



Quarterly Newsletter for the residents of Marks Gate



Baby Bank provide ‘backbone’ of support for parents

For anyone struggling to afford the fundamental necessities to bring up children, The Baby Bank HQ is here to help.

Based at Marks Gate Community Hub every Thursday and Friday between 10.30am and 2.00pm, the team offer a range of items from clothing to nappies, milk, food, toys and buggies. Everything is free and suitable for children aged 0 to 12 years.

The idea started back in 2019 when Kelly Rosevear, a working mum from Havering set up a local soft play group and discovered that many of the children did not own a coat, as parents were unable to afford them. This prompted her coat campaign which saw 200 coats donated and sparked the idea and passion to support more families. Demand grew as more people learnt about her work, accelerated further by the impact of Covid-19 and in 2021 The Baby Bank HQ was



launched. Directors Kelly and Clare now have a team of 15 volunteers with multiple sites to help to support families in Barking and Dagenham, Havering, Redbridge and Thurrock.

In April 2022 LBBB offered them space in Marks Gate Community Hub but soon the cupboard space was fit to burst with daily donations and they had to source a large container to accommodate everything. The team were struck by the warm welcome and immediate support provided by Marks Gate residents, who continue to regularly donate items and demonstrate the strong sense of community in the area.

Stella from Dagenham is a first-time mum to seven-month-old twins and was referred to The Baby Bank HQ earlier this year. “It’s wonderful” with “very good people” she says of the team in Marks Gate who have been able to provide everything she has needed from baby cots to a double buggy, highchairs, clothes and toys. The volunteers not only source and put together the donations but are there for her to chat to and proved to be a “backbone” of

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Former Resident Cleans Up His Old Neighbourhood

Following a recent arson incident in the central underpass, Matthew Woolmer has taken it upon himself to clean up the aftermath and make it usable for residents again.

Having grown up in Marks Gate, Matthew has since moved away but regularly visits his mum, who still lives in the area and remains connected to the community so closely linked with his childhood and family.

Matthew tells Marks Gate Matters how abandoned burnout motorcycles are nothing new, having previously removed some from a long grass area after his grandma's dogs were seriously whilst out on a walk.

Seeing the posts shared on Marksgate Community Facebook Group, he was compelled to help and grabbed a shovel and broom to sweep up the initial debris, managing to fill eight rubbish bags.

"It's my way of giving back" he said.

Matthew sought help from a friend who works in the scrap metal business to remove and dispose of the motorbike. He has now begun the processing of cleaning the blackened walls and ceilings, ready to repaint the whole underpass with a donation of paint and rollers from a local Wickes store.

After being contacted by Chloe Dennington, Communications Liaison for Murphy (contractor for the Padnall Lake development), Be First met Matthew to learn more about what happened and share details of his efforts here. Upon seeing the extent of the damage of the underpass, the Be First construction team and Murphy have collectively agreed to help with the next stage of clean up by power washing the walls, ceiling and floor before applying fresh paint and ensuring there is sufficient lighting.

As part of the Padnall Lake development, there are plans to make long terms improvements to all three underpasses with the aim to involve the community in the design. Details will be shared in future Marks Gate Matters and online at yourcall.befirst.london/marks-gate.



Matthew Woolmer

support as she navigates motherhood and the care of her two children.

The Baby Bank HQ recognise there can be a stigma around accessing these types of services, but they exist because there is a significant demand from a variety of people and with the cost of living crisis, this is only going to increase. To be able to benefit from this service, all you is a referral from one of the following agencies:

- The Food Bank
- Local Authority Children Services or Safeguarding Team
- Early years provider or school
- Local Authority
- Hospital or Carer (Midwife or Perinatal Team)

Once the referral has been received, a member of The Baby Bank HQ team will contact you directly to discuss arrangements for getting what you need.

For further details or to get in touch with the team, please visit

www.thebabybankhq.org or telephone **07512 038713**.



Volunteer Lynn

LBBD Family Information Services

The Family Information Service (FIS) is a dedicated team within Barking and Dagenham council. We provide information, support and process funding for early education for two, three and four year olds.

w: www.lbbd.gov.uk/children-young-people-and-families/family-information-service

e: fis@lbbd.gov.uk

t: 020 8227 5395

Have you heard about Tax Free Childcare?

This is available for children up to aged 11 or 17 for disabled children. Parents can use Tax-Free Childcare all year round to spend on registered childcare, such as: childminders, nurseries, nannies, before and after-school clubs and holiday clubs.

For every £8 parents pay into an online account, the government will automatically add £2, up to the value of £2000 per child per year (or £4000 for disabled children).

Find out more here:

How to use Tax-Free Childcare www.childcarechoices.gov.uk/how-to-use-tax-free-childcare

how-to-use-tax-free-childcare

Using childcare schemes together: www.childcarechoices.gov.uk/using-childcare-schemes-together

using-childcare-schemes-together

Or e-mail fis@lbbd.gov.uk

Do you have a young child?

You could get support with childcare costs. Whether you have toddlers or teens, you could get support. Please visit www.childcarechoices.gov.uk for further information.

Alternatively, please contact The Family Information Service on 020 8227 5395 or e-mail fis@lbbd.gov.uk



Be First The latest news from projects in our area

Padnall Lake

Following two rounds of public consultation, seven co-design workshops with the Marks Gate Community Forum and activity with pupils from Rose Lane Primary School, the final design plans for Padnall Lake Phase 2 were submitted to the council in September 2022.

You can view all of these on the council's website by scanning this QR code or visiting: online-befirst.lbbd.gov.uk/planning/index.html and typing the postcode RM6 5ER in the search box.



Brand New Video!

Check out a new virtual walk through of Padnall Lake Phase 2, bringing the designs to life you get to experience the proposed look and feel of the new homes and landscape.

Visit yourcall.befirst.london/marks-gate



School News

The Warren School Exam Results

Students at The Warren School celebrated their GCSE results, having sat exams for the first time since 2019. Students achieved the highest ever results and reversed the national trend by improving on grades from 2021, including the highest number of grade 9s the school has ever recorded.

Among the top achievers, **Arun Sarakitguson** and **Tanuja Ashrafi** both achieved eight grade 9s. Tanuja said, "I am thrilled with my results. All my hard work has really paid off."

Keren Koleoso achieved five grade 9s, three grade 8s and, two grade 7s. Keren said, "I am so pleased to have achieved these results and I'm grateful for the support the school has given me."

Also amongst the other high achievers were **Luna Khaled** (five grade 9s and two grade 8s), **Meethra Visahar** (four grade 9s and four grade 8s), **Sorin Vegolea** (three grade 9s and four grade 8s) and **Ayon Ahmed** (one grade 9 and six grade 8s). Twins **Maliha** and **Ramisa Chowdhury** achieved 16 grade 9 and 8s between them.

Headteacher Jennifer Ashe said, "We are delighted that the students were able to sit exams this year and that their hard work was rewarded with these outstanding results, the highest results that The Warren School has achieved. We are also pleased that so many are staying on at our Sixth Form and look forward to their future successes."

The Warren School Sixth Form – A Level Results 2022

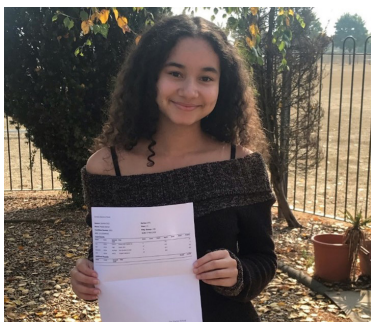
Sixth Form students at The Warren School are celebrating their outstanding results.

A record number, 40%, of students secured places at Russell Group universities across the country.

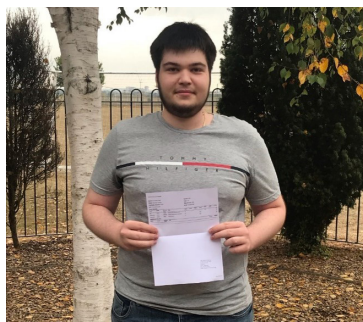
Among the top achievers, Bozhidar Yankov achieved A*A*A* in Mathematics, Further Mathematics and Physics and won a place at Imperial College London to study Mechanical Engineering. He said, "I'm thrilled with my results and really looking forward to starting at Imperial College London."

Malaika Salmon, who was awarded A* A* A A, and secured a place at University College London to read English said, "The support from all my teachers has made this possible, I'm proud of my results and am excited to continue to study English."

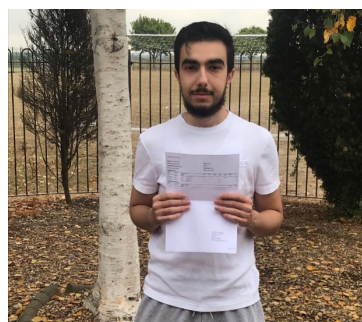
Headteacher Jennifer Ashe said, "We are extremely impressed with the resilience our students have shown and are delighted that the results reflect the work they have put in. Well done to all our students receiving results today."



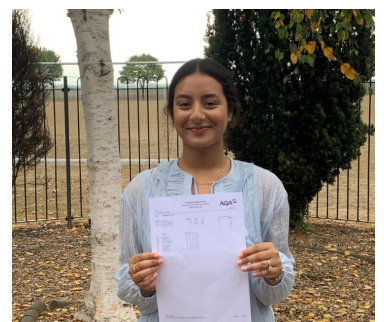
Malaika Salmon received A*, A*, A, A in English, Polish, History and Film



Bozhidar Yankov received A*, A*, A* in Maths, Further Maths and Physics



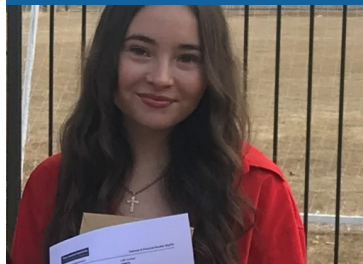
Batuhan Cicek received A*, A*, A in Maths, Chemistry and Economics



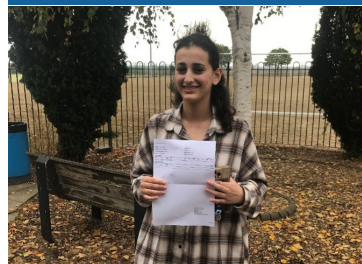
Khadija Muneera received A*, A, A in Economics, Sociology and Psychology



Vithurshan Prabagaran received A*, A, A in Maths, Chemistry and Biology



Patrisa Dankovics received A, A, A in Business, Economics and Finance



Noorhan Shehadeh received D*D*D* in BTEC Business Studies



David Onasanya received A*, A*, A in Maths, Chemistry and Economics. Danish Khan received A, A, A in Maths, Chemistry and Economics.

MGRP Summer Gardening Project

Marks Gate Relief Project led their Summer Gardening Project in the Thatches Grove Allotments. Every alternate Monday, residents were invited to join MGRP's team of gardeners to help with digging, weeding, tilling, sowing and planting. The objective of this project was to teach residents sustainable growing and healthy eating habits, whilst also tackling social isolation and promoting emotional well-being and physical fitness. Abundant produce from the project including courgettes, marrows, bottle gourds, tomatoes, potatoes, mint, runner beans, mangetout, strawberries, pumpkins, chilis, spinach, lettuce, blackberry nightshade, maize and cucumbers were all harvested before the end of the season in September.

The gardening project encouraged residents to grow their own organic produce and share tips on best growing techniques. Residents also made new friends during gardening and this has had a positive impact on tackling social isolation in Marks Gate. Many residents with mental health illnesses or eating disorders found the gardening project extremely therapeutic and it helped relieve their feelings of depression, loneliness, irritability and social anxiety. Elderly residents from Bethany House and Colin Pond Court found gardening in the allotments a constructive experience in helping to maintain their independence, prevent cognitive decline, improve hand strength and motor-neurone agility in the finger and shoulder area. Teenagers in social care and young people in Marks Gate found the gardening project a unique, safe and productive opportunity to bond and make new friends. Basic gardening techniques such as using egg shells to keep the snails away or tea leaves, coffee powder and black banana peels to fertilize the soil were introduced to teenagers by Tasin Rehman and Aunty Devisan. The famous watering-in-a-ditch technique was introduced to residents by Aunty Devisan. All produce was distributed back into the community. Surplus produce was used in MGRP's weekly soup kitchen and Marks Gate Community Hub's weekly Food Club.



Watering using recycled rain water



Preparing the soil to plant baby tomato plants



Tilling and weeding the soil to prepare for plantation



The prized pumpkin

Murphy Report



Aerial shot of Padnall Lake

We attended the Marks Gate Jobs Fair on the 14th September and saw a strong level of interest in our available opportunities. If you couldn't make it, please go to www.murphygroup.com/careers for all the live vacancies in London and across the UK.

As part of our commitment to give back to the community, we are arranging for a weekly litter pick by the central subway. A member of our team will remove any rubbish from the path going into the subway, through the subway and out the other side to help create a cleaner, safer and more pleasant experience for residents to walk through.

Improving Padnall Lake



New street furniture next to Padnall Lake

There has been a slight delay to reopening Padnall Lake, which is now likely to be in November. As soon as the date is confirmed, we will notify residents with an invitation to a celebration event with children's entertainment and refreshments for all. Keep your eyes peeled for the flyer, as we would love to see you there!

In anticipation of handing the lake back to residents, all the landscaping has now been completed and new street furniture, litter bins and dipping platform installed. For the wildlife, we have added bird boxes, invertebrate boxes and invertebrate piles. You will be able to find out more details about all the work that has been carried out at the upcoming event, where our team will be on hand to answer any questions.

Would you like to feature in the next Marks Gate Matters? If you are a local resident, business owner or community group, we want to hear from you! Get in touch by emailing communities@befirst.london

Marks Gate Community Hub News

The following workshops are held at Marks Gate Community Hall, Rose Lane, Dagenham, Romford, RM6 5NJ.



Support Hub

For women and girls who are survivors or at risk of FGM/C, Gender Based Violence, refugees and asylum seekers.

Next sessions:

Monday 17th October

Time: 5.00pm to 7.00pm

Visit www.eventbrite.co.uk and search for The Avengers.



Scan to RSVP

Drop-in attendees welcome. These sessions are discreet, and all identities will be protected.

Free Business GCSE/A Level Revision Workshops

Starting Tuesday 27th Sept
GCSE: 5.00pm to 6.00pm
A Level: 6.00pm to 7.00pm



We are offering the following:

- Face to face one hour revision with one hour online activities via Moodle.
- English, maths and digital skills embedded in teaching and learning activities.
- Progression report updates in week six and week 11.

- Starter diagnostic, online quiz, two formative assessments and end of term test to check progression.
- Moodle site for weekly learning resources and online activities.
- Exam practices for mocks and the final paper.

Register Now

www.sbseel.co.uk

Contact sheena.bahra@sbseel.co.uk | 07932807182



Scan to register

Marks Gate Relief Project presents

CHEMISTRY LESSONS

on selected topics

19th Sept: Bank Holiday (no class)
26th Sept: States of Matter
3rd Oct: Structure of the Atom
10th Oct: Atoms, Ions and Isotopes
17th Oct: No class
24th Oct: The Periodic Table
7th Nov: Electron Shells
14th Nov: Simple Molecules
21st Nov: Giant Covalent Structures

Registration is a must. Free to residents of Marks Gate. Limited spaces available. Must be 13-16 years of age to register.

Marks Gate Community Hub
5.45pm-6.45pm

Call or message on 07448057268 to register

Follow us on facebook:
www.mgrelief.co.uk

Marks Gate Relief Project
www.mgrp.org.uk
Hope, courage, friends

Ward Councillors Corner

Buggy Bop Fitness Classes

PARENTS & UNDER 5'S



EVERY WEDNESDAY

BUGGY BOP

Buggy based group workout sessions

Walk/run as a group with your child (under 5s only) in their pushchair.

When & Where

Workout: 09:30-10:30am

Meeting at Tantony Green Park then join us at St. Marks church centre for a chat and something refreshing

Contact

Shan
07742163445
mumsanddadsfitness@gmail.com

STARTING 29/06/2022

FREE

JOIN NOW



Fitness Classes



Zumba
Monday 7.30pm
Wednesday 10.00am

Pilates
Tuesday 7.30pm

Outdoor Fitness
Saturday 9.00am

(Tantony Green, indoors in bad weather)
£2 per class

St Mark's Church Centre
Rose Lane
RM6 5AR

For information text **07506 402603**
or email **info@iessence.co.uk**



• Cllr Michel Pongo • Cllr Sade Bright • Cllr Simon Perry

Welcome to the Autumn edition of Marks Gates Matters. As the leaves turn brown and the nights get colder and mornings frostier, it's heart-warming to read on our front cover a hugely positive story about The Baby Bank.

The article demonstrates what a marvellous and tightknit community we have in Marks Gate.

Unfortunately, we fear things will get tougher and money tighter for many residents with the chilly economic outlook, which is why it's even more important for us all to come together and help our neighbours and people in need. The Baby Bank really shows the best of us.

Elsewhere in the newsletter we read about more community minded people and the fantastic story about former resident Matthew Woolmer who rolled up his sleeves to clean up his old neighbourhood. Thankfully there are still people like Matthew around who will put themselves out to make a positive contribution to the community.

As for the council, we are

ratcheting up our war on litter louts and if you see anyone throwing rubbish on the streets or abandoning our carts, please contact the council by emailing **grimecrime@lbbd.gov.uk** or call **020 8724 8898**.

It's also fantastic to see how well local students are doing in their exam results with a brilliant spread of A level and GCSE results at The Warren School. We're proud of you all.

Also, please take a look at what Murphy are doing in the local community. Not only are they building some quality affordable homes for local people, it's clear they take their social responsibility very seriously. And we hear they will be providing the Marks Gate Christmas Tree this year, so that's an early present for us all.

Finally, please keep your comments coming in – as we want to hear your thoughts not only on this newsletter but on how we can improve the local area – because it's your views which matter. Our contact details can be found on the council website **www.lbbd.gov.uk**.