. Let's all do our bit to keep safe! If you are clinically vulnerable, you can get help with things like food shopping and picking up medicine by contacting BD CAN via the council on **020 8215 3000**. For help with financial worries, contact [homesandmoneyhub@lbbd.gov.uk](mailto:homesandmoneyhub@lbbd.gov.uk) or ring **020 8724 2115** or **020 8227 2927**. For other helpful information, please see the back page of this newsletter and visit our website: [www.nmsbl.org.uk](http://www.nmsbl.org.uk)



## IN THIS ISSUE:

- **Best wishes for 2021**
- **Community consultation on Roles Grove depot**
- **Our new community plan for 2021-2022**
- **Help to cope with Covid**

## COMMUNITY CONSULTATION:

### YOUR VIEWS ARE NEEDED ON ROLES GROVE DEPOT



Do you know the Roles Grove garages? Do you live nearby or perhaps rent one of the garages? Do you think there is an opportunity to create a thriving community facility here? Perhaps there is an opportunity to develop some of the garages into businesses? **North Meets South** is working with **Space + Place Design** to explore opportunities to turn part or all of this council-owned site into a community facility. We want to hear from you!

**Please join us by zoom on Thursday 18 February 10am-11.30am** to tell us your ideas or concerns. **Book your free ticket for the zoom session here:**

<https://www.eventbrite.co.uk/e/roles-grove-garages-consultation-online-event-tickets-137958847627>

You can also call **0800 288 9845** free between 10am-7pm on **Friday 19 February** to give us your views.

**Our Roles Grove site survey will go live on 19 February.**

To complete it online, please use the **QR code** above or go to <https://www.surveymonkey.co.uk/r/Q5R8YWR>

If you prefer to receive a paper copy of the survey to post back free, please email [studio@avraarcher.com](mailto:studio@avraarcher.com) or [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com) or ring **07419 285839**



# WE ASKED WHAT YOU WANTED, HERE'S WHAT YOU SAID ....

425 NMS residents took part in a series of community consultations between May 2019 and July 2020.

## Your top priority with 14% of the 'vote':

More things for teenagers/youth including a youth club, music studio

## Level 2 – each with 8% of the 'vote':

More activities for kids including the holidays  
More frequent refuse collections/litter cleaning

## Level 3 – each with 4-5% of the 'vote':

Singing/music/recording studio  
More events/fun days  
Keep fit activity for adults that isn't chair based  
Football, family dance e.g. Bollywood  
Park warden/keeper/security  
More police visibly patrolling and building up relationships

## Level 4 – each with 3% of the 'vote':

Arts & crafts, family cookery classes  
East Road bus service to/from the High Road and Queens Hospital  
Toilets in the park  
Activities for under 5s



## We also looked at statistics:

42% of North Meets South families with dependent children are Lone Parent families, compared with 35% across Barking & Dagenham



Families

27% of children are living in poverty in the North Meets South area compared with 23% across Barking & Dagenham



Vulnerable groups

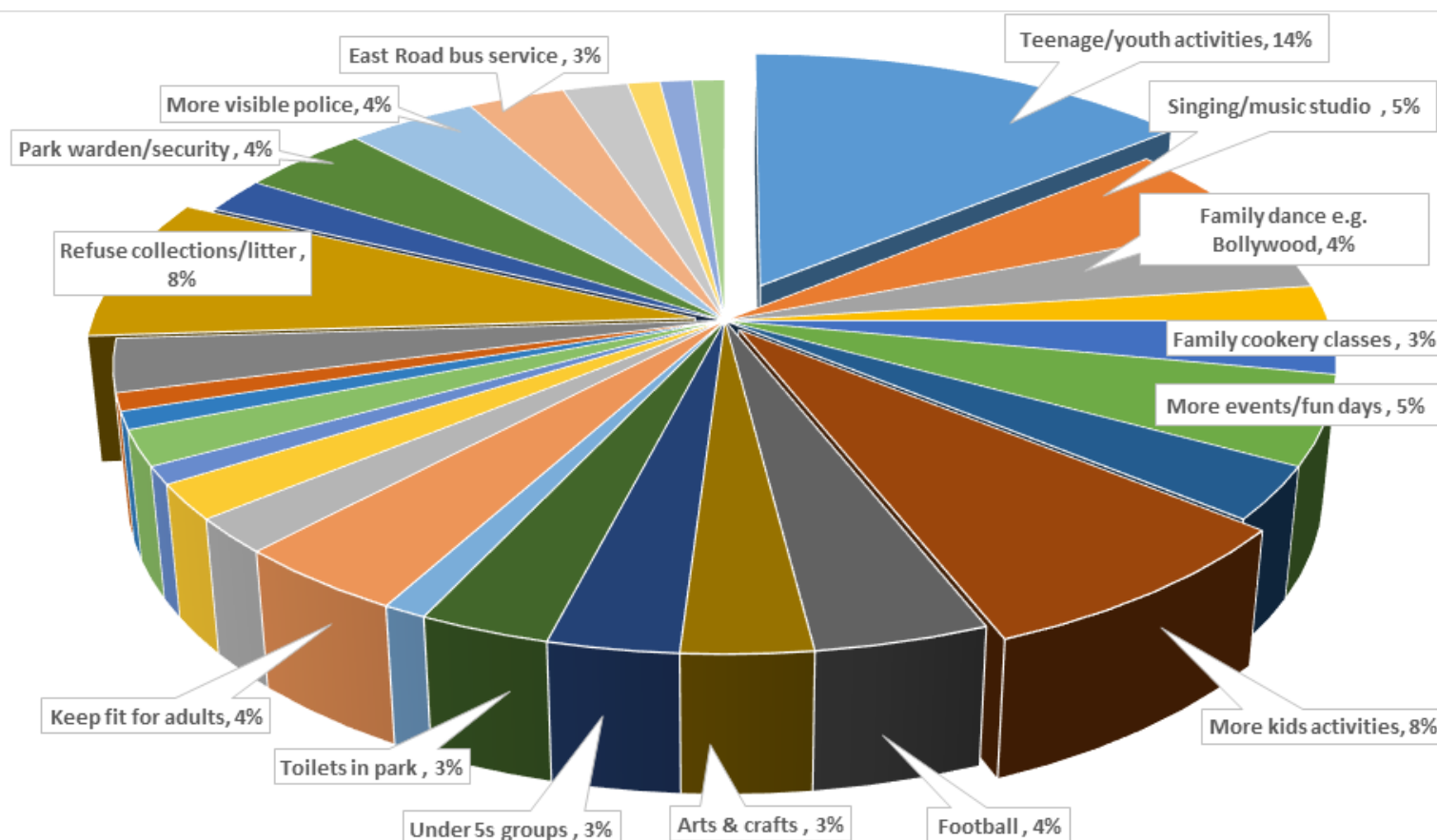
In the North Meets South area, pupil attainment based on GCSEs at Key Stage 4 is 321 points on average compared with 348 points across Barking & Dagenham



Education

## In addition, 34 people took part in focus groups which highlighted:

Not feeling safe, particularly at night – even though the crime rate in the NMS area is lower than the borough average; **isolation** – particularly of older people; mental health problems; **lack of an indoor gym**; a need for a central point of information where people can find out about housing, benefits etc. as well as the activities in the area.





# SO WE MADE THIS PLAN FOR JANUARY 2021 – DECEMBER 2022 WITH BIG LOCAL COMMUNITY FUNDING:



## PHYSICAL IMPROVEMENTS:

- Investment in NMS community facilities
- New grant pot for Physical Improvement projects

## SOCIAL ACTIVITIES AND COHESION:

- Community Cuppa & Crafts, Coffee Stop, Family Fun & Reading Club
- Seasonal events
- Community Kitchen,
- Youth work/youth club and youth projects
- Gang awareness/anti-knife crime sessions
- Grants awarded to Eastside Community Heritage, Sports & Life Skills CIC, Studio 3 Arts, Chadwell Heath Residents Association, Independent Karate Clubs,
- Covid contingency pot
- New grant pot for Social Activities projects

## POSITIVE ATTITUDES AND OPPORTUNITIES:

- Money A+E's Money Mentors Community programme
- Community Job Club and accredited training courses
- GCSE tutoring
- After-school club
- NMS Young Advisors programme
- New grant pot for Positive Attitude and Opportunities projects

In addition we will continue to work with Barking & Dagenham council and other agencies around issues like refuse collection, policing, and health care as we know these are important to you too.



**North Meets South is recruiting a Big Local worker to engage with our community, local agencies and the NMS Steering Group, to deliver our new plan. For information please contact [biglocalrep@essexrcc.org.uk](mailto:biglocalrep@essexrcc.org.uk)**



# HELP TO COPE IN COVID TIMES

## TELEPHONE HELPLINES

Supporting people with anxiety and depression.

# RESET

Supporting people experiencing bereavement and loss.

# REDISCOVER

Supporting people who are lonely and need to stay at home.

# RECONNECT

0300 302 3160

**unite** Barking Churches **THE SOURCE** GOOD HELP GOOD HOPE INFORMATION

WE ARE HERE TO HELP YOU · YOU ARE NOT ALONE

Freephone Number

Charity No: 1173315

## CRISIS RESPONSE

Trauma Counselling (Crisis Intervention)



Available on Zoom  
1:1 or Group Counselling

- A new digital/online direction involving drama, comedy, music and talking therapy
- Children concerns & trauma
- That they are being drawn into youth violence due to lockdown and associations
- Parental concerns and trauma

[www.margaretbankole.com](http://www.margaretbankole.com) [www.parentsinpain.com](http://www.parentsinpain.com) Tel: 07958 087771

HM Government

In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND



# AMONG US



North Meets South commissioned Spark2Life to do youth work in the area. Whilst we are in the midst of the Covid 19 Pandemic and due to the current government guidelines we cannot do anything in person, however we are being creative with how we can still interact with young people.

If you have a young person who would be interested in some online gaming playing among us in a controlled environment come and join us ... **IT IS FREE**

For more info Please contact Ali - 07812487926  
OR [alison@spark2life.co.uk](mailto:alison@spark2life.co.uk)

**Spark 2 Life**

## STRUGGLING TO MAKE ENDS MEET?

If you live in Marks Gate / Chadwell Heath, North Meets South may be able to help. Contact us: 07419 285839 [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)



## A LITTLE RAY OF SUNSHINE ....

### Ingredients

- 3 cups plain flour + 6 tablespoons
- 2 cups white sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 tablespoon lemon zest
- 2 teaspoons white vinegar
- 2 teaspoons pure vanilla extract
- 2 teaspoons pure lemon extract
- 10 tablespoons vegetable oil
- 2 cups water

## LEMON CRAZY CAKE



### LEMON CRAZY CAKE



### Directions

- Preheat oven to gas mark 4 (350 degrees F)
- Mix the first 5 dry ingredients in a greased 20 x 8 baking tin, starting with the flour. Mix well.
- Make 3 depressions in the dry ingredients – two small, one larger (see photo 3).
- Pour vinegar in one depression, vanilla and lemon extracts in the other, and vegetable oil in third (large) depression.
- Pour water over all. Mix well until smooth.
- Bake on middle rack of oven for 35 mins.
- Check with a knife to make sure it comes out clean. Cool, then top with your preferred icing, or dust with icing sugar.

Courtesy of Sweet Little Bluebird