

Spring 2014

HARCA Life

The Food Issue



Food, film and fun

Useful contacts

Head Office: 167A East India Dock Road, E14 0EA Email: info@poplarharca.co.uk	0800 035 1991	Office open weekdays 9am to 5pm. From a mobile it may be cheaper to call 020 7510 0500.
Estate parking enquiries	01992 764 520	If your vehicle has been ticketed or if a vehicle is parked in your bay.

Neighbourhood centres

Aberfeldy	020 7515 6794	Hind Grove	020 7515 1005
Bromley by Bow	020 8709 9700	Limehouse Youth Club	020 7531 6199
Brownfield Community Cabin	020 3069 7401	Linc Centre	020 7538 5748
Burcham Street	020 7093 3549	Teviot	020 7987 5764
Burdett	020 7538 2553	Trussler Hall	020 7510 9770

Anti Social Behaviour contacts

Poplar HARCA ASB team	07960 031760 5pm-9am	If we are not on patrol please leave a message and we will get back to you the next working day.
Tower Hamlets ASB and hate crime hotline	0800 917 5918	24 hour number
Safer Neighbourhood Teams (SNTs)	http://content.met.police.uk/Borough/TowerHamlets/contact	
Bow East	020 8721 2807	
Bow West	020 8649 3521	
Bromley-by-Bow	020 8721 2041	
East India and Lansbury	020 8721 2806	
Limehouse	020 8721 2852	
Mile End East	020 8721 2848	
Emergency services	999	In emergencies when a crime is happening, someone suspected of a crime is nearby, or if someone is injured, being threatened or in danger.
Police	101	When situations do not require immediate response police@met.police.uk www.met.police.uk
NHS	111	When you need medical help, fast but it's not a 999 emergency
Crimestoppers	0800 555 111	Call anonymously with information about crime

Tower Hamlets Council contacts

General enquiries	020 7364 5020	@towerhamletsnow www.towerhamlets.gov.uk
Emergency out of hours	020 7364 7070	
Adult social care	020 7364 5005	Information, advice and assessment for people with learning disabilities, physical disabilities, older people and support for carers
Children's services	020 7364 5006	Social services and education including child protection
Council Tax	020 7364 5002	
Environmental Health	020 7364 5008	Information and advice regarding food safety, health & safety, animal wardens
Healthline	020 7364 5016	To find a GP and other health services
Bidding for advertised homes	0845 270 2400	www.thhs.org.uk
Housing Benefit	020 7364 5001	
Housing Benefit fraud hotline	020 7364 7443	24 hour answer phone
Parking	020 7364 5003	Street parking, paying/appealing a fine, reporting abandoned vehicle, permits and information on mobility services
Pest and noise nuisance	020 7364 5007	Pest control advice and get help with problems, complaints or enquiries concerning residential and commercial noise.
Streetline	020 7364 5004	Commercial waste service, dumped rubbish, Enviro-Champions, fly-posting, graffiti, litter and litter bins, pavements, potholes, recycling, rubbish collection, street cleaning and street lighting



@poplarharca





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Resident editorial board

Dear readers

Dame Angela Lansbury is coming to Poplar! What a great excuse for some of us to catch up on old films – and others (mainly Gordon) to brush up on his George Lansbury history.

Dame Angela spent her early years in Poplar and her father, Edgar Lansbury was a former Poplar mayor. Her grandfather was George Lansbury, who led the Labour Party from 1932-1935 and campaigned for social justice, women's rights and world disarmament. The Lansbury Estate was named after him.

We'll be getting our 'Welcome home Dame Angela' banners at the ready!

We've loved seeing so many familiar faces looking out at us from this issue. From our lovely cover star Kenny to all the other local café owners and business people who help keep us fed.

We hope this issue gives you an appetite: not just for all our great food, but also for getting out and about now it's Spring again: chatting to our traders, enjoying our festivals and having fun!

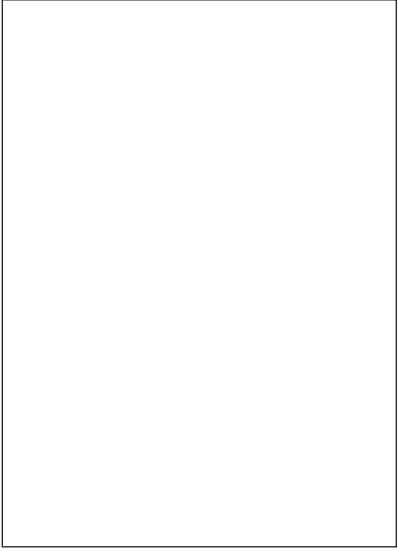
Enjoy!

Fran, Gordon, Joan & Rouf

Please send any snippets or articles to us at: contributions@poplarharca.co.uk



From l - r: Joan, Rouf, Gordon and Fran



Cover:
Photo:

Food, glorious food. One of my favourite topics!

The East End is, in some ways, defined by its food: jellied eels and pie and mash from 'the old days'. Late night curries and early doors beigns in Brick Lane ... my mouth's watering already.

Given the important role food plays in all our lives, we've decided to take a closer look at the huge variety that's available on our doorstep in this issue of HARCA Life. From the Chriss Street traders that have been here for generations to the less-familiar (to me anyway) fruit and veg from across the globe on our market stalls.

Right, enough about grub. Now for the really exciting news.

A proper Hollywood legend will be coming to Poplar in just a few day's time.

Dame Angela Lansbury – star of Murder She Wrote and loads of my favourite films will be coming to Chriss Street and Spotlight on Sunday 6th April.

Dame Angela normally lives in the States, but – at 88 years young – is currently doing 8 shows a week in the West End production of Blithe Spirit. She's taking time out of that hectic schedule to introduce a free family screening of Bedknobs and Broomsticks at 12.30 at Chriss Street Market, followed by an hour-long interview in Spotlight.

Check out the details on page xx. Although Bedknobs and Broomsticks is free, we've had massive interest from fans from all over the UK and beyond so you'll need a ticket to get close to the 'action'.

Tickets were going fast at the time of writing so if you miss out, keep an eye on our website and around Chriss Street Market for details of some other fun events we're planning over that weekend.

Enjoy the Spring!

Steve Stride

Steve Stride
Chief Executive

 @stevestride_PH

Editor

Bree Sims

Design and production

**Syed Pasha
Mahbub Rahman**



HARCA Life is published four times a year. The next issue is due out in June 2014. If you would like to contribute something, such as a story, poem, photo, letter or recipe, please get in touch before 24th April 2014 and send to contributions@poplarharca.co.uk or phone 020 7510 0535.

Printed on 100% recycled paper.

HARCA Life editorial group

Rouf Ahmed, Fran Jefcoate, Gordon Joly, Joan Parrott

HARCA Life is published by Poplar HARCA, 167A East India Dock Road, London E14 0EA and distributed to 8,600 homes in Poplar.

For large print, audio or braille phone 020 7510 0535

Haddaad Jeclaani lahayd akhbaar ku qoran Soomali fadlan soo wac 020 75100535

এই নিউজলেটারে প্রকাশিত কোন কিছু আপনি বুঝতে না পারলে, অথবা অডিও, ব্রেইল কিংবা বড় অক্ষরে ছাপানো কপি পেতে হলে অনুগ্রহ করে ০২০ ৭৫১০ ০৫৬০ নম্বরে ফোন করুন।



A hi-vis visit

HOUSING MINISTER KRIS Hopkins donned a high visibility protective jacket to see the progress at Aberfeldy Village – a joint venture between Poplar HARCA and Willmott Dixon. The project is one of the first to include flats being built under the Government's Private Rental Sector (PRS) scheme. Social and affordable rent, shared ownership and private for sale homes are also being built as part of this major regeneration of the Aberfeldy Estate.

High praise

ACCORDING TO THE National Churches Trust, two of the UK's Best Modern Churches are right here on our doorstep!

Of 200 post-war churches across the UK, Grade II listed St Paul's Church, Bow Common was named best modern church built in the last 60 years. SS Mary and Joseph RC Church, Poplar was voted joint 10th.



Burcham Street Lunch Club

OVER 50, LIKE company and fancy a healthy home-style lunch? Head to Burcham Street!

Meet friends, old and new; share favourite recipes and join in with activities from armchair yoga to bingo. And for just £3 you can enjoy a 2-course lunch and unlimited tea and coffee.

Open 11.30am on Monday, Wednesday & Thursday at the Burcham Street Centre, 96 Burcham Street, E14 0SH. Call Dyane to find out more 0794 779 8685.

Fit 4 Sport is warming up

EXERCISING FOR JUST one hour a week can make a difference to health and wellbeing. But getting fit is a challenge.

To help, Fit 4 Sport will offer a variety of free fitness activities including football, basketball, netball, badminton, tennis, cricket, dance and boxing. Look out for more details coming soon – and for free health assessments at Crisp Street Market.



Journey to Success

BACK IN DECEMBER, the East London Business Alliance (ELBA), Poplar HARCA and Milestone ran a training-into-work programme, Journeys to Success.

Students learned about CV writing, communication skills, interview preparation and customer service. Volunteers from big corporates AON, Morgan Stanley, City of London Corporation, Standard

Chartered, Reynolds Porter Chamberlain and State Street helped with mock interviews and confidence-building.

At the end of the week, candidates had two-week job placements as, amongst other things, catering assistants, security officers, media assistants and receptionists. All were guaranteed interviews for roles once the placements were finished.

PIN BOARD WIZARDS

HAVE YOU CHECKED out our new look website yet?

poplarharca.co.uk has had a makeover.

As well as paying rent and service charges, reporting ASB and repairs or sending-in comments – you can also find out about what's going on near to home. Click on Your Estate on the homepage for activities and information and to get in touch with your Housing Manager.

Got suggestions of what you'd like to see on the site – or comments on the new look?

Email Comms@poplarharca.co.uk



Do u uke?

Do you play the ukulele, or want to give it a go?

Come, strum ! 6.30pm-10pm, 27 March, Moka East cafe in The View Tube The Greenway, Marshgate E15 2PJ (Nearest DLR: Pudding Mill Lane)

Get in touch with Ana Mae for details: ana.ramirez@poplarharca.co.uk or 020 7510 0591.



Chrisp Street on air

Chrisp Street On Air is now open at 11 Market Way, opposite Maureen's. The shop will be open on Tuesdays and Thursdays to record the sounds and voices of Chrisp Street. Drop in to dedicate a song to Chrisp Street and help build a soundtrack for the Market!

For three consecutive Saturdays, starting on 29th March, Chrisp Street On Air will roll out its mobile recording booth into the market to

record and present a live show of culture, cookery and music, hosted by local presenters.

There will be communal eating and an exciting programme of evening entertainment which will including sports, film and music.

Visit www.chrispstreetonair.com for updates on upcoming events and the Chrisp Street on Air podcasts.

A friendly ear

TALKING CAN HELP in all sorts of ways. And talking therapy can provide a safe space to explore anxiety & stress, bereavement, panic attacks, family & relationship concerns, career or life choices, depression and low self-esteem.

Social Enterprise transmissionUK (tuK) is offering free counselling, psychotherapy, and complementary therapy to HARCA residents in weekly, one hour sessions at our Aberfeldy, Teviot and Burcham Street Centres.

Want to know more and in confidence? Contact Gregg at tukcp@tukcic.org or Jayne at jayne.clavering@poplarharca.co.uk.



Café

Opening Soon

ALL DAY BREAKFAST MENU

Big Breakfast

(1) 2 sausages, 2 turkey rashers, 2 eggs, beans, mushrooms, tomatoes, 2 french fries, chips & hot drink - **£5.00**

(2) 1 sausage, 2 turkey rashers, 1 fried egg, mushrooms, beans, 2 french fries - **£3.50**

Sandwiches

(3) Turkey rasher & fried egg - **£2.00**

(4) Sausage - **£1.50**

(5) Fried egg - **£1.00**

Vegetarian

(6) 2 Eggs, 2 beans, beans, 2 sausages, mushrooms, tomatoes, chips & hot drink - **£4.50**

(7) 1 egg, 2 toast, beans, sausage, mushrooms, tomatoes - **£3.50**

(8) Scrambled eggs on 2 toasts - **£1.00**

(9) Beans on 2 toasts - **£1.20**

Drinks

Tea - 50p

Coffee - 60p

Can Drinks - 80p

Smoothies - **£1.00**

Family Centre, Aberfeldy Street, London E14 6AL
Open Monday - Friday from 8.30AM
www.milestonelondon.co.uk

Book 4 Healthier options available.
Please enquire within

SHE'S COMING

We're honouring Dame Angela Lansbury's return to London with a film festival in Poplar. The star of *Murder She Wrote* and over 50 great films (is the granddaughter of George Lansbury – leader of the Labour party in the 1930s and after who the Lansbury Estate is named).

Dame Angela will introduce a free, family screening of *Bedknobs and Broomsticks* in Chrisp Street Market at 12.30pm on Sunday 6th April. There's big demand for this so you will need to get your free ticket from the website to get in. Dame Angela will also do an hour long interview with Sir Chris Frayling, former Chairman of the Arts Council and governor of BFI at Spotlight at 2.30pm.

For more information and tickets, go to: www.poplarfilm.com



The Picture of Dorian Gray

1945, PG, Drama, Fantasy, Horror

Saturday 5 April, 1pm, Spotlight



@PoplarFilm



Poplar Film Presents:

The Angela Lansbury Film Festival



Gaslight

1944, PG, Crime, Drama, Film-Noir

Saturday 5 April, 7pm
Spotlight

HOME



Bedknobs and Broomsticks

1962, U, Adventure, Family, Fantasy

Sunday 6 April, 12.30pm

FREE Event in Crisp Street Market, but tickets must be reserved via the website.



The Company of Wolves

1984, 18, Horror, Fantasy

Saturday 5 April, 3pm, Spotlight



The Manchurian Candidate

plus Dame Angela interview by Sir Chris Frayling
1962, 15, Mystery, Thriller

Sunday 6 April, 2.30pm, Spotlight



The Mirror Crack'd

1980, PG, Crime, Mystery, Thriller

Saturday 5 April, 5pm, Spotlight



Nanny McPhee

2005, PG, Comedy, Family, Fantasy

Sunday 6 April, 3pm, Spotlight

EASTEND Eating



'Real' pie and mash, saveloy & pease pudding, eels and salt beef. Here's our guide to the traditional flavours of the Eastend and the people who serve them up.

Pie & Mash and Eels at *Eastenders* *Pie N' Mash*

'Pie and mash is a 'thing' – it should be protected, like Cornish pasties only coming from Cornwall. It's totally different in the North: it's 'pie served with mash and gravy'. Proper pie & mash is just minced beef: no veg or gravy in the pie, mash, then liquor poured over!

And Brian Boulter should know. He had it every day as a kid growing up in Canning Town: 'My mum was working so she'd give me money to go up the pie and mash shop. It's a 'poverty food' really – designed to fill you up.' Brian explains.

Although he has over 60 years eating experience, Brian is a relative new boy when it comes to the business. He became a partner in Dave Balkwill's family business 3 years ago. 'I'd never even cooked an egg before I came here' Brian confides 'I learned to make everything from the staff here so we keep to tried and tested methods and recipes.'

Brian tells me that the original pie and mash would have contained eel, not meat; 'there used to be millions of eels in our rivers – you could just scoop them up. They were the main source of 'meat'. He explains.

Eastenders still serves stewed and jellied eels. Stewed eels are served with mash and liquor whereas most people get jellied eels to take away. 'Back in the day, pie and mash shops would get live



eels delivered and people would chop and stew them on the premises. Now we get ours from Barney's in Aldgate – they supply pretty much everyone.'

'You can pay a fortune for smoked eel in a trendy restaurant – here they're just £2 a pot!'

Saveloy and pease pudding at *Ivy's*

Lorraine's family has been in Chrisp Street for 76 years. Her great aunt served saveloy and pease pudding in the old arcade in Chrisp Street and her nan ran a stall selling sausage and onion rolls. Lorraine's mum ran a deli then she opened Ivy's; specialising in saveloy and pease pudding – but also serving rolls, sandwiches and salads.

'Saveloy and pease pudding as a dish is definitely



dying' Lorraine reckons. 'My mum used to sell 900 'savs' and 12 bowls of pease pudding a day – now 2 bowls of pudding will last more than a week.

'It's very healthy fast food though', she continues. 'The savs are 86% pork with breadcrumbs, herbs and garlic and we steam them fresh to order. I don't pre-cook or freeze anything. Pease pudding is

just split peas that are cooked in muslin for four hours then mashed.

'We've kept our customers for years and will keep on giving them what they want. We'll stick with the old traditions, but we also need to change with the times and put some new things on the menu.' Lorraine says.

Maureen's salt beef:

i/v and photo to come pls leave half a page



VEG OUT

Every day when she's walking through Chrisp Street Market, HARCA Life editor Bree Sims eyes the exotic Bengali veg and fruit and wonders what to do with it all.

Finally, she enlisted the help of HARCA Life's designer Syed Pasha – who edits Curry Life Magazine – to show her what's what.

“First was the shopping expedition. Pasha took me through the fantastic-looking fruit and veg; telling me the Bengali names and how to prepare them. I took the plunge and bought my ‘five a day’ to experiment with at home.

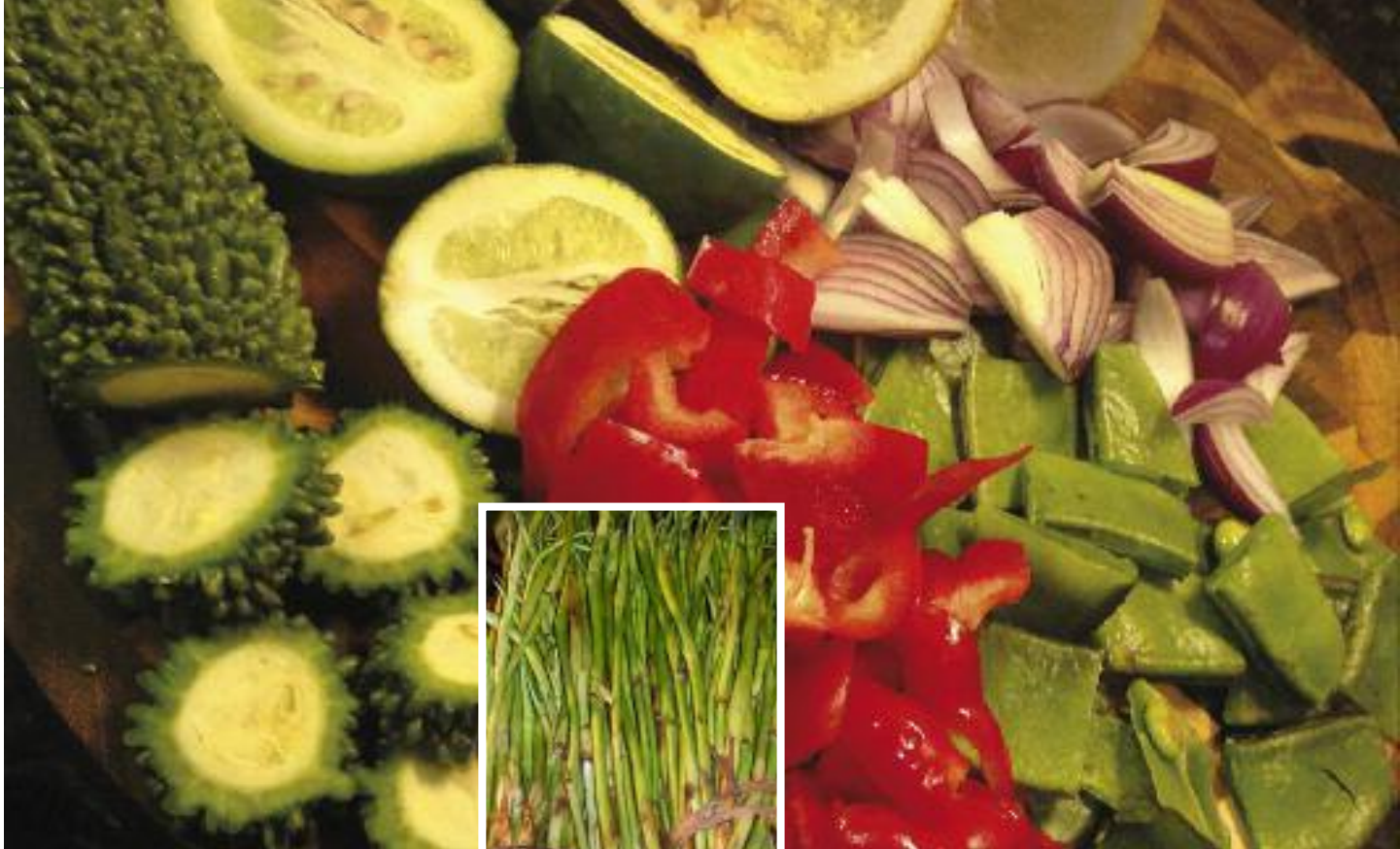
Sheem ‘flat beans’ or ‘Hyacinth Beans’

These are like large, firm sugar snap peas. You top and tail them and remove the string along the edge like a runner bean then stir fry or add to curries, stews or whatever you're cooking. Crunchy and fresh.



Shatkora ‘Melanesian papeda’ or ‘wild orange’

This looks like a small grapefruit and smells like a cross between that and a lemon. You only use the skin – not the bitter flesh. Chop it very small (1 cm pieces) and add sparingly to vegetable, meat and fish dishes to give a citrusy zing. Make sure it's been cooked for about 15 mins to mellow it and make it soft. Apparently it's great with beef – but I think it would work well with fish. I added it to a veggie curry with potatoes, peppers, onions, tomato, spices and Kochur Loti.



Kochur Loti 'Taro Stolon'

These look a bit like daffodils before they flower! You top and tail and remove the outer skin (I resorted to a potato peeler for this). Then chop into pieces around

6cm long. Boil it for at least 10 minutes until its very soft. There's a chemical in it that makes your throat itch if it's not

broken down in the cooking process – so test a piece first. It doesn't have a strong flavour but adds colour and texture to curries or stir fries.



Koroloa 'bitter gourd'

This fantastic-looking 'warty cucumber' does what it says on the tin: it's bitter! I lightly dusted it with flour and shallow fried with garlic, ginger and turmeric until soft in the middle. It's meant to have great medicinal properties – but you only need a little bit to add a bitter bite!

Jara Lebu 'citrus limon/lemon'

This looks like a long, bumpy lime – and that's pretty much what it is! Squeeze over fish or chicken, add to drinks or – if you dare –suck a slice as a palate-cleanser.



MEET THE TRADERS

You may walk through Chrisp Street Market most days, but do you know the food traders who make it tick? We spoke to some of the people that have been there the longest. Allow us to introduce:



KENNY

KENNY'S SURNAME IS Long, but most people will recognise the 'Walton's' wooden cart which he still uses every day.

'Walton was my great-grandmother. She nicked the cart from Spitalfields'. He explains. 'They used to have cart-minders down there but she slipped them a few quid and they helped her push it out.' The family has used it ever since.

Great grandmother Walton used to have a fruit and veg shop in Chrisp Street, but it was bombed in the second World War. She switched to a stall which Kenny's nan then took over. His mum worked there every Friday and Saturday for 40 years, only retiring when she was 71.

Kenny has been running the current stall for 25 years. At 56 he is considering retiring to the country but 'my conscience tells me I can't give it up, it has to give me up – and I'm quite happy with that.'

Next time you pass, ask to see photos of three generations of fruit and veg sellers that he keeps at the back of his stall, and his photos of how the market used to look are well worth a 'gander'.

SHAHID

THE CURRY HUT is celebrating its 20th year in Chrisp Street. Shahid took over from his dad 5 years ago and still cooks his mum's recipes – but he has plans to mark this anniversary year.

'We're here 9.30am to 6pm, 6 days a week, rain or shine' smiles Shahid as he talks me through a typical day. 'We have older people in the mornings who come for a cuppa and a chat then regulars meet here for lunch. They talk about anything and everything and I love the feeling of community. I'm always pleased to wake-up, come into work and chat with everyone.'

Shahid is pretty good at chatting - he speaks '6 or 7' languages!



'I used to be a mortgage broker, but when my dad decided he wanted to give this business up, I switched careers to give it a go. It was lucky I did as the credit crunch came and lots of my old colleagues lost jobs – and a lot of money!'

On the subject of money, Shahid is introducing 'credit crunch lunch' menus and is putting the prices of his menu down by 10p-50p.

'Prices for rice, meat and spice are going up', says Shahid who uses British ingredients from Spitalfields and 100% halal meat 'but I know for my customers times are tough so I want to sell more, not charge more.'

Shahid is also extending his menu to include frequently-requested items. 'I'll be doing restaurant quality jalfrezi and tikka masala at rock bottom prices.' He promises.

IRENE

'MY MUM WAS a terrible cook – she couldn't even boil an egg – she'd call them 'lucky eggs' 'cause you were lucky if you got them cooked the way you wanted them!'

Irene and Brian Lewis run Premier Cakes. They started out above a dairy in Langdon Park, they have been in Market Way for 10 years now. Unlike Irene's mum, their reputation for great tasting, as well as great-looking, cakes means customers have included The Telegraph, The Sun, The Big Breakfast, Trueman Breweries, Millwall and West Ham Football Clubs, Danny Baker's son and Tony Blair's daughter.

Irene was born in Stepney and met Brian when they both worked at Lyons Corner House. She learned to decorate cakes at Percy Ingles. They shared great tales - from having to explain why a 6ft by 6ft cake for a Canary Wharf Health Club wasn't going to happen because it couldn't get through the door, to hiding very expensive diamond earrings in a lucky lady's birthday cake.

The couple have photos of their amazing designs which are definitely worth a look if you are looking for sweet inspiration.



SPOTLIGHT

*Creative Arts &
Sports programme*

11-19 year olds

Now Open

ANGELA LANSBURY FILM FESTIVAL

*Spotlight Centre &
Chrisp Street Market*

5-6 April

EASTER HOLIDAY SCHEME

For Poplar Residents 8-12 yrs old.
REGISTRATION DAY on 19 March 8am-6pm

8-10 & 5-17 April

ABERFELDY WELLBEING FESTIVAL

12-4pm

7 June

ST PAUL'S WAY FESTIVAL

12-4pm

14 June

TEVIOT FESTIVAL

*Teviot Centre
1-5pm*

21 June

SUMMER HOLIDAY PLAYSCHEME REGISTRATION

*Linc & Aberfeldy Centres,
8-6pm
Tel. 020 75385748*

9 July

SUMMER HOLIDAY SCHEME

For Poplar Residents 8-12 yrs old.
REGISTRATION DAY on 9 July 8am-6pm

28 July - 21 August

LINCOLN SUMMER NIGHT

*Fern St Green,
(opposite Linc Centre)
4-9pm*

9 August

BLACK HISTORY MONTH

*See separate centres for
details nearer the time*

October

CHRISTMAS LIGHTS EVENT

*Chrisp Street Market
2-6pm*

28 November

LINCOLN CHRISTMAS FAYRE

*All Hallows Church,
Devon's Road, 11-3pm*

6 December

TRUSSLER HALL ELDERS CHRISTMAS PARTY

*Trussler Hall
12-3pm*

9 December

LINC/BURDETT ELDERS CHRISTMAS PARTY

*Linc Centre
12.30-3pm*

19 December

ALSO RUNNING:

1 DAY ACCREDITED TRAINING

*Every Monday and Thursday at Trussler Hall.
FREE for unemployed residents.
(e.g. First Aid at Work, Food Safety,
Presentation Skills etc.) Tel. 020 7510 5770*

April - December 2014

ANNUAL COMMUNITY EVENTS TIMETABLE 2014

Whilst we will make every effort to stick to this timetable, in unforeseen circumstances, dates MAY change. Please do check with the relevant centres (see contact list).

EASTER HOLIDAY SCHEME

DATES: 8,9,10 April & 15,16,17 April 2014
10am-4pm

COST:
£1 per day £2.50 per trip

VENUES: Linc Centre
70 Fern St, E3 3PR

Teviot Centre
Wyvis St, E14 6QD

For Poplar Children 8-12 yrs old



SUMMER HOLIDAY SCHEME

DATES: 28 July – 21 August
10am-4pm

COST:
£1 per day £2.50 per trip

VENUES: Linc Centre
70 Fern St, E3 3PR

Aberfeldy Centre
Aberfeldy Street, E14 0NU

For Poplar Children 8-12 yrs old



BALCONY GARDENING SESSIONS

Gayton House
27 March 1-3pm

St Paul's Way Centre
24 April 1-3pm

Teviot Centre
30 April 1-3pm

Marner Centre
15 May 1-3pm

The Cabin
22 May 2-4pm

Aberfeldy Centre
19 June 1-3pm

Linc Centre
25 June 1-3pm

Trussler Hall
8 July 1-3pm

St Paul's Way Centre
15 July 1-3pm

Burcham Street
16 September 1-3pm

Gayton House
25 September 1-3pm

Hind Grove
16 October 1-3pm

Teviot Centre
30 October 1-3pm

CONTACTS FOR MORE INFORMATION

ABERFELDY CENTRE
Aberfeldy Street, E14 0NU
Tel. 020 7515 6794

ANGELA LANSBURY FILM FESTIVAL
info@poplarfilmpresents.com
020 7510 0535

BURCHAM STREET,
96 Burcham Street E14 0SH

BROWNFIELD SOCIAL CLUB
82 St Leonards Road E14 0QU

LINC CENTRE
70 Fern Street, E3 3PR
Tel. 020 7538 5748

SPOTLIGHT
30 Hay Currie Street, E14 6GN
Tel. 020 30 111 333

ST PAUL'S WAY CENTRE
83 St Paul's Way, E3 4AJ
Tel. 020 7510 5600

TEVIOT CENTRE
Wyvis Street, E14 6QD
Tel. 020 7987 5764

TRUSSLER HALL
78 Grundy St, E14 6DR
Tel. 020 7510 5770

BALCONY GARDENING
Tel. 020 7510 0591



www.poplarharca.co.uk

POPLAR MEANS **BUSINESS**

Poplar HARCA has supported over 20 social enterprises which provide a wide range of goods and services, including cafes, construction, beauty and bee-keeping. Poplar HARCA also runs enterprises including our Neighbourhood Centres, food co-ops and the View Tube.

These local businesses have been helped with

space, affordable rent, marketing, advice, mentoring and networking opportunities.

Last October, the Pop-up Business School ran a free two-week course for entrepreneurs and start-ups. Some got together at Trussler Hall in December to launch their businesses and make their first sales.

HARCA Life caught up with two PopUp 'graduates':

LARAINÉ ST CLAIR of St Clair Classics sells 1940/50s vintage clothing and accessories for women. She's had a spare room full of fabulous designs and original patterns for a few years but was stumped when it came to sales.

'After the event at Trussler Hall I was energised and wrote a business plan. The key priority is to finish my website, although I've made a few sales through a free one I set up on Weebly during the Pop-up Business School.'

Laraine has been collecting vintage 'all her life' and is captivated by the 'elegance and style' of old films. The collection is Laraine's personal wardrobe but it's grown so she wants to share it with others – which has the benefit of creating space for her to buy more!

As well as clothing and jewellery, Laraine also sells vintage patterns. 'My first sale at Trussler Hall was for a 1940s tanktop. The middle aged man who bought it said his mum taught him to knit so he was going to make it.'

Laraine counts herself lucky to be doing what she loves. 'I want to put the fun into vintage', she explains: 'I love dressing-up, so if this doesn't work out I shall carry on wearing it all.'



Laraine moved into a HARCA home four years ago from North London, but she hadn't met many local people before the Pop-up Business School. She keeps in touch with fellow entrepreneurs – and is now a regular at a knitting club in Bethnal Green, where older members love her patterns. 'There are these amazing 82 year old ladies who can knit a jumper in two minutes flat and tell you all about the

Old East End and the Krays while doing it!'

Laraine counts herself lucky to be doing what she loves. 'I want to put the fun into vintage', she explains: 'I love dressing-up, so if this doesn't work out I shall carry on wearing it all.'

Laraine's collection can be seen here: stclairclassics.weebly.com and she also offers image consultancy for that perfect classic look.

Jeanne Pring of Jkhoo Designs hand-makes original jewellery and hosts jewellery-making workshops.

'I don't know where it comes from, I just think 'I wonder if I can do this', try and it works' Jeanne says of her bespoke designs.

Before she went to the Pop-up Business School, Jeanne had created, but not launched, a website and had made a few sales through Facebook, but she needed to take her business up a gear.

Jeanne was an IT trainer in Australia before moving here in 2009. She was looking for the perfect jewellery for her wedding but couldn't find it: 'I thought, 'fine, I'm going to have to make my own.' She said.

She taught herself in three months and made her own wedding pieces, and also jewellery for the bridesmaids and cufflinks for the groomsmen. Guests admired her handiwork and suggested she should set up a business, but it wasn't until last year that she took the plunge.

'Before Pop-up I had no confidence that I was doing the right thing and would spend ages researching and not getting on with it. The course gave me the affirmation that what I had in mind was right and that I should just do it!'

Every item Jeanne makes is bespoke to the client. She also provides 2-3 hour workshops where she teaches jewellery-making basics. The price includes materials,

use of expert tools and everyone goes away with at least two unique pieces.

'Moving to London brought out my creative side and Pop-up gave me the confidence to back it up.' She concludes. Find out more at JkhooDesigns.weebly.com

For more about Pop-up Business School: popupbusinessschool.co.uk

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NEW THREADS

BROW LOUNGE is a bright new beauty parlour in Chrisp Street Market offering affordable treatments. The enthusiastic owner Samina told us how business is going and her plans for the future.

Tell us about yourself and how you got started in the beauty industry.

I've lived in Tower Hamlets all my life. When I was on maternity leave I started taking courses in beauty and nails as a hobby, but running my own business is a big change.

How is business going?

Really well. Before I opened I consulted local people to find out what kind of business they wanted and discovered that a lot of people were travelling to Stratford and Roman Road to get their eyebrows done. I wasn't sure how much business we'd get. But now people are coming to us from Canary Wharf!

What treatments do you offer?

When I applied for the unit I was planning to only do eyebrow threading but we've grown to meet demand. We now offer waxing, facials, haircuts, blow dries. We even open occasionally in the evenings to do henna. I couldn't have done it without my amazing staff. Particularly Sherina who's a big part of our success. Our customers are also great. We've had such positive feedback and I always like to hear suggestions about how to do things differently.

Any future plans?

Well, as space is so limited and demand is so high I have applied to expand into the unit behind. Hopefully when we get or more to another unit nearby that we can offer even more treatments.



Having extra space will certainly allow us to do more of the private treatments like massage and waxing. I would also like to introduce male-only treatments.

Having extra space will certainly allow us to do more of the private appointment for things like massage and waxing. I would also like to introduce male-only treatments.

Have you enjoyed being part of the market?

It's a really lovely place to be and the support from local traders has been fantastic! They've offered to take flyers and have been recommending us to their customers. We've obviously had an impact on them too as the shops around us have redecorated their units after being impressed with our bright wallpaper!

We've even become a bit of a social hub, people feel comfortable coming to us with their problems. We get people of all ages and from all backgrounds seeking a bit of one-to-one time and we're always happy to offer advice, a hot drink and a facial.

Recharging the **BATTERIES**

AMONGST THE CONCRETE, under the shadow of Carradale House and backing on to the A13 is a green oasis.

Greening Brownfield is a wonderfully lush surprise-lovingly tended by 27 members who pay £12 a year for a box planter.

Until four years ago the space was derelict tennis courts – but now planters, bee hives, and a well-stocked shed provide a backdrop to chickens – and their beautifully designed home!

'The girls' are ex-battery hens who arrived on 31st August last year. 'And they haven't stopped laying since,' says Tom Gleed, proudly.

Tom and fellow member Keith Mills built the coop at a cost of just £3.50! 'We wanted to do it all for free but I was in a hurry to get the chickens in so I cheated and bought three hinges!' Tom confides.

Tom salvaged the materials from contractors working in Carradale House and on Willis Street. Keith found the design on the internet – it's based on an Amish coop that costs \$2,000. "Collecting the material took a long time, but over 12 weekends Keith and I did the construction. Mates made the metal feeders and there's an automatic water system so they always have fresh supplies. We've even put in a swing for them!"

Tom and Keith now host school trips and environmental groups who want to find out about keeping chickens. Locals come every week for eggs, donating 25p each to cover the cost of feeding the birds.



Tom spends four or five hours a day in the garden. 'It's very relaxing. My blood pressure was sky high when I retired, but after coming here the doctor has reduced my tablets from 4 to 2 a day.'

Tom is considering adding a couple more chickens, or some ducks, to the coop. There is even talk of a pig or two if the right space was available.

Greening Brownfield annual 'box planter' membership	–	£12
'Walk-in' membership (access to garden, shed & socials)	–	£ 5
Eggs	–	25p each
Popping in for a chat and a chill	–	£priceless

KEEPING YOU “GAS” SAFE



IT BREAKS OUR HEART TO READ TRAGIC story in the press of people dying from carbon monoxide poisoning; or of a gas explosion demolishing buildings.

As a landlord, Poplar HARCA takes seriously its legal duties to keep residents safe. The law requires an annual safety check of tenants' gas appliances, and so we require tenants to give access for the inspection to be carried out.

The vast majority of tenants make an appointment to have the inspection carried out. Appointments are available from K&T early mornings, evenings and even at the weekend.

A minority of tenants do not want to allow access. We don't know why they don't help keep everyone safer, but we do know that failing to give access is a breach of tenancy.

If you don't allow an inspection to take place when you're asked, Poplar HARCA will serve a legal notice seeking possession of your home, ask a Court for an injunction to tell you to give access and also ask the Court to make you responsible for all the legal costs-which could be hundreds of pounds.

So why not make that call, keep that appointment and help to keep everyone safer when you get notification your inspection is due? So much easier then ending up in Court and risking your safety and your home.

Poplar HARCA isn't responsible for inspecting the appliances in leaseholders' homes. Make sure you use a Gas Safe registered engineer every year. And if you rent your property out then you are legally responsible for ensuring that an annual inspection is carried out.

Are you renting illegally?

YOU MAY BE reading this in a Poplar HARCA home. But how do you know you're legally entitled to live there?

If you don't pay your rent to Poplar HARCA the person you do pay rent to probably told you that they own the property, or manage it for someone who does and it's all legit. But if you are renting from a Poplar HARCA tenant, they are committing a criminal offence and

risking a hefty fine and prison. You risk losing a lot of money and being evicted when we find out.

You can check if your landlord is entitled to rent the property to you by calling us on 0800 035 1991. There's £500 available if you help us reclaim an illegally sub-let home, and we will do what we can to help you find somewhere else to live.

Letters of Authority

YOU MAY KNOW that you're ok with someone else chatting on your behalf, but Poplar HARCA staff can't talk about you to anyone else without your written permission.

So if you want a friend or family member to help with something, let us know and your Housing Manager or Leasehold Advisor will talk you through the details.

Moving Home?

If you have a Poplar HARCA tenancy, and are moving, there are some steps you must take so that the tenancy ends properly:

- give at least 4 full weeks' notice in writing, ending on a Sunday. If you want to end the tenancy sooner, you must get permission.
- fill-in a form (EPI) – check it carefully as your tenancy will not end if there are mistakes and you will remain responsible for paying rent until the tenancy does end

- if you owe any money, this must be paid before leaving
- an inspection of your home will be done before you move, and you will have to remedy any damage, missing items or unauthorised alterations. If you do not you will be charged for Poplar HARCA putting things right.
- If you leave anything in the property when you move, Poplar HARCA will dispose of everything and charge you the cost of doing so.

If in doubt, chat to your Housing Manager or get advice from one of the Borough's free advice services.



Fran Jefcoate strolls along to Avenue Property Construction

“I RECENTLY MET with Astab and Hussain, directors of Avenue Property Construction, to learn more about them and their company.

APC is a small firm, two directors, eight tradesmen, two sub contractors and three vans. All the team live locally and are very proud of ties with the community and their local knowledge.

Poplar HARCA is APC's biggest client and they've worked together since 2004. If you have condensation it will be APC who visit. They can't cure the mould

but they will carry out a mould wash and explain how you can prevent problems by ensuring your home is well ventilated.

When tenants leave properties, APC works with other contractors preparing for re-runs of pipes and decorating – all to get the home re-let as quickly as possible. APC also does general build repairs.

They don't have a uniform - overalls being the most sensible attire in their line of work – but APC employees always wear ID badges when they visit.

I spoke with Terry Townsend, a resident who monitors APC's performance and meets with them quarterly to discuss what residents have told him about their work. He told me that the majority of tenants are very happy with the work, performance is good and any problems that do occur are quickly picked-up and remedied.

APC has plans for a project to train and employ local young people, giving them a trade for life. I look forward to meeting with them again soon to find out how this is progressing.



GET GROWING

A resident-run food co-op was among the schemes praised by Deputy Mayor of the Greater London Authority (GLA) Victoria Borwick when she visited the Well London project on the Aberfeldy Estate.

The Aberfeldy Fruit and Vegetable Co-op sells fresh produce outside the Aberfeldy Centre Tuesdays – Fridays from 10am.

Five new food gardens to come

We're taking our food growing to a whole new level thanks to funding from London Borough of Tower Hamlets Public Health.

We'll create five new community gardens and employ four part time gardening co-ordinators. They'll also be training opportunities for residents.

We'll be working with: Women's Environmental Network, Organic Lea, Capital Growth, East End Homes and Tower Homes Community Housing.

There are already loads of green pockets where we're growing food. Here's what a couple of our green fingered foodies had to say:

"We are very privileged to be given the chance to transform this land where local people can get to know each other and share our passion for growing food. It is quite liberating to have somewhere to go when you want to relax and feel the beauty of nature. It is very fulfilling to see the fruits of your labour and eat your own produce."

Tanjina Nasrin

Leader, Lincoln Garden, Lincoln Estate.



"Food growing has helped bring together neighbours who otherwise will not have a chance to interact with each other.

Bangladeshi women in our block came out in numbers when they heard that a space is available for them to grow vegetables".

Rev James Olanipekun

Leader, Silver Gardeners – Burdett Estate

If you fancy growing your own this Spring, contact Ana Mae for details:

Ana.Ramirez@poplarharca.co.uk



By Fran Jefcoate

I LOVE THIS time of year with its promise of new life and green shoots everywhere just waiting to cover the grey.

The very wet and unusually mild winter means that snowdrops, crocus and daffodil bulbs have been in bloom since early February. And when the sun breaks through, birds burst into song in preparation for pairing-up, nesting and rearing young.

Our estates are not as stark and barren as they appear at first glance – if you look again, nature is absolutely everywhere. Take a closer look. The older and more neglected the building, the more variety of growth you will find. From yellowish orange lichen growing on bricks to buddleia clinging

to walls where you wouldn't expect anything to be able to grow. There are mosses too, growing in crevices. These soft green beds teem with tiny insects in warmer months; providing food for larger insects and birds.

On your way to the bus stop, or local shop, look down. As you walk you may be helping to spread the chewing gum lichen, a slow-growing lichen dependant on footfall to spread.

Details of our next nature walk will be on flyers in Poplar HARCA Centres, and on our blog at poplarnaturewatchclub.blogspot.co.uk. Do come along and let's share these natural wonders together - it's not as much fun on my own!



A SAFER POPLAR

Catering for better behaviour

MICHAEL'S BAD BEHAVIOUR led to FIP getting involved with his mum Marghy who had been out of work for 8 years. Through FIP Marghy was referred to Raising Aspirations – an initiative supporting people back to work.

The team helped find a suitable job advert for a lunchtime meals assistant at a local primary school. They then worked with Marghy on a personal statement and interview skills. And it worked – Marghy got the job and the interviewer said she really knew her stuff!

Marghy and Michael had a challenging relationship, but he spent Sundays doing mock-interviews with his mum. They both enjoyed the experience, with lots of laughter in between the questioning. Marghy described how Michael and his sister Melissa huddled around her when the call about the job came through, and how they hugged and celebrated when she was told she'd got the job. Working with FIP Michael is now doing well at school and played guitar with his band for his year group's entertainment at Christmas.

22-weeks for breach of injunction

When a local man breached an injunction, keeping him away from an ex-partner he had been physically abusing, Poplar HARCA's team got to court the very next morning to give evidence. As a result, he got 22 weeks in prison.

Poplar HARCA's Head of ASB, Jamie Lock, said: "We hoped that the injunction would be warning enough, but this man was intent on hurting his ex. Understandably we had to support our resident to give evidence, and working closely with our Police Team and our Solicitors we were able to get into

Court within 24 hours. I hope that this encourages others experiencing abuse to report it because support is available."

2-year order and a ban from Aberfeldy, Brownfield and Teviot

A twenty-three year old man known for criminal activities is now subject to a two-year injunction as a result of Aberfeldy Estate residents giving evidence about the effect on them and their families. The court order has a power of arrest and excludes him from the Aberfeldy, Brownfield and Teviot Estates as well as Chrisp Street Market. Sgt Wayne Collett of the Poplar HARCA Police Team said: "This was a result of close partnership working and could not have been achieved without residents working with Poplar HARCA and the Police Team. The combined effort of everyone working together is improving safety for all."

Injunctions for harassing neighbours

Poplar HARCA recently obtained two injunctions against tenants who had caused problems for neighbours on the Teviot Estate. Both had harassed and disturbed neighbours, which led to fighting, resulting in criminal damage in communal areas. The injunctions were granted for two years. The two residents have now apologised for their behaviour and promised to be 'model neighbours' from now on. Again, residents working with Poplar HARCA's team to provide evidence and explain the impact this ASB has on their lives was vital to getting the Court Orders. Vital to monitoring compliance with the orders will be those same residents being convinced that their neighbours have changed for the better as a result – and wanting them to stay that way!

REPORTING ASB

	POPLAR HARCA	TOWER HAMLETS COUNCIL	POLICE	CRIMESTOPPERS
Email	ASB@poplarharca.co.uk	antisocialbehaviour@towerhamlets.gov.uk		crimestoppers-uk.org
Online	poplarharca.co.uk	towerhamlets.gov.uk	https://online.met.police.uk/report/report.php	
Phone	0800 035 1991 07960031760 out-of-hours (you will be called-back next working day if not on patrol)	0800 9175918 Noise during the day: 020 7364 5007 Noise out of hours: 020 7364 7070	101 (non-emergency) 999 (emergency)	0800 555 111
Twitter	@PH_ASBTEAM			

PERSONNEL FILE:

SHAHEMA BEGUM

WHEN HER SISTER-in-law needed help because of problems from a neighbour, Shahema Begum ended up supporting her all the way to Court. For most people that would have been enough – but Shahema wanted to find out more.

'My sister-in-law was really suffering, and her landlord wasn't very supportive, so I ended up having to push to get them to do something. I knew that my landlord, Poplar HARCA, had a good reputation for tackling ASB so I asked to volunteer with the ASB team. I didn't think they'd let me do anything in ASB as I know how sensitive it is. But if you don't ask, you don't get!' she says.

Shahema, who lives on the Leopold Estate, was taken on as a volunteer: "I got involved in everything. From dumped rubbish to interventions tackling violent gangs."

When her 93 year old neighbour had stones thrown at her windows and her allotment trashed, Shahema knew exactly what to do. She persuaded her to report what was going on,

and after some investigations by the ASB Team the problems stopped. 'I check in on her and my other neighbour every day on the way home from work', Shahema said. 'She's like my nan. It's just 10 minutes of my time, but for her it's a big thing as she has no one else.'

Shahema is now HARCA's first ever ASB Intern. She's learning while working, and in her 'spare' time she's studying Arabic. 'I love learning,' she explains.

Against hundreds of contenders, Shahema was shortlisted for the prestigious Residents' Award by a panel of experts at the Social Landlords Crime and Nuisance Group (SLCNG). She was runner-up and we all know she's a winner. We will be watching as her career progresses.



TIME TO TEST

You are at least four times more likely to die in a fire in your home if you have no working smoke alarm



Why not test your smoke alarms on the first of every month? Then you know that they are working and you can tick it off your 'to do' list – before it's too late.

Over 200 people in England die each year in fires in their homes. These are often caused by smoking materials, cooking accidents, candles and faulty electrical appliances – especially heaters – and wiring.

These simple steps can reduce the risk of fire and keep everyone safer:



Fit smoke alarms on every level of your home



Test them on the 1st of every month and never take out the batteries



Plan your escape route and make sure everyone knows it



Put cigarettes out – right out – and never smoke in bed.



Take extra care in the kitchen and never leave cooking unattended



Make a bedtime check last thing at night to reduce fire risks – eg unplug heaters



Never try to tackle a fire yourself

If a fire breaks out in your home. Get out, stay out and call 999

www.gov.uk/firekills



Situated at the bottom of Balfron Tower, the Brownfield Community Cabin is now open and bursting with activities and ideas.

**What's on in
Brownfield**

SESSIONS RANGE FROM 50P TO £3.50

The Brownfield Community Cabin Timetable		
Monday	6 – 7pm	80's style Aerobics
Tuesday	2 – 4pm	Knit & Natter
	6.30 – 7.30pm	Beginners Yoga
Wednesday	1 – 3pm	Men's Cabin
	6 – 7pm	Tai Chi
	7.30 – 8.30pm	Pilates
Thursday	10.30 – 1.30	English for Speakers of Other Languages (ESOL)
Friday	10.30 – 1.30	English for Speakers of Other Languages (ESOL)
Saturday	10.30 – 11.30am	Zumba

THE BURCHAM STREET CENTRE offers a range of services to enhance the health and wellbeing of those over 50, activities and opportunities for young people and weekly gardening activities and occasional events open to all ages.

Burcham Street Centre Timetable

Activities for 50+

Monday	9.30 – 10.30am	IT
	10.30 – 11.30am	Dance Exercise
	11.30 – 12 noon	Watch Your Weight
	11.30 – 1pm	Lunch Club
	7 – 9pm	Bingo
Wednesday	10 – 11am	Armchair Yoga
	11.30 – 3pm	Healthy Lunch and Activities
Thursday	11 – 1pm	Lunch Club
	1.30 – 4pm	Bingo

IT'S HERE!

And John says 'It's proper recording stuff!'

SPOTLIGHT IS NOW buzzing with young people, amazing partners and some of the best kit around. And a decent cup of coffee on offer makes it just about perfect.

Spotlight is a creative arts space for young people with a state-of-the-art recording studio; a radio studio and performance, dance, boxing, fashion, styling and chill-out areas.

The National Theatre, University of the Arts London, Barbican, IMD Legion, Poplar Boys & Girls Club, Whitechapel Gallery, The Tower Project, CM Sounds and the BFI are also there – all doing their stuff in the amazing surroundings.

The café is open to all, and we found John Parry enjoying a sarnie there so we asked him what he thought. At 17, he's been on HARCA's Youth Empowerment Board (YEB) for a year. He gave a great speech when the final brick was laid; and was the first person to use the recording studio.

What do you think of the studio, John?

'It's really expensive kit. With that you are not messing around, it's proper recording stuff!'

What difference will it make having these facilities local?

'It will make recording much easier. Normally you have to kiss people's bums to get 15 minutes in a studio. I was quoted two grand to do an EP recently. Here I can do it for free!'

So have you been spreading the word – or keeping the place to yourself?

'I've invited loads of people. The good thing is that they don't take on anyone who is half-hearted. You have to audition, and there are recording technicians around to help.'

Have you used any other facilities?

'I've performed at a couple of the open mic events here every Monday. That's what I'm focussing on at the moment – playing live. I don't care if it's just to 20 people, I want the experience.'

John is concentrating on his music until he joins East London Arts and Music School in September. John's on YouTube (search for John Parry), and you can follow him on Twitter @_JohnParry.

And if you want to find out more about what's happening at Spotlight, visit WeAreSpotlight.co.uk.



Here is another chance for under 7s to have fun and colour in this picture. Please send to HARCA Life colouring competition, 167a East India Dock Road, E14 0EA by **24th April 2014**. The prize is a £20 voucher for the Early Learning Centre. Please let us know if you want it returned. The winner of the Winter competition was Trevor Durdan, age 6. Well done!



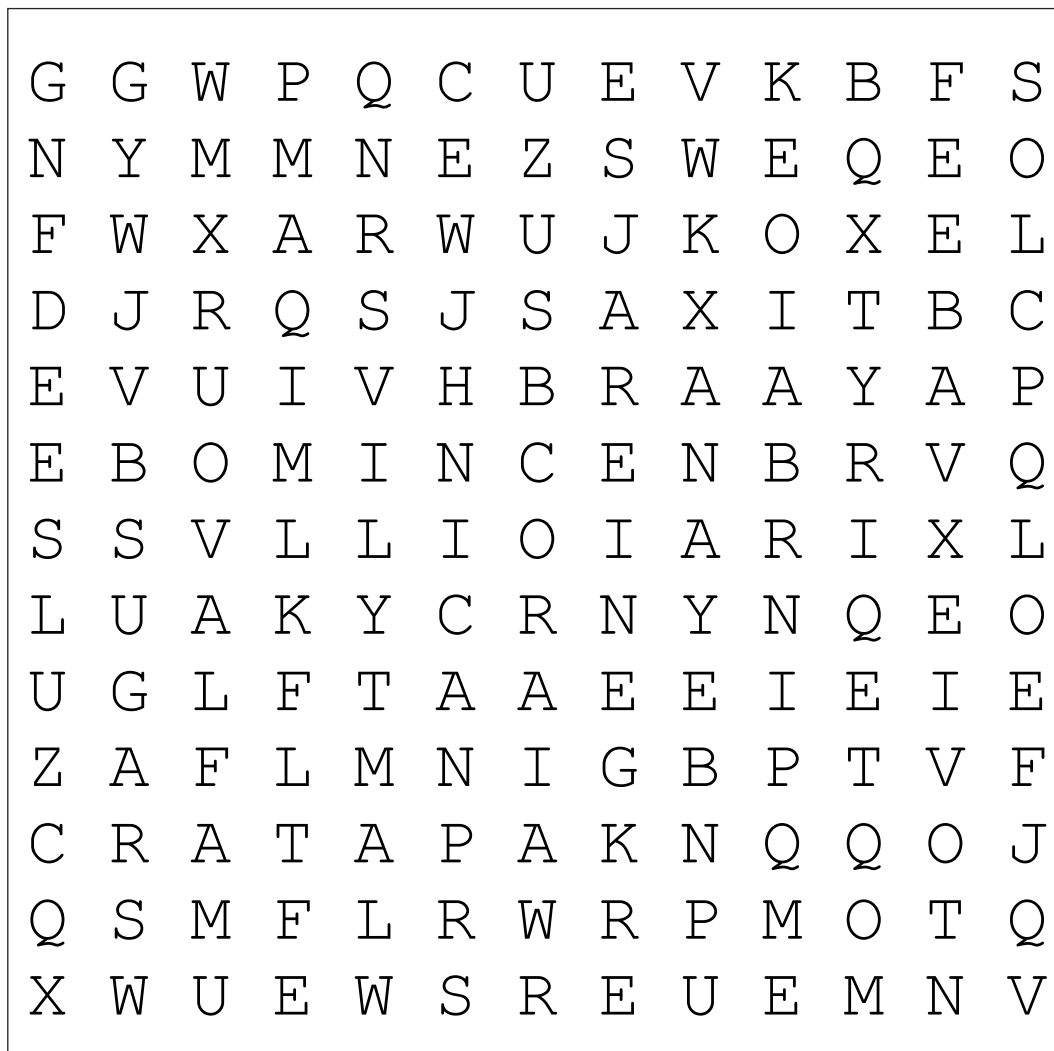
Name: _____ Age: _____ Phone (parent/carer) _____

Address: _____

Find the foodie words in our grid below to win £25 worth of Love2Shop high street vouchers which can be spent at 85 leading retailers.

Send this page to the address below with your circled answers no later than 24th April 2014.

HARCA Life word search competition; C/O Communications Team, 167a East India Dock Road, London E14 0EA



Find and circle the following hidden words in the grid above

Bake

Oil

Banana

Peel

Beef

Pie

Curry

Salt

Flavour

Seed

Marinate

Sugar

Mash

Vinegar

Mince

Name: _____ Phone: _____

Address: _____ Postcode: _____



Spotlight: Café

Spotlight is London's leading creative youth space, We've recently opened a brand new cafe in partnership with the Tower Project, who work closely with local and national partners to deliver empowering opportunities for disabled children, young people and adults.

DRINKS

Tea.....	£0.80
Single espresso.....	£0.90
Double espresso.....	£1.30
Americano (8/12oz).....	£1.30/£1.50
Latte (8/12oz).....	£1.50/£1.70
Cappuccino (8/12oz).....	£1.50/£1.70
Flat white.....	£1.80

Butter croissant.....	£0.95
Pain au chocolat.....	£1.30
Pain aux raisins.....	£1.40
Pastry of the day.....	£1.60
Bagel with butter....	£1.00
Bagel with fruit preserve.....	£1.40
Bagel with cream cheese.....	£1.50

PASTRIES & BAGELS

SAND- WICHES

Cheese salad.....	£1.75
Tuna club.....	£1.99
TBLT.....	£1.99
Spotlight veg club.....	£2.25
Spotlight club.....	£2.50
Sandwich of the day.....	£1.75

We're right next to the Langdon Park DLR (Southbound platform)
and we're **open from 8:00am – 4:00pm, Monday - Friday**