

SPOTLIGHT ON...

E6 COMMUNITY LIFE COACHING PROJECT

Need to boost your confidence or figure out where next in your career? Then e6 community life coaching project could be right up your street.



(l-r) Christine and Patricia set about empowering Beckton

e6 is the brainchild of Patricia Bryce, a masters student in Coaching Psychology at UEL Docklands campus. It's a community based voluntary project for people who live and work in Beckton that: 'empowers, motivates, educates and supports the human spirit.'

Volunteer coach and fellow student Christine Kane explains what it's all about: "Life coaching is an objective one-to-one conversation about what that person wants to change in their life; whether it's building confidence to discovering what career s/he wants to do."

However: "It's not a therapy, career or advice service," said Patricia. Explains Christine: "It's about people coming up with their own solutions."

"The project is an opportunity for me to give something back to

the community," said Patricia. It's also part of her research for her dissertation to find out if community coaching has a positive impact on local communities.

All volunteers have received coaching training and all you have to do is call e6 to make an appointment and a volunteer will meet you in a public place that is convenient for you.

Local resident Lorna Stratchan sings e6's praises. She explains: "The project helped me turn my life around. It made me realise how I had put up barriers to success. Coaching showed me the importance of setting and working towards goals. When I started I was unemployed but within the space of a month I had a job."

To book an appointment call 020 8820 0773 or 07939 799 078, or email info@be6ckton.co.uk

WHAT'S ON BECKTON

Hop, skip and punch fitness classes

Mondays, 4-5pm

Beckton Community Centre
East Ham Manor Way, E6
(see pg 2 for details)

Mayor's Newham Show

Saturday 17 and Sunday

18 July

12noon-6pm

Central Park

High Street South, E6

(see pg 8 of The Newham Mag for more details)

For even more things to do check out the What's On in Newham calendar, where you'll find listings for more than 6,000 events
www.newham.com

If your group has an activity to promote please contact us on 020 3373 2684 or email infocus@newham.gov.uk

MEET YOUR LOCAL COUNCILLOR

Councillors out and about: If you would like a councillor to visit your community organisation, school, place of worship, meeting or event please call 020 3373 1705 or email nadine.ford@newham.gov.uk. To email your local councillor write firstname.surmane@newham.gov.uk



Ayesha Chowdhury



David Christie



Alec Kellaway

Beckton Ward

First Friday of the month 6 - 7pm
(alternating with Cllr Alec Kellaway and Cllr David Christie)

Every Saturday 10- 1am
(alternating with Cllr Alec Kellaway and Cllr David Christie)

Beckton Library, The Beckton Globe, 1 Kingsford Way, Beckton, E6

Need to talk to Mayor Sir Robin Wales? Being an elected mayor, Sir Robin is directly accountable to you. Look out for Question Time times and dates in the Newham Mag, visit www.newham.gov.uk/mayor or call 020 3373 0437.