



The perfect play group for Marks Gate parents and their children

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Calling all parents! Next time you are at a loss with what game to play next, come on down to Stay 'n' Play, Wednesdays 12:30PM – 2:45PM at St Marks Church on Rose Lane.

The group, run by Marks Gate residents on a volunteering basis, is open to all, with a wide range of children's toys on offer and fun activities for all ages to participate in. From baby toys to toddler toys, and painting to dancing, there is always something to do!

The activities themselves are parent led, so it is a great opportunity to spend some quality time with your children and meet other local parents. It's a chance for you to try something new or share activities your children love with others.

Stay 'n' Play is free to attend but the club accepts donations

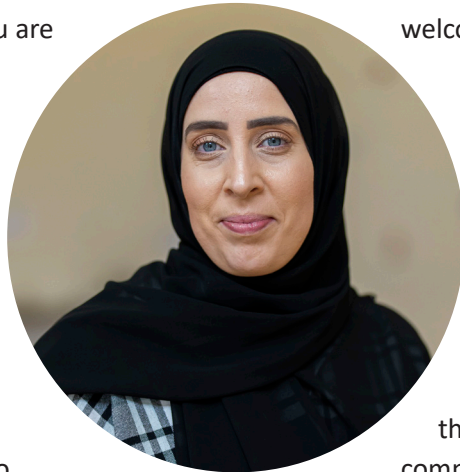
to help supply a range of toys, replenish refreshments and ensure the club continues to run smoothly. Parents are also welcome to get involved as and when they please.

We spoke with the club's Treasurer, Aisha, who emphasised how important exposure is for the club, especially after the pandemic. She said "Stay 'n' Play was obviously there (in Marks Gate) for years and years, but when the pandemic hit, it closed. No one knew what was going on. People have moved out of the estate. People have moved in. No one knows about it."

The club is a valuable resource in the community that parents should take advantage of. The sense of community in Marks Gate is second to none and Stay 'n' Play enhances this by creating opportunities for parents to bond, not only with their children, but other parents too.

Aisha reiterated that "Stay 'n' Play is for everybody. It doesn't matter about your income, race, sexual orientation, it's open to anyone. If you have children, come along."

So don't forget – Stay 'n' Play is open every Wednesday during term time from 12:30pm – 2:45pm at St Marks Church.



Pennu Charity

Pennu Charity is a new UK registered charity, established to promote good health and well-being of the elderly. We do this through different events, outings, clubs and befriending initiatives.

We work with vetted partners to fulfil our vision as an organisation and ensure the elderly benefit from our services to them. The elderly cannot be ignored in the development and advancement of any country, which is why we are leveraging our trustee's experience in governance, finance, nursing and politics to help Pennu Charity reach as many elderly people as possible across the UK and internationally.



We are aware that elderly people (both men and women) are under-represented in society and people often forget to appreciate their hard-work and valuable contributions to the country.

So, what we have been doing at Pennu Charity is to help families and the government appreciate these precious people by promoting good health and well-being for the elderly.

We provide information to our service users and their families in the areas of:

- health care
- safety at home
- personal care
- their benefits
- their rights
- clothing for different seasons (e.g. Winter)
- environment
- nutrition
- bereavement
- retirement
- transportation
- social care
- life skills
- post retirement employment
- post retirement business ideas
- savings
- banking
- empowerment

Pennu Charity (registration number 1168247)
To get in touch, contact our Charity Administrator on 07595476286

PENNU CHARITY
Invites you to Elderly Community
Coffee Morning incorporating Ready
Steady Arts Project.

COFFEE MORNING

Venue: Marks Gate Community Hub
Rose Lane, Dagenham, Romford RM6
5NJ
Date: Monday 31st January 2022
Time: 12.00 – 2.00pm

FREE ADMISSION
Cakes, Biscuit, Tea & Coffee

CONTACT

For more information contact
Administrator: 07780 885 79
Cllr Sade Bright: 07825 637 097

WWW.PENNU.ORG

Local Business Highlight



“Handmade surprise bath bombs for anyone who loves to relax but also have a little treat. Each bath bomb is carefully made with a choice of your scent and colour. All vegan and cruelty free. Great gifts for kids and adults! More products will be coming soon. Follow my social media and keep your eye out for great deals!”

Divya Bhatt

Rainbow Fizz Business Owner

Sweet shop scents:

Cherry bakewell
Parma violet
Candy floss
Lemon sorbet
Marshmallow

Fruity Scents:

Strawberry
Watermelon
Coconut
Apple
Sweet orange
Lime
Cherry
Lemon
Mango
Passion fruit

Child Bath Bombs £3 each
Adult Bath Bombs £6 each

Soothing and nourishing bath bombs with a little fun surprise inside!

Contact me:

Instagram @rainbow__fizz
Facebook @rainbow fizz
Tik Tok @rainbow_fizz

H V P A
HIGH VOLTAGE
PERFORMING ARTS

High Voltage Performing Arts

High Voltage Performing Arts are delighted to have delivered numerous sessions at the Community Hub on Rose Lane in 2022. This has included a music festival for over 100 local young people, giving them the opportunity to try brass, percussion, wind instruments and singing. These sessions were a great hit with all our participants and we hope to deliver similar sessions in October 2022. We have also delivered three interactive sessions with a focus on adult participation and engagement around various music genres including pop and party hits, music from the movies and theatre and big band classics.

HVPA recognise the importance of community engagement and participation and through music we have delivered new opportunities for residents predominately in the Marks Gate and Chadwell Heath

areas in partnership with ‘North meets South.’

We look forward to entertaining local people again on the 16th July when we will be performing outside East Road Baptist Church between 1.30-2.30pm and then onto Tantony Green in Marks Gate from 3pm as part of the Community Fun Day.

HVPA are committed to the advancement of education, engaging with local people through music and delivering accessible programmes to provide an inclusive environment for all. We are also focused on improving people’s mental health and wellbeing through music.

If you are an adult and would like to learn to play an instrument or join one of our groups, please visit us at our regular Monday night sessions at the Ripple Centre in Barking or contact us at development@hvpa.org.uk



School News

Rose Lane School



Nurture • Inspire • Flourish

The summer term at Rose Lane Primary has been a busy one and our pupils continue to amaze us with their resilience throughout the assessment season. A new addition to our curriculum this year was Future Selves week. Each day was focused on a different area of industry; Monday was the Creative Arts, Tuesday was Science and Engineering, Wednesday was Sports and Public Service, Thursday was Business and Enterprise and Friday was Future Aspiration day.

Each day the children participated in a whole range of lessons learning about different careers and trying out skills and activities associated with them. We had a range of visitors from musicians to the police and many of the pupils have since been commenting about what they aspire to be in the future. On day one a pupil in Year 2 told me he wanted to be a guitar playing, architect, drummer when he grows up, so by Friday he probably had ten future careers lined up!! One of the children's favourite moments was a visiting scientist launching rockets on our school field.

On the final day the children came dressed as their future selves and we had a whole range of professions including doctors, engineers, teachers, artists, football players and future Olympians. They wrote letters to their future selves and even tried filling out job application forms. The final task was an Apprentice Challenge in which each class was given a small budget and challenged to make the most profit. Our Enterprise market was a sell-out!

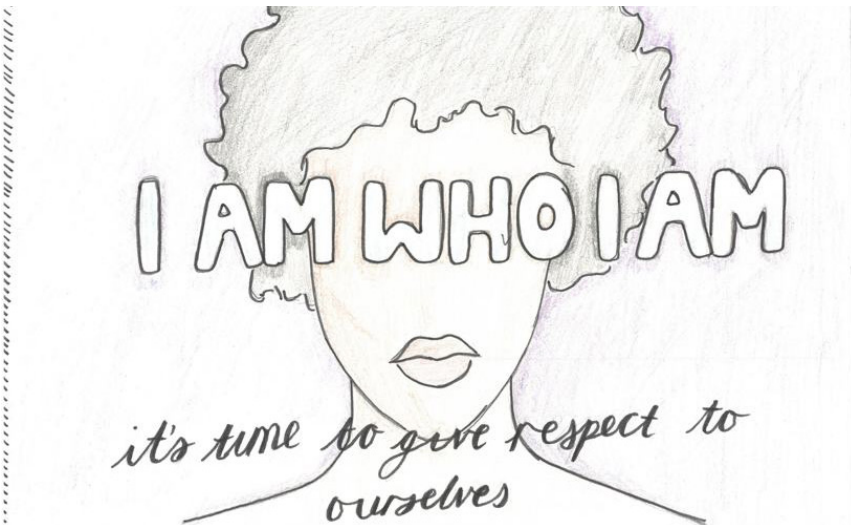
Written by: Lara Marsh
Assistant Deputy HeadTeacher
Curriculum Manager



'Respect' Poster Competition

As part of The Warren School's Anti-Bullying Ambassador scheme, students took part in a competition based around 'Respect'. Students were asked 'What is it time to give respect to?' and had to create a piece of art demonstrating something they were passionate about, or that they felt needed to change this year. Below are the winning 5 entries that were chosen from all the submissions.

Well done to Kharisma (Year 9), Chynalei (Year 9), Aamira (Year 8), Sienna (Year 7) and John (Year 12).



Dagenham Eagles - “One Band – One Sound”

By Dionne Corroddus-Weekes



Global lockdown and pandemic upheavals did not phase grassroots community youth group Dagenham Eagles. Overcoming obstacles, resiliently they stood as “one band - one sound” for London Borough Barking & Dagenham.

Adapting and responding to post pandemic challenges and change, Dagenham Eagles opened their heart and mind to Marks Gate Community Hub. They led in collaborating and opening new conversations on healthy lifestyle choices and how to cook healthily on a low budget.

In celebration of the Queens’ Platinum Jubilee and Mayoral inauguration of Cllr Faruk Choudhury Dagenham Eagles unveiled their new uniform.

London Borough Barking and Dagenham

Council standard bearers warmly glowed on parade in the streets of Barking as standard bearers for a second time.

At the Lighting of the Beacon by Queen’s Representative, Lieutenant Ian Pitterway, Dagenham Eagles, stood as beacons of hope while playing a musical piece issued from Buckingham Palace.

Dagenham Eagles forged forward with N.E.W.S.T.A.R.T. an extended health education programme enabling new insights in "Transforming lives - Transforming communities."

As community exemplars, Dagenham Eagles continue to hold high our Borough Colours and civic standards, leading the way at the eighth annual youth parade - "Transforming lives: Transforming communities" as one band – one sound.

Dagenham Eagles Summer Special Extravaganza for ages 5-12, begins August 1- 11th on Monday -Thursday 10:00am – 15:00pm at Marks Gate Community Hub. To avoid disappointment, book now! To request a booking form, or ask any questions, please email dagenham-eagles@outlook.com



You can also scan this QR code to access the booking form.

Be First

The latest news from projects in our area

Marks Gate Community Forum

A huge thank you to our fantastic MGCF members who took part in seven co-design workshops from the end of February to mid-May. The purpose was for residents from the local community to discuss and collaborate on design plans with our architect (Mae) and landscape designers (Planit) for the Linear Park, a new green space being created as part of the Padnall Lake development for existing and new residents to enjoy. The Forum shared ideas and feedback for play areas, leisure, and planting; whilst highlighting the importance of respecting the current community and trying to maintain the longstanding open character of the space.

Their work was shared at the most recent public consultation and can be viewed online at yourcall.befirst.london/marks-gate

This piece of work with the MGCF has now ended but our long-term goal is to continue working with the group on other projects in the future. If you are interested in joining, please email communities@befirst.london and we will add your name to a waiting list to contact when spaces become available.

Padnall Lake Phase 2 Public Consultation

We held a second public consultation for Padnall Lake phase 2 at the end of May to show the updated housing and landscape designs, reflecting how your comments from the public consultation in March had been considered alongside the outcomes of the Marks Gate Community Forum co-design workshops. Don't worry if you missed it, the latest designs are available to view online at yourcall.befirst.london/marks-gate

Murphy Report



We held our event "Padnall Lake, Behind the hoardings" on the 30th March 2022 at St Mark's Church. A few of you joined us and HTA Design Landscape Architects to ask about our progress at Padnall Lake and see the exciting plans for the lake improvement works. We displayed images and a model to show how the development will look once completed.

Local nature enthusiast Graham Wallis visited us again in April to document the final stage of the fish



relocation in Padnall Lake. This process was carried out by experts from MEM Fisheries, who helped to move the fish to different parts of the lake, as we desilted and cleaned the water. You can see what happened and how the lake currently looks (following Graham's most recent visit a few weeks ago) via his YouTube channel, Naturally Curious UK.

In May, members of our team volunteered at Kallar Lodge residential care home to help improve their outdoor space that looks out onto Padnall Lake.

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Ward Councillors Corner

We repainted fences and benches, weeded the footpaths and completed two patio areas, where residents can now comfortably sit outside to enjoy the lake view and watch the wildlife.

Over the next few months, we plan to visit Rose Lane Primary School and The Warren School to provide site safety talks and support careers days where pupils can find out more about working in the construction industry.

Improving Padnall Lake – Latest Updates

Following completion of the lake de-silting, we have been busy:

- Installing gabions around the perimeter of the lake
- Backfilling and reshaping the bank behind the gabions with subsoil
- Completing wildfowl fencing across the gabion length
- Importing subsoil and topsoil to lay across the west and middle section of the lake
- Planting four new trees in the middle section
- Planting and seeding the west, middle and island areas
- Reconstructing footpaths by removing the old tarmac and installing a cellweb system to help protect against future damage
- Sowing wildflower seeds between the footpaths and lake
- Installing stepping logs across the middle section
- Laying the foundations for new benches, picnic tables and litter bins

There is more work to be carried out, including installation of street furniture and the dipping platform, however a small section of the public footpath to the west of the lake was reopened to residents in early June and our aim is to reopen the whole lake area by September 2022. We will share details in advance with you via dedicated newsletters, our site noticeboards and online at yourcall.befirst.london/marks-gate



Cllr Michel Pongo • Cllr Sade Bright • Cllr Simon Perry

Welcome to the summer edition of Marks Gate Matters.

We hope you have been enjoying the hot weather of late. And we certainly have some sizzling stories in this edition for you to savour.

As ever Marks Gate Matters reflects what is going on in the local community because this is a newsletter for the people by the people.

This grassroots approach is exemplified by a great front-page article on Stay 'n' Play - a parents led club aimed at providing free activities for children.

And if you fancy blowing your own trumpet, take a look at the piece about High Voltage Performing Arts which offers people of all ages a chance to

learn how to play brass, percussion and wind instruments.

Speaking of the big band sound it seems the Dagenham Eagles have been banging their drum on healthy living in this edition.

Keeping healthy is one of the most important things in life as is having an affordable and comfortable place to live. So, continue to keep up to date with the latest designs and plans for new homes in Marks Gate.

And 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

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