



## IMPACT REPORT 2022

## **Building community together**

Born in 1995, West Silvertown Foundation (WSF) is a local community-led charity. For the past 27 years we've partnered with our neighbours to break down the barriers we face in our unique area of London, offered a helping hand to our most vulnerable residents, and worked to help build a healthy, vibrant and sustainable community for everyone.

At the heart of our work, we manage the area's only two community centres – Britannia Village Hall and the Royal Wharf Community Dock. From these two thriving hubs we offer a wide and growing programme of activities and services for young people, children and families, and adults from all backgrounds.

Welcome to our latest Impact Report, in which we share with you what we've been up to at WSF recently! It's been another busy and fulfilling year for the team, and some of our 2022 highlights include:

#### Rebuilding a sense of community

After the loneliness of lockdown, many of you told us how eager you were to get out and about again. At WSF, we love nothing more than a good reason to get together, so it was a real joy to be able to organise a very full and well-attended calendar of events, and celebrate our diverse community!

From sharing food at Eid to Dandiya dancing at Diwali, and from Easter egg hunting to singing Christmas carols together, we worked hard to make everyone feel welcome at our community events with something for all ages.

#### Extending our impact and reach

We further developed our Youth, Adult and Families projects in 2022, and we were proud to deliver our best and most diverse programmes yet.

As a result, we further grew our reach and impact across the community, welcoming many new adults, families and young people. This included many recent arrivals to the area, and a number of refugees from countries such as Ukraine.

#### · Listening and adapting to your needs

At WSF, one of our most important roles is to listen to the local community. As a result of our conversations with you, we launched a number of new services in 2022 – while adapting our existing ones too.

Examples include launching a new series of SEND activities for families facing a lack of specialist support for their children; offering more adult activities spread across different evenings; and tailoring our activities to the needs of different age groups at Youth Club and Summer Scheme.

## Developing our infrastructure for the future

I'm pleased to report that we're making good progress on further developing our community hubs, which will help ensure that West Silvertown really feels like home.

During the year, we increased both the amount and range of activities at Royal Wharf Community Dock. Meanwhile, in Britannia Village we sought community feedback on the



future redevelopment of the Village Hall and completed the pre-application process with Newham Council. We're now in the process of selecting a development partner who will help bring these plans to life.

Thank you to everyone who has participated and partnered with us in our very special part of East London. We've been greatly encouraged by your engagement and inspired by your ideas! We very look forward to working with you again in 2023.



**Helen Fernandes** 

Chief Executive Officer West Silvertown Foundation



## **Our Impact in Numbers**

**1,758 local residents** joined our activities in 2022 - up 37% on the previous year!

The age of our participants ranged from 0 to 78 with a median age of 15!

Including our repeat guests, around 1,500 adults and children celebrated West Silvertown's diverse community at our special events!

We delivered 1,531 hours of activities and services for the community in 2022 – that's around 30 hours a week on average!

16 local groups made great use of our community spaces through regular hire!

91 volunteers gave 1,364 hours of their time with us – from organising community events to serving as trustees!

We provided regular paid employment for 29 people - up from 23 last year - along with paid summer work experience for 28 young leaders!

All numbers in this report are for the calendar year 2022 unless otherwise stated. Numbers of participants often include repeat guests.

## **Youth Project**



It feels like we only started yesterday, but in 2022 our youth team proudly celebrated 15 years of working with the young people of West Silvertown.

Our objectives are the same as they were in 2007. We offer a range of services that support local young people to fulfil their true potential, while reducing crime and antisocial behaviour by providing them with alternative, positive activities.

What has changed over the past 15 years, however, is the shape of our programme – which further evolved during 2022 to become our most diverse yet!

#### **Youth Club**

Once again, we offer a varied selection of regular weekly activities at our two community hubs. We also took the opportunity to refresh things, adding new sessions and tailoring the timetable to better meet the needs of younger and older age groups.

**Monday nights** offered a chance to learn new skills, ranging from skateboarding to roller-skating (which became a firm favourite!) to DJing and cooking.

On Tuesdays, our **football sessions** continued to be popular as ever, and we rescheduled our drop-in session for ages 9-14 so they could attend straight from school.

**Wednesday sessions** welcomed ages 15+ with activities such as dance and card games, while **Saturday sessions**, run by our talented young leaders, offered the opportunity to try out activities such as creative writing.



#### **Mentoring and Development**

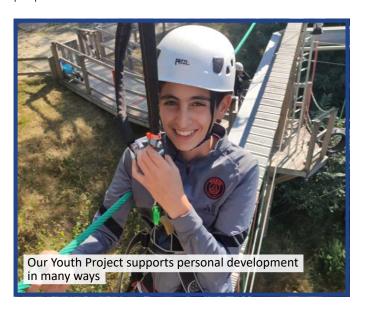
Back in 2021, we trialled a new mentoring programme in partnership with Oasis Academy Silvertown to help year 10 students think about their future. This proved such a success that we've run it a further three times since!

The focus continues to be very practical, with topics including career planning and CV writing. In 2022, mentors also began providing a reference letter for each student to use for future college and job applications. This meant a lot to the students, but was easy to write given how much they impressed their mentors!

Feedback shows that mentoring had a real impact for students in different ways. Some particularly valued the opportunity to meet and get to know an adult with a fresh perspective on life. Others found that it helped them develop a clear plan of what they want to do after education, for the first time.

This work was further supported by more **informal mentoring** with other students aged 11-16; a **Youth Forum** giving young people the chance to share ideas for the future of our Youth Project and their neighbourhood more generally; and a **social action project** in partnership with Peabody which will better equip young people to respond to the challenge of knife crime.

We also took the opportunity to showcase the amazing diversity of West Silvertown's talent! Our youth-led summer **Big Em Up** event featured many impressive dance, DJing, singing and spoken word performances from local young people.



#### **Youth Project Highlights**



- We offered up to **13** hours of activities for local young people across five days a week!
- 62 students benefited from 315 hours of mentoring with 41 volunteers, to help them prepare for the future!
- Our Youth Club kept local young people active this year through football, skateboarding, roller -skating, boxing and martial arts!!
- Local young people shared their talents with 300 people from the community at our Big Em Up summer showcase event!





## **Meet Amira**

## "Before I was behaving like a little kid. Now everything has changed!"

Amira, aged 17, is in her second year of college studying media, and has lived locally since 2019. When she found outabout our Youth Club in 2021, she decided to come along and quickly grew to love it. "Being at home is kind of boring. But now instead of staying at home in bed, I come to this place to chill and have fun," she says. She is now a regular and enjoys hanging out, playing games and learning new skills.

Last summer, Amira also took part in our Summer Scheme as a young leader – helping to plan and deliver a three-week programme for local children. At first she didn't want to do it, she says, but the WSF team encouraged her and told her it

would be good for her. "When I did it I loved it, and I can't wait for next year!" she says.

Amira enjoyed playing with the kids, helping them out and meeting new people. In fact, it was such a positive experience for her that she now wants to work with children or young people when she finishes college.

Amira says that taking part in Youth Club has really helped her to develop as a person. Before she joined, she says she couldn't talk to anyone. "I was very shy, I wasn't very confident," she says, "But now I'm very confident, I love meeting new people, and I've made new friends!"

### Summer Scheme

Our popular Summer Scheme has two main objectives – to support local families of 5-14 year olds with much-needed holiday childcare and a dynamic schedule of daily activities, and to provide valuable volunteering and work experience to older teenagers.

Our 15<sup>th</sup> annual programme took place over three weeks in July and August 2022, offering a broader range of activities than ever before.

Each day started and ended with team games, with a choice of activities in between such as arts and crafts, outdoor and indoor sports, board games, and workshops.

This year we also introduced an 11+ only space to ensure that older participants had the chance to spend time with their own age group. When funders from Newham Council came to visit, they commented how each space had a different yet brilliant atmosphere.

For the first time we included an element of **food and nutrition** every day, rotating between gardening, food science experiments, taste testing and cooking. Every attendee was also offered a free hot meal.

Other highlights this year included African drumming, a digital self-portrait workshop, dance workshops, boxing, laser tag and a close encounter with some interesting animals including a skunk!

The Summer Scheme also gave local people the opportunity to get out of West Silvertown. Around 100 children and family members joined a **community seaside trip** to Margate and, for some, this was their only trip away over the summer. We also organised visits to a trampoline park, bowling and Thorpe Park.

If I wasn't here, I'd just be at home on my phone!

- summer scheme attendee, aged 11

It was really useful having free, local childcare over the summer holidays. It was a big help to enable me to get work done.

a parent who benefited from the summer scheme

I loved the beach day! That was like our holiday, it was good to get out together.

– a family who joined the Margate seaside trip





## Having fun at Summer Scheme!





#### **Impact for Young Leaders**

32 young leaders aged 15-21 helped to plan and deliver the 2022 Summer Scheme. This allowed local young people, many of whom were not in education or employment, to gain valuable skills and work experience.

Our young leaders responded really well to being given responsibility and they appreciated the support we gave them, with each of them allocated a senior staff member as a mentor.

We're delighted that seven have since gone on to undertake paid work in the local community, providing activities for local children and young people like dance and football. In addition, three went on to take their level 2 youth work qualification, paid for by WSF and mentored by our team.

During the summer, we also took 20 young people aged 11-16 on a **residential weekend** to an outdoor activity centre thanks to funding from the Jack Petchey Foundation. Through a demanding schedule of activities that included everything from archery to wading through bogs, they learnt a lot about teamwork, problem-solving and leadership!



### **Summer Scheme Highlights**



- A total of **241** children aged 5 to 14 joined the Summer Scheme in 2022!
- Around 100 people joined our family seaside trip to Margate!
- 32 young leaders benefited from training, volunteering and work experience with us over the summer!
- Families rated the Summer Scheme an impressive 9/10 on average!

"I've learnt about how to work through difficult situations and how to handle different behaviour."

- summer scheme young leader

It enabled routine and structure in my life, made me feel like I had more purpose and a reason to get up every day. It also taught me a lot about not only the young children but myself too

summer scheme young leader



#### **Children and Families**

From meeting childcare needs to the difficulty of managing a busy work-life balance, raising a family in West Silvertown can be challenging – and it is not always easy to access support.

We love working with West Silvertown's families, and in 2022 we welcomed a diverse range of households from across the area. During the year we further expanded our children and families project, and launched a new series of sessions for those with additional needs.



#### **Families with Under-5s**

Following the end of Covid restrictions, our activities for families with under-5s returned with a bang! Many new families joined us and by the end of the year we were running our biggest programme yet, with eight sessions across six days a week.

From January, we offered six weekly sessions including Baby Stay & Play, Under 5s Stay & Play, and Music & Movement. We also added two new sessions during the year: Singalong & Stories and Messy Play (and it really was messy at times with slime, paint, crayons and jelly everywhere!)

We are especially thankful to our partners at the Royal Docks & Beckton Children's Centre, whose collaboration has made the Music & Movement and Singalong & Stories sessions possible.

For the first time, we continued to run an under-5s programme during the **summer holidays**. This was much appreciated by local parents, when many other activities are closed.

We also continued to host a **breakfast club** twice a week at Britannia Village Hall, bringing young families and other residents together to enjoy a free breakfast and chat with their neighbours.

"I've found the SEND group very welcoming with lots of support. My son has additional needs and we've made new friends and it's improved my mental health a lot. It's like a breath of fresh air for us!"

- A local parent

"As a first-time mother, I have found these sessions invaluable. They provide a safe and welcoming environment to meet other local mothers from all backgrounds and make nearby friends!"

– a local parent who attends Baby Stay & Play

### **Families with Primary School Children**

Our **Kid's Games afterschool club** for ages 5-8 continued to grow, regularly attracting around 30 children. This allows them to interact with each other through free play and group games ranging from Twister and Snakes & Ladders to Sleeping Lions and Musical Statues!

Weekly Art & Craft sessions, enthusiastically run by two young leaders, offered a little creativity for ages 7-11. The colourful creations that children made included masks, butterflies and origami.

We increased the number of **Bring & Swap** events in response to demand and continued our free **School Uniform Bank**, helping families to recycle unwanted items and tackle the cost of living crisis. These brought together people from all walks of life, including refugee families.

We also launched a new **Parents Coffee Morning** with the opportunity to socialise after the morning school run as well as the offer of practical support for those who want it.



#### **Families with Additional Needs**

Discussions with local parents have highlighted a lack of provision for local children as well as a big backlog in accessing support following Covid. In response, we created a new series of SEND sessions in 2022, dedicated to supporting families with special educational needs and disabilities.

We began the year by launching a new weekly **SEND Play** session in January. Open to all children aged 5-11 with additional needs as well as their parents, carers and siblings, this regularly attracted around ten families.

Discussions with families subsequently identified demand for a regular **parent support group** which we also launched during the year. In collaboration with the SEND Co-Ordinator at Britannia Education Trust, this allows parents to meet and discuss their challenges together, as well as the opportunity to hear from local professionals.

We additionally ran **SEND Family Play sessions** twice a week through the summer, following parent feedback about a lack of support during the holidays. This also proved popular, regularly attracting up to 15 families.

## **Children and Families Highlights**



- We hosted up to 8 weekly sessions over 6 days of the week for families with under-5s, with up to 70 attending some sessions!
- 24 families of children with additional needs benefited from our new SEND sessions, with a total attendance of 383 hours!
- Over 100 people donated, swapped or acquired clothing and household items at our Bring & Swap events and Uniform Bank!

## **Meet Monica**



# "Getting involved has made me feel part of the community, which I never felt before in London"

Monica is a mum of two with a new baby on the way. She came to West Silvertown with her husband four years ago.

Monica started attending our under-5s activities in 2019. "It was so nice to have regular activities locally when I didn't know

many people in the area. Being a full-time parent with no childcare and no family support was very isolating at times, so these were important for my wellbeing."

In 2022, Monica learned about our new SEND parent group and decided to join because her son is non-verbal. "From the very first session I learned so much!" she says. "It's been great having a space where the difficulties we're having are really understood and not just dismissed. I think the most valuable part has been meeting other parents. It's made me so much more aware of what I need to do to get the right support for my son, and the reality of the struggles we'll face to get that support."

Monica also loves the regular Bring & Swaps that WSF organises. "It makes people waste less and helps so many people out. I've managed to pass on some of the clothes and toys my children have outgrown, and pick up some clothes for the new baby."

Monica says that getting involved at WSF has helped her family to meet people and feel part of the community. "Now I never have to feel lonely or isolated as a parent, because I have somewhere to go for myself and my kids to socialise!" she says.

## **Community Events**

It was great to be together again following all the Covid restrictions, and our busy schedule of community events was very well attended by all ages and backgrounds. We also enjoyed a particularly active summer amid some lovely weather. Here's some of our highlights!

- At Easter, over 100 people joined us for an Easter egg hunt and quiz trail, Family Fun sessions and Messy Easter in collaboration with Royal Docks Community Church!
- Our Eid community celebration, organised by a steering group of local Muslim residents and attended by more than 300 people, included food, music, craft and games!
- A Platinum Jubilee celebration attracted over 200 people and featured the Great Britannia Bake-Off and the creation of some community art!

- **Our Summer Fun Day** was supported by 400 people and included activities for all the family including a drumming workshop, a young talent showcase, go-carting, garden games, football, a bungee run and food stalls!
- Our September Royal Wharf Afternoon hosted around 300 school kids and adults with everything from bouncy castles to salsa dancing!
- Hallowe'en brought a special youth club event as well as a family day with dressing up and spooky crafts, attended by **some** 250 people!
- An amazing **Diwali community celebration** included Bollywood singing, Dindiya dancing and kids' crafts for 200 people!
- At **Christmas**, carol singing, Christmas parties for both kids and the Youth Club, and an 'instant Nativity' brought together around 300 locals for a joyful end to the year!































































#### **Activities for Adults**

Our growing adult programme aims to help residents to connect with their local community, access the support they need, and stay active, healthy and learning.

In 2022, our activities focused on three main areas: social groups helping to bring our diverse community together; opportunities to get active and learn new skills; and our Welcome Project providing support for recent arrivals in West Silvertown.



#### **Social Groups**

At both Royal Wharf and Britannia Village, we aim to offer a welcoming space where local residents can find support and build community. With this in mind, we improved our timetable during 2022, hosting sessions across more evenings and adding new activities.



Our **board games** group grew in popularity, with favourite games ranging from the roulette game Exploding Kittens to strategy game Avalon! The **book club** continued to read a diverse range of books, while our monthly **film club** helped fill the gap of having no local cinema and encouraged people to watch films they may not otherwise see.

We also hosted a regular lunchtime meet-up aimed at residents who are working from home.



## **Active and Learning Sessions**

From sports and fitness to practical skills workshops, we have a range of activities helping the grown-ups in our community to stay active and learning too.

**Yoga** attracted many new joiners during the year – and thanks to the Good Hotel, we were able to hold outdoor rooftop sessions during the summer.

With many new people coming to table tennis, we were able to increase the number of sessions and held our first tournament in October, with 20 people competing!

Adult art was fully subscribed, with a variety of local teachers helping participants explore a diverse range of media from sketching to landscape painting.

New activities this year included salsa dancing with Columbian-born local resident Sophie, and pasta-making with Pietro where attendees enjoyed freshly-made tagliatelle

The **Community Garden** hosted regular gardening sessions and a popular 'sow and grow' event. Produce this year ranged from winter vegetables, peas and beans, tomatoes and other salad ingredients to mint and other herbs.



I did not expect that the trip would be so beautiful and I loved mixing with different nationalities and languages!

– a participant in our Welcome Project trip to Greenwich

I enjoyed every moment at the yoga class. THANK YOU!

-a local adult

#### **Welcome Project**

We established our Welcome Project in 2021 to help new and recent arrivals to West Silvertown navigate the practicalities of daily life in East London. 2022 saw the project grow, with students making great progress and many new friendships made!

Our **ESOL classes** (English as a second language) proved even more popular this year and were quickly oversubscribed. We offered several weekly sessions at both beginner and more advanced levels. We also launched a new **buddy scheme**, where local volunteers paired with students for an opportunity to practise their English skills.

We additionally organised a number of practical skill workshops during the year for students which included topics such as CV writing, interviewing skills, and school and job applications.

Many students enthusiastically joined a series of monthly London daytrips. Highlights included visits to Queen Elizabeth Olympic Park to explore the flora and fauna, the Docklands Museum to learn about the area's history, Mudchute City Farm to meet the animals, and a Greenwich visit taking in the Maritime Museum and observatory.

We're very grateful to Docklands Light Railway and Emirates Airline who generously offered free travel once again, meaning nobody is excluded!

#### **Activities for Adults highlights**



- We helped local adults connect with their community with up to 8 hours of social activities a week!
- We hosted **95** hours of sports and fitness activities during the year, from Yoga to table tennis!
- Our Welcome Project supported 148 migrants, refugees and new arrivals to settle into their West Silvertown community!
- **139** adults studied at **180** hours of English classes. with up to five sessions a week!

## **Meet Rebeca**



"It feels great having a local community space where I can escape to and meet new people, without commuting to another area of London!"

Rebeca, who is originally from Spain, came to London ten years ago and moved to Royal Wharf at the beginning of lockdown.

Describing herself as a bit of a bookworm, she quickly joined our weekly Book Club which was then meeting online. Over the last year, Rebeca has also become involved with other activities – such as Board Games and our new pasta-making classes. "It was great when restrictions lifted and we started to meet in person again, as I have met some really great people in the area", she says.

Unfortunately, Rebeca suffered a marriage break-up last year and she says that the activities have been a real help to her in processing her trauma and starting again. "It has really helped me to get out of the house, meet new people and be entertained almost every evening," she says.

Today, Rebeca says she really enjoys all the sessions she attends and tries not miss any of them: "As well as being therapeutical and entertaining, they gave given me a real sense of community spirit!"

## Thank you!

We said it at the start of this report, but we want to say it again! Whether you're a local resident who joined our activities, a donor or funder of our work, or a community partner organisation who has journeyed with us, a huge thank you to everyone who has worked with us in 2022.

Special thanks go to our fantastic team of highly dedicated staff, trustees and volunteers; our generous funders who have supported our projects financially and in many other practical ways; and the local charities, schools, council teams and other organisations who share their expertise and resources with us.

Your partnership helps us to constantly grow and improve, and to make a bigger impact in our community. We couldn't do what we do without you, and we truly appreciate you. Thank you!



#### Thank you to...

#### **Our funders**

Ballymore, Britannia Village General Management Company, Britannia Education Trust, Community Led Housing London, East End Community Foundation, Greater London Authority, Jack Petchey Foundation, London Borough of Newham, the National Lottery Community Fund, Nisa Retail, Peabody, and The Royal Docks Trust.

#### **Our partners**

Ascension Community Trust, Ballymore, Beckton & Royal Docks Children's Centre, Bonny Downs Community Association, Britannia Village General Management Company, Britannia Education Trust, Care 4 Calais, Creative Kids After School Club, Docklands Light Railway, Emirates Airline, Fight for Peace, Good Hotel, Greater London Authority, Groundwork, Igloo, Locality, London Borough of Newham, Mosaic, Neighbourly, Newham Chinese Association, Oasis Academy Silvertown, Peabody, Royal Docks Community Church, Real Urbanism Ltd, Royal Docks Learning & Activity Centre, Stratford East, Tiny Town Daycare and Vibrant Minds After School Club.

The WSF are the community hub that brings together residents from across the West Silvertown community. The impact they make is massive to the lives of everyone around. From youth clubs to classes to community events, it's all about doing their bit for the greater good.

I am pleased and proud to continue our long association together and would like to thank their workers and volunteers alike for their fantastic contribution to our area.

Councillor Steve Brayshaw, Royal Victoria Ward

Collaborating with West Silvertown Foundation is crucial to the East End Community Foundation is crucial to the East End Community Foundation in meeting our objectives of supporting communities and tackling inequality. WSF are at the heart of the community, understand the needs of the community and are best placed to provide solutions to meet those needs. With WSF, we know our funding is going to where it's needed most.

Allan Anderson, Head of Grants & Community Engagement, East End Community Foundation We are so pleased to be working with West Silvertown Foundation. They are a huge asset to the Royal Docks and its communities, with excellent local knowledge and a strong commitment to supporting local needs and community cohesion.

Their input helps us ensure local people are involved in decision-making and can contribute to and benefit from the changes taking place in the area, and their guidance on our cultural programme has been invaluable. Thank you for another great year!

Kate Anderson, Head of Cultural Programme and Partnerships, Royal Docks Team

Britannia Village has enjoyed a long-standing partnership with West Silvertown Foundation over the years and we look forward to continuing our mutual efforts to make this part of London one of the best places to live for the local community.

The Directors, Britannia Village General Management Company

## **Looking Ahead**



#### **Looking ahead**

It is my privilege to chair the board of trustees at West Silvertown Foundation and I would like to begin by thanking each of them. All of our trustees serve in a voluntary capacity, and I and the staff team have very much appreciated their experience, guidance and hard work again over the past year.

During 2022, we took the opportunity to discuss and refresh our strategy as a charity. It was the right moment to reflect on what we have learnt from the pandemic and other recent issues, consider how West Silvertown's needs are evolving, and decide how we can best support our community in the future. We settled on four clear priorities, summarised as follows:

#### **Partnership**

Our aim is to be the 'glue' which helps to hold different stakeholders in West Silvertown together – and a bridge which helps to link up other, larger organisations with local residents. We've therefore committed to further strengthening our partnerships at all levels across West Silvertown, so we can support the community even better in future.

#### **Community ownership**

As the organisation which manages West Silvertown's key community spaces, we will continue to invest in these assets and make every use of them to bring our diverse community together. We will continue to encourage more residents to get involved in shaping, leading and delivering our activities, and support them to start new ones in response to local demand.

#### **Inclusion**

The demographics of our community are constantly evolving, while issues such as Brexit, the pandemic and the cost of living crisis are affecting us all in different ways. At WSF, we want to help make West Silvertown feel like home for everyone, so we've committed to reviewing our services to make sure that we're reaching everyone – and providing support for the issues that matter the most to different sections of the community.

#### Redevelopment

We've reached an exciting point in the planning phase to redevelop Britannia Village Hall into a new community space and housing scheme which will benefit our West Silvertown community. We will now work to drive forward the plans and transform the site.

#### The year ahead

What does all this look like in practice for 2023? In many ways, it will be business as usual at WSF. We will continue our focus on supporting local young people, children & families and adults through our three core projects, and we've got another full calendar of community events planned!

But we won't be standing still, and you can expect to see us further developing the activities we offer, in partnership with a bigger team of other local organisations.

We will continue to refresh and expand our programmes in Britannia Village and Royal Wharf, and we look forward to taking on management of the facilities at Oasis Academy Silvertown on evenings and weekends to bring even more activities to residents.

We also aim to create more opportunities for local people to work, volunteer and get involved with their community, and we'll begin work with our newly appointed redevelopment partner to take the plans for Britannia Village Hall to the next stage.

2023 is already shaping up to be another exciting year for us at WSF. We hope you'll join with us as we work towards our vision of building "a vibrant, integrated community where ambitions are realised and friendships thrive"!

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Chair of Trustees
West Silvertown Foundation



## **Meet Reena**



"The warm welcome has been a huge part of our happiness and we have established some amazing friendships!"

Reena, a British single mum of Indian Hindu background, has lived in Newham for 12 years. She has two young children, with the youngest born during the pandemic.

For the last two years, Reena and her family have been attending our Stay & Play, Messy Play, Community Breakfast and Bring & Share events.

Reena says it was a great relief to find activities that were local and free of charge. "All the sessions are well organised and so much fun," she says. "My daughter was a 'pandemic baby' deprived of normal social contact, so it has been wonderful for her to meet other children. I have also really appreciated the generous breakfasts and opportunities to meet new mums and dads to interact and share stories."

The sessions have helped her daughter develop in many ways, Reena explains. "She has learnt to communicate much more confidently, and has developed mentally and physically. From interpersonal skills to her eye-and-hand co-ordination, and learning to sing nursery rhymes and play musical instruments, she has grown in confidence and learnt to be around people she didn't know."

Now Reena volunteers at the Community Breakfast, Stay & Play and Bring and Share events herself. "This allows me to help others and shows my appreciation," she says. I find it rewarding to be part of such a close-knit team, who appreciate each other and support one another. What a fantastic community we have here — long may it continue!"

#### **Get involved!**

If you live in the West Silvertown area and haven't joined our activities yet (or it's been a while since you have) we warmly invite you to get involved.

Most of our activities are free – and those that aren't are designed to be affordable. We aim to offer something for everyone and we're a friendly bunch!

Not sure which activities would be the best fit for you? Why not start by taking a look at our website and following us on social media. We also recommend signing up for our email newsletter on our website so we can keep you in the loop.

You're always welcome to drop in at our community centres at Royal Wharf Community Dock or Britannia Village Hall for a friendly chat, and to call or email us too.

We hope to see you very soon!

#### **Contact Us**

**The Britannia Village Hall** 65 Evelyn Rd London E16 1TU

Email: hello@wsfroyaldocks.org Tel: 0207 511 6118 wsfroyaldocks.org





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