

East Village
Spring/Summer 2020

ON YOUR DOORSTEP.

Welcome to the Spring/ Summer edition of On Your Doorstep, East Village's community newsletter

Finding a new normal

While life has changed dramatically for us all in light of the Coronavirus outbreak, the East Village community has stayed resilient and adapted to a new way of life.

We wanted to use this as an opportunity to showcase some of the positive stories we're seeing emerge from residents and let you know how Team East Village, Get Living and Triathlon Homes have been working together to support E20's residents and businesses and provide some light relief during this time.



Normally we'd be delivering this to your letterbox, but with times as they are, we're bringing you the latest news and stories from E20 in this digital version.

For more regular news and updates follow [@eastvillageldn](#) on social media.

Team East Village Community Team

Over the past few weeks Team East Village's Community Team has been rallying volunteers and pairing them with vulnerable people in the neighbourhood.

To date, they've matched 40 volunteers and residents to help deliver care packages with essential food and handwritten notes to keep them safe and their spirits high.

With schools closed, the Community Team has been working with The Hall and E20 Football Foundation to run online activities and is posting weekly challenges on its new Instagram channel [@e20community](#) with kids' activity packs up for grabs.

For more information on these activities or to get involved, please contact Keir Wilson, Head of Community Engagement keir.wilson@eastvillagemanagement.co.uk.



Supporting freelancers

Echo - The Economy of Hours community interest project which Get Living supports with funding every year - is keen to support freelancers around East Village on how to adapt their business during this time.

For more information and to sign up to online workshops visit economyofhours.com, follow [@economyofhours](#) on Instagram or email Stuart Duncan, Community Manager at: stuart@economyofhours.com

E20's Got Talent

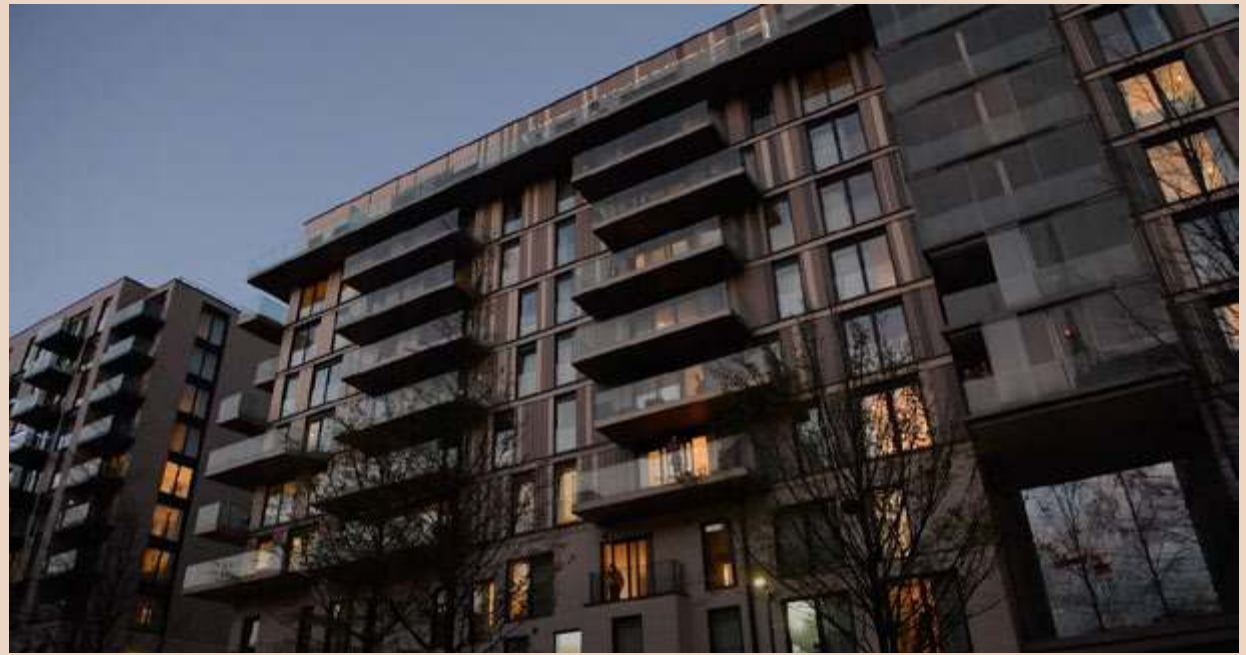
Thanks to lockdown, we've discovered an opera star in East Village. Mirabelle Gardens resident Phoebe Haines is a mezzo soprano and has been taking to her balcony to entertain neighbours.

Last week her performance of 'You Raise Me Up' was captured on camera and went viral, with 150 pieces of media coverage including [Daily Mail](#), [Yahoo](#), [The Independent](#) and [London Evening Standard](#).

As a thank you to Phoebe we've donated to her chosen charities [Help Musicians UK](#) and [Streetwise Opera](#) to support fellow musicians during this time.

[Watch Phoebe's performance here](#)

Week after week, residents are continuing to show their appreciation and support for the nation's NHS workers. We're loving seeing all your videos and the word on the street is that we'll be seeing them in a certain supermarket's advertising campaign very soon... every little helps!



[Watch East Village erupting with applause on Youtube here.](#)



Blooming Lovely

In East Village we're so lucky to have 25 acres of parks and wetlands for our residents to enjoy as part of their daily exercise as well as having Queen Elizabeth Olympic Park on the doorstep.

East Village is back looking its best with trees and flowers blossoming, and we are loving seeing all of your lovely pictures captured on your daily strolls on social media.

Please keep tagging [@eastvillageldn](#) so we can re-share and you can also enter Get Living's weekly Instagram competition by sharing what you're getting up to in lockdown and tagging [@simplygetliving](#) and using the hashtag [#getlivingathome](#). Winners will receive prizes worth £50 – visit the feed for T&Cs.

Earlier this year, Chobham Academy students got involved in Mace's 'Constructing Your Success' programme and built some new library boxes. Keep an eye out for these around the villages parks post-lockdown to donate and share books.



Health & wellbeing

For many of us, our exercise routine will have had to have changed but it's never been more important to stay active for both our physical and mental health.

Thankfully there are tonnes of accessible, free home workouts available online but if you want to train with some familiar East Village faces, you'll be pleased to know that our local fitness experts are on hand to help motivate you...



FIX

FIX East Village's experienced and dedicated therapists are now available online, allowing you to progress and maintain continuity with your treatment plan.

They are offering online consultations for Physiotherapy, Osteopathy and specialist Women's Health Physio and [online classes](#).

From Sunday 2 May, FIX East Village will deliver free weekly Pilates sessions via its Facebook page – head over at 11:00. Led by Angela du Boulay, this hour-long session will leave you feeling refreshed, toned and ready to take on the challenges of the days ahead.

For more information follow [@fixlondonuk](#) or visit: [fixlondon.co.uk](#) or call 0208 555 7165.

Our Parks

The guys at Our Parks who bring us weekly outdoor fitness classes in East Village are now posting daily HIIT, yoga and kids superhero fitness classes on their Facebook page: [facebook.com/ourparks](#)



FitFam Studios

Join Mr & Mrs FitFam, Aaron and Lainey, every Friday lunchtime for at-home strength training sessions.

Starting from Friday 1 May, each 45-minute session will show you how you can still get a great, challenging workout with minimal equipment at home.

Make sure you're following their Instagram [@fitfamstudios](#) for more details.



Taken up running?

Check out these recommended [2k and 5k routes](#) in Queen Elizabeth Olympic Park and make sure you stay at least 2m away from others.

What's On

Resident events

Get Living's events team has been hard at work finding ways to deliver East Village's much-loved resident events in this new online world.

We now have **Makers Meet** workshops running every Tuesday, giving residents the chance to get crafty or learn a new skill. From smartphone photography masterclasses, to illustrations and self-portraits, each session will help you get creative with items you already have at home.

Then, every Thursday there's a **Big Night In** pub quiz hosted by quizmasters Paul and Seb with prizes to be won!

These events are being made available to all East Village residents. Look out for an e-invite from your landlord (Get Living or Triathlon Homes) to register your interest on Eventbrite in order to receive a Zoom link code.

Live Sessions

Sadly many of East Village's independent retailers and local businesses have temporarily closed and no longer able to offer their normal services, so we've been working with the owners to curate a series of 'Live Sessions' to help keep you entertained during lockdown.

More details and live streams will be hosted at getliving.com/events



Beginner group guitar lessons

Guitar Tuition East London is providing a series of beginner lessons. Learn basic chords, how to practise them on your guitar and work on improving your rhythm and strumming. Start making music and having fun!

When?
Monday
19:00 – 20:00



Dance like nobody's watching

Never miss a beat when you dance along to your favourite music videos by learning the choreography with local dance instructor Louise Andree. Tune into Louise's Facebook Live [@tinydancerlou](https://www.facebook.com/tinydancerlou) so you can dance like nobody's watching and then once you've nailed the routine you can share your moves!

When?
Wednesday
18:30 – 19:30



Italian cookery with SANTI

Discover the art of Italian cooking with SANTI's Chef Francesco Pisanti taking you through how to create traditional dishes at home including lasagne, pizza dough, and Italian classic dessert Pana Cotta and Cornflake Crusted Chicken.

When?
Saturday
17:00 – 18:00



DIY hair cuts

If you're not ready to embrace the 'Castaway' look just yet, have no fear, Blue Tit's band of hair stylists are offering free consultations to help with at-home haircare including root touch-ups and trimmer tidy ups.

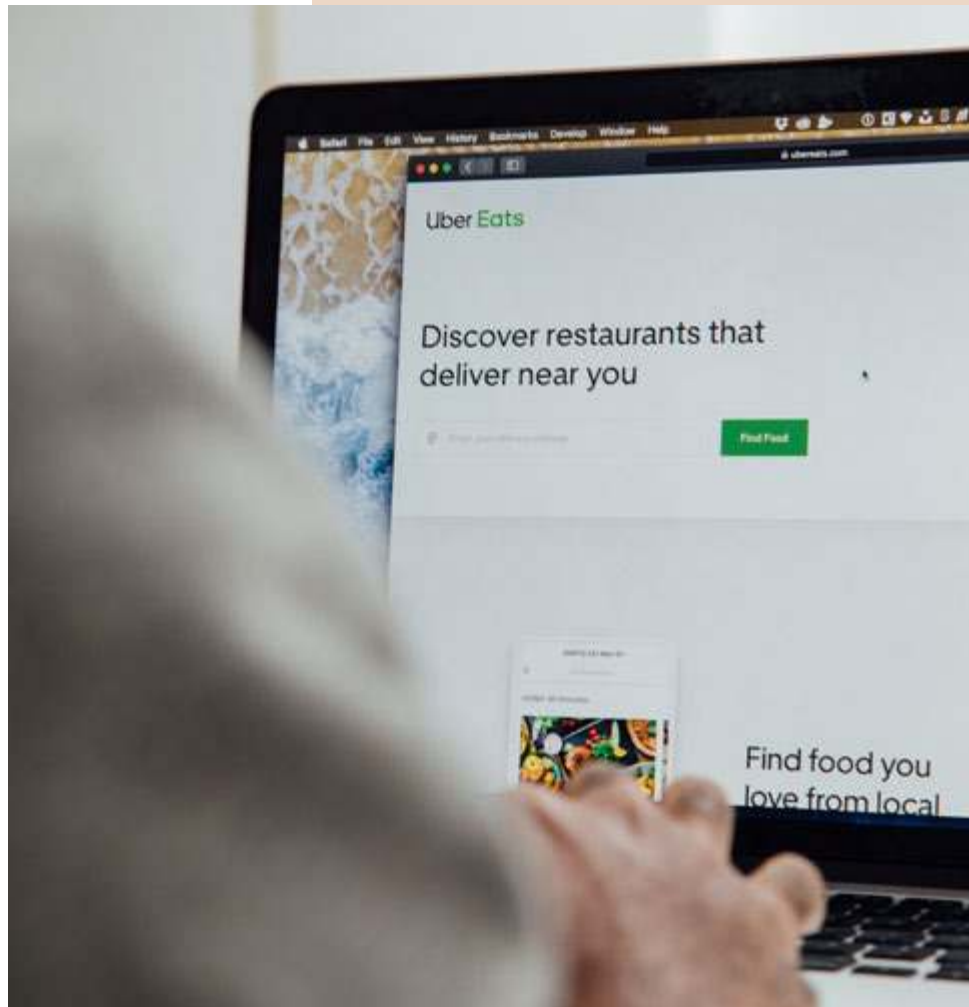
Visit their Facebook page for tips and demos: [facebook.com/watch/bluetitlondon/](https://www.facebook.com/watch/bluetitlondon/) or book a 1-2-1 consultation with a stylist via Zoom [here](#).



Blue Tit product discount

Blue Tit are also offering a 20% discount on their biodynamic hair products, Oway, for all East Village residents who use the code 'Easter20' at checkout on their website: [bluetitlondon.com](https://www.bluetitlondon.com)

Food & Drink



In addition to Sainsbury's on Celebration Avenue, several of E20's restaurants and cafés are now operating takeaway and delivery services so you can still enjoy your favourite treats and dishes at home.

Customers are reminded to please go home once they have collected their orders so that these shops can continue to operate safely.

Signorelli

@signorelli_london

The family-run artisan bakery is open for takeaway **Wednesday to Friday and Sundays (will also be open on Saturdays starting 1 May) 09:00 – 17:00.**

Pop by when you are out on your daily exercise to treat yourself to some delicious cakes, bread, pastries, coffee, wine, fruit and veg and eggs or order supplies to your door at [signorelli-pantry](#).

Celebrating a birthday in isolation? Signorelli's master bakers can help make the day extra special with bespoke cakes, also available to pre order via the online pantry.

Signorelli is also providing free breakfasts, and fruit and veg boxes to our wonderful NHS workers, with 300 giveaways to frontline staff so far.



La Gelateria

@lagelateria

London's finest gelato is still available through Deliveroo and Uber Eats – with sunny times ahead, why not enjoy from your balcony instead! Last week the East Village shop announced it will be donating 20% of its takeaway proceeds to front line NHS Staff.

Tina We Salute You

@tinawesaluteyoue20

The owners of E20's cocktail bar have turned their hand to making t-shirts with arty designs and are selling them online: [shop.spreadshirt.co.uk](#)

They're also running takeaway services from Tina's Hole at the **weekends, 11:00 – 16:00.**

They're also running takeaway services from Tina's Hole at the weekends, 11:00 16:00. Enjoy a range of brioche breakfast baps, Spanish tortillas, sweet tortillas as well as coffees and fresh lemonlimeade.



Santi

@santi.restaurant.london

You can now order your favourite pasta dishes and pizzas for local delivery or collection by ordering online at santirestaurant.com or using their mobile app.



Firezza

@firezzapizza

Delivering hand-stretched, stone-baked pizza to your door (at a safe distance) – have you tried Firezza's latest vegan range, including pumpkin-based pizza's? Well now's the time! Order at: firezza.com

Appetite

@appetitelondon

East Village's delicatessen and master butchers is offering pre-orders on meat, cheese and other produce and will deliver to anyone in East Village for free who is in self-quarantine.

Please place an order via text message on 07854 848586 or 07581 412246, between **11:00 – 16:00** to get Same Day Delivery after **17:00**. Minimum order of £50 is required.

For more information please call 020 8519 8113.



Salus Pharmacy

Salus Pharmacy on Liberty Bridge Road remains open seven days a week:

Monday 08:00 – 20:30,

Tuesday to Friday 07:30 – 20:30

Weekends 08:00 – 14:00

This pharmacy offers the Electronic Prescription Service, which means you can collect repeat prescriptions from your GP without having to visit your GP practice (once sent by your GP) which can be prepared in advance to reduce time spent in the pharmacy.

Call 020 8555 3767 for more information.

Messages from Team East Village

Keeping East Village running during lockdown.

The extended lockdown period will mean that many of our team will continue to work from home where they can.

We want to reassure residents that we will continue to have a core response group of Team East Village staff on-site during this time. The combined security and Team East Village staff will be at a reduced level and will be focused on maintaining building safety systems and responding to emergencies.

This team can be contacted on 020 8221 7013. For all other enquiries you can still contact your landlord during normal office hours (below).

If you see a member of Team East Village staff working in your building, we ask that you observe social distancing and stay more than two metres away for their and your safety.

Being considerate – noise levels in courtyards and communal areas

East Village's courtyards remain open for residents to take their daily exercise and we would ask that you continue to be mindful of noise levels; we know that noise amplifies up the buildings within these spaces, so everything we can do to keep East Village a peaceful place to live is appreciated.

During this time, any noise complaints should be referred to Newham's Enforcement Team on 020 8430 2000 (24 hours a day).

Please remember that children can only use the courtyards with an adult supervising them, so during this period we ask that our families instead make use of the Queen Elizabeth Olympic Park on our doorstep which remains open seven days a week.

East Village's parks and green spaces also remain open. Please do not congregate or loiter in these areas and remember to observe social distancing when using these communal spaces.

Barbeques

With the warmer months approaching we would like to remind residents that for health and safety reasons, BBQs are not permitted anywhere in your home including balconies and winter gardens, or any public space at East Village as these pose a serious fire risk.

Please note that the brick BBQs located by the outdoor gym and in the Wetlands are closed for now – we will review when it is safe to open them again.

Balconies

East Village experiences high winds throughout the year so please ensure items on balconies are secure and not at risk of blowing off. Please keep windows and doors secured by placing the handle in the locked position. This will avoid any risk of damage or breakages which you may be recharged for.

Security

In any situation where you are concerned about illegal activity or the safety and welfare of an individual, contact the dedicated East Village Police team on 07843 065871 or email them at E20@met.police.uk

In any emergency situation where an urgent response is required, always phone 999 for Fire, Ambulance and Police services.

Drain blockages – think before you pour/flush

There is a growing problem for buildings across the village around drain blockages caused by residents flushing plastics and other non-biodegradable materials down toilets and sinks.

In the last year alone, our team has dealt with more than 60 cases where blockages have caused waste to rise out of toilets and sinks, resulting in damage to people's homes and possessions.

This is obviously very distressing for those involved and has a serious impact on our environment. Did you know there are approximately 200,000 sewer blockages and pollution incidents throughout England and Wales every year, of which up to 75% are caused by fat, oils and grease?

Team East Village is committed to making E20 a clean, green and sustainable place to live for the community – but we do need your help.

Drain blockages – Please don't flush the following

- | | |
|---------------------|--------------------|
| X Sanitary Products | X Plasters |
| X Cleaning Pads | X Cotton Buds |
| X Cigarette Butts | X Toilet Roll Tube |
| X Baby Wipes | X Hair |
| X Medication | X Face Wipes |
| X Nappies | |

Sinks

Please follow these guidelines when cleaning up at the kitchen or bathroom sink:

Do

- ✓ Scrape plates before washing
- ✓ Re-use cooking oil and fats where possible, or absorb with a kitchen towel and dispose in bin
- ✓ Use strainers in sink plug holes, then empty into a suitable bin

Don't

- X Put fats, oils or grease down the sink
- X Put food scrapings into the sink
- X Pour harmful chemical down the sink or drain to try and dissolve fats, oils or grease

Bee kind

Bees are essential to a healthy environment and healthy economy. We rely on them and other insects to pollinate most of our fruit and vegetables. But bees are under threat and without them so is our food and economy.

To make East Village a bee-friendly community we have put three hives into the Garden of Wilderness, the fenced area within Victory Park, and will be

introducing bees over the next four weeks.

We will be working with a local beekeeper to manage the hives, and when the current restrictions are lifted, we will be looking for interested residents to volunteer for training on how to help look after them. We are hoping that will have our first pot of East Village honey later this summer!



BROUGHT TO YOU BY

getliving

Welcome Office
5 Celebration Avenue
East Village, E20 1DB

Monday – Friday: 9am – 7pm
Saturday: 9am – 5pm

t: 0203 701 7900
e: community@getliving.com

homes
triathlon

Village Management Office
80 Celebration Avenue
East Village, E20 1DB

Monday – Friday: 8.30am – 6pm
Saturday: 9am – 12.30pm

t: 0333 300 20122
e: info@triathlonhomes.com

Team
**east village
london E20**

Keep up to date with what's going on in your neighbourhood at:

 [eastvillagelondon](https://www.facebook.com/eastvillagelondon)

 [@eastvillagelnd](https://www.instagram.com/@eastvillagelnd)

 [@eastvillagelnd](https://www.twitter.com/@eastvillagelnd)

[eastvillagelondon.co.uk](https://www.eastvillagelondon.co.uk)