



## We've bin on your street

Recycling has got a whole lot easier with the introduction of recycling bins with an orange lid across the borough.

We've almost finished delivering the bins to homes that we have determined have space following a door to door assessment.

If you haven't received your bin yet, don't worry, we're getting them to you as quickly as we can.

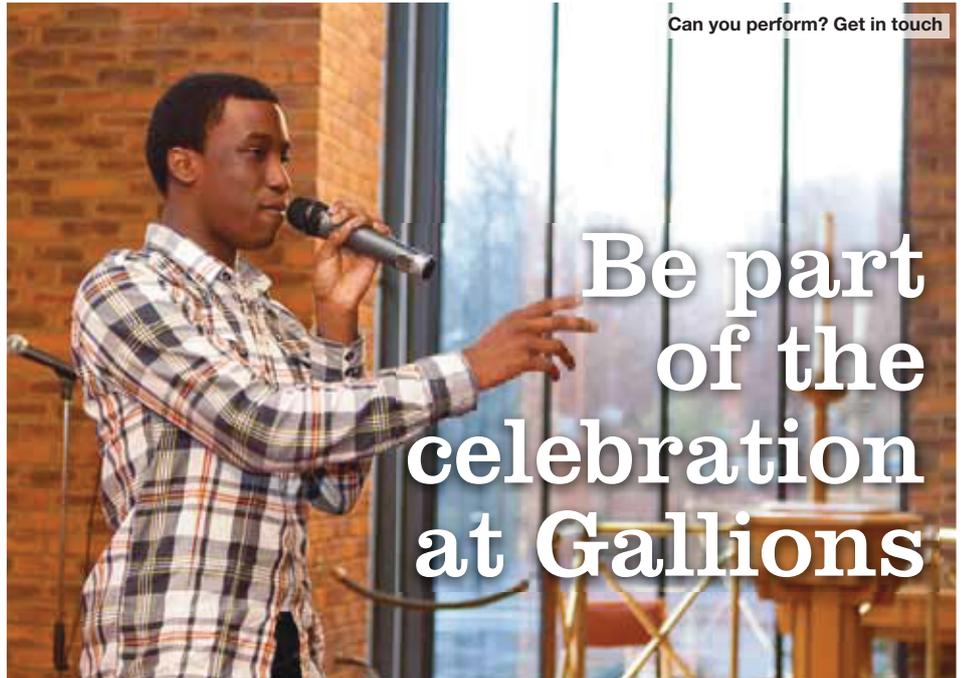
You should continue using orange recycling bags, placing them beside your rubbish bin, not inside, until you receive your recycling bin.

Please note that:

- you can recycle all cardboard in your new bin
  - rubbish bins will be collected in the morning
  - recycling bins will be collected in the afternoon/evening
  - put your recyclables directly into your bin – you don't need to put them in a bag first
  - if you live in a high or low rise flat you should continue using orange recycling bags as normal.
- We'll be consulting with residents in these properties to see what improvements they would like to see with their recycling service soon – look out for details.

**For more details on what you can recycle visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)**

Can you perform? Get in touch



## Be part of the celebration at Gallions

Gallions Reach Shopping Centre is getting ready for a two-day Cultural Celebration Spectacular and want you to share your talent, interest or passion with them.

The event will take place on Sunday 29 and Monday 30 May. Gallions Reach are hoping that lots of groups and individuals will showcase Newham's diverse and unique community, and help make the event one not to be missed!

Anyone who would like to be involved, whether as a performer, visual artist, chef/caterer, creative crafter or anything else you think others would enjoy, email [info@gallionsreach.co.uk](mailto:info@gallionsreach.co.uk) or call 020 7473 8164.

## Community life coaches get trained up

Patricia Bryce at a life coaching workshop as part of international women's day



A group of UEL students doing a masters in Coaching Psychology are quietly changing the lives of residents in Beckton through their community voluntary based project – eSix Beckton Community Life Coaching.

The project was set up by Patricia Bryce two years ago as part of her research

for her masters. She and eight students offer a FREE service for anyone living or working in Beckton who wants an objective one-to-one conversation about what that person wants to change in their lives.

Her research will explore whether life coaching has an impact on what you think about yourself, life satisfaction and whether you can achieve what you intend to accomplish.

Dina Basivi is one resident who has utilised the service. She said: "I gained a lot of knowledge such as setting goals and how to think differently. I'm a lot more focused and confident, having done the training."

If you would like to try some life coaching book an appointment and a volunteer will meet you in a public place that is convenient for you. Call 020 8820 0773 or 07939 799 078, or email [info@be6ckton.co.uk](mailto:info@be6ckton.co.uk) for an appointment.