

East Village
Autumn 2020

FINAL EDITION

ON YOUR DOORSTEP.

Welcome to the autumn/ winter (and final) edition of On Your Doorstep

As of this month we're taking East Village news and community updates online, so make sure you're following [@eastvillageldn](#) on social media and check out Get Living's new online magazine: the edit_ [getliving.com/the-edit](https://www.getliving.com/the-edit) where you'll find the latest from in and around the neighbourhood, lifestyle features and much more...

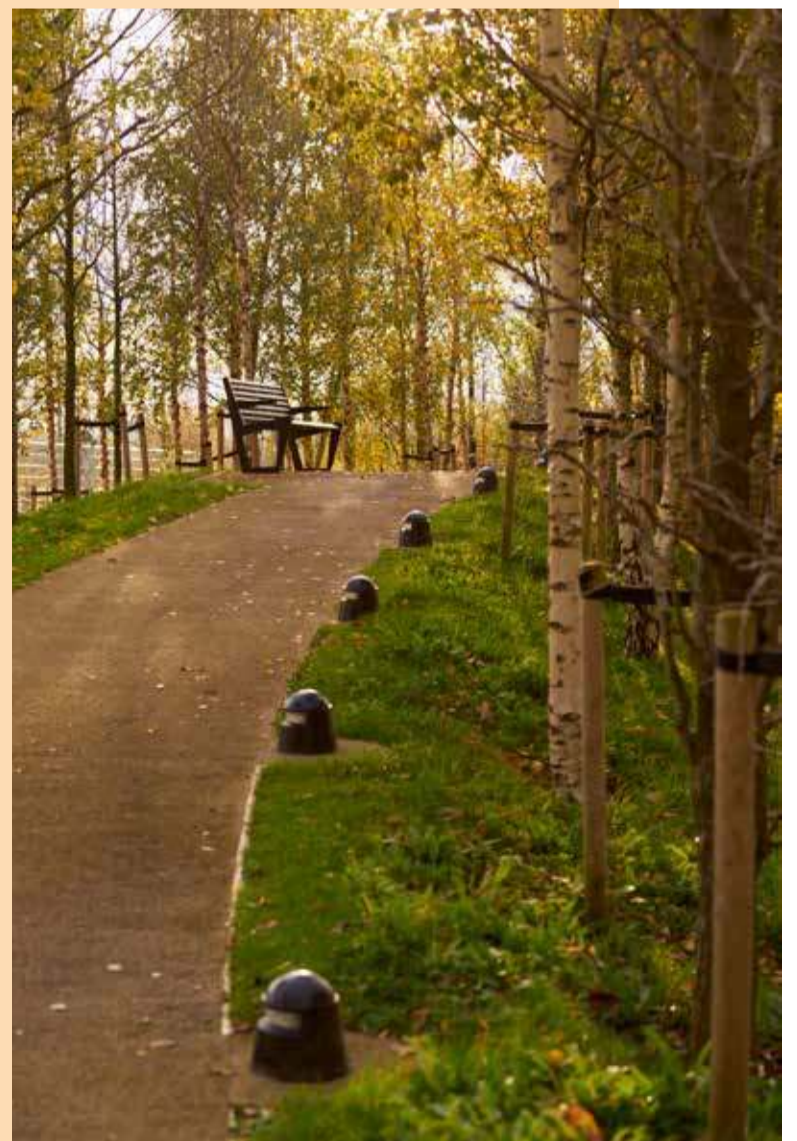
Autumn in E20

It's official. The clocks go back this week, leaves are turning shades of orange and brown, autumn has arrived. And while we're always a little bit sad to say goodbye to summer in E20, a new season brings new opportunities and activities for the community to get involved in...

Throughout October Get Living has been running a series of virtual events celebrating Black History Month. The last one will be Wednesday 28 October where we'll be live streaming the best of independent Black music in London over on the East Village Facebook page. Head to **page 10** for more info and what else is coming up.

With Coronavirus still having an impact on our daily lives, and with colder months approaching, it's important we continue to look after our minds and bodies. Turn to **page 8** for health & wellbeing services in the village.

Now that we can swap our summer wardrobes for more forgiving oversized jumpers, why not indulge a little and try out some new things on the menu at our much-loved independent cafes, restaurants, and bars. Flip to **page 11** for all the delicious details.



News from the Community Team

East Village Honey

Earlier this year we installed three beehives in Victory Park with the support of Epping Forest Honey co. Over the summer the bees have been *busy* and we're thrilled to say that we have the first batch of village honey.

We were able to make up a few jars which we've gifted to East Village's restaurant chefs to incorporate into their menus. We have been working with East Village gardeners and have been planting wildflower turf across Victory park to improve the environment for the bees so that we can hopefully see them produce more honey and make it widely available for the community.

We have 12 residents on the waiting list for the Beekeeping Course that will now take place next April. In the future the residents will be responsible for looking after the bees. If you'd like more information, please contact Keir.



The Pantry

Following on from the food bank service organised at The Hall throughout lockdown, the community team has opened 'The Pantry' to support local vulnerable residents with food and other essentials. Collections will be available from The Hall between 12:00 – 14:00 every Wednesday, please contact Rebecca if you need any further support.

Contact the community team

Rebecca Crawley

Email: rebecca.crawley@eastvillagemanagement.co.uk

Tel: 07736 044 703

Kier Wilson

Email: keir.wilson@eastvillagemanagement.co.uk

Tel: 07593 820 295

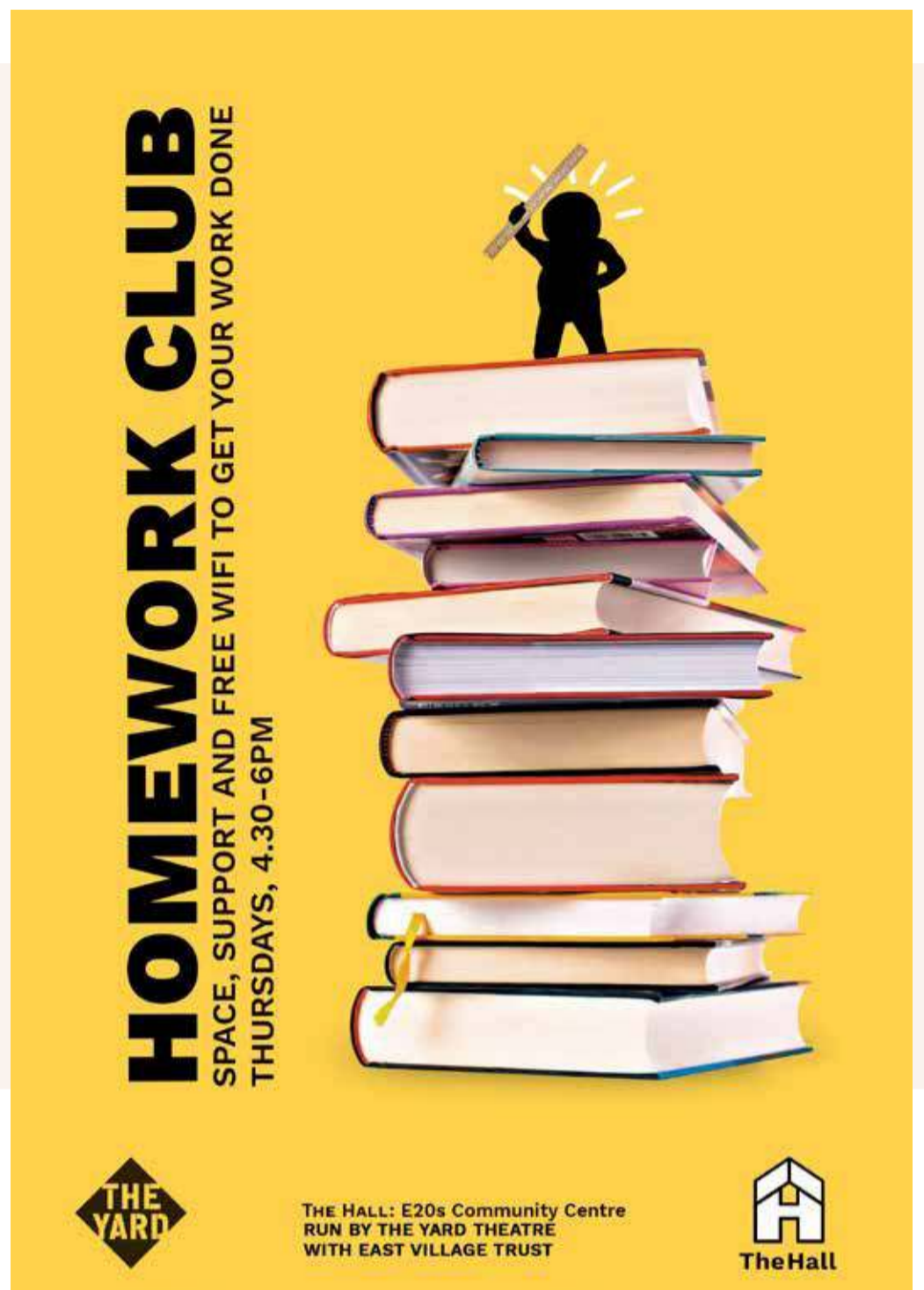
Follow [@e20community](https://www.instagram.com/e20community) on Instagram

Homework club


At the beginning of this year we began to run a homework club at The Hall, offering a local space for young people in the area to study.

We hope to get this up and running again soon with the help of local volunteers who would be interested in getting to know some local teenagers and support them with their studies. If you'd like to help, please get in touch with Rebecca.

Vine Connect is another community initiative providing career mentoring support and employment opportunities for young people in the area. Contact them on info@vineconnect.co.uk to find out more.




HOMework CLUB
SPACE, SUPPORT AND FREE WIFI TO GET YOUR WORK DONE
THURSDAYS, 4.30-6PM



THE YARD

THE HALL: E20s Community Centre
RUN BY THE YARD THEATRE
WITH EAST VILLAGE TRUST



The Hall /The Yard

Do you live in Hackney Wick or E20? Looking for ways to help your neighbours out?

The Yard Theatre has launched a brand-new project that delivers weekly care packages to households in need of a little extra support. They're in need volunteers to lead on the organising of new collections of items for donation and to support with packaging and distribution. Want to get involved? Sign up at: bit.ly/theyardexchange

THE EXCHANGE

GIVE. RECEIVE. REQUEST. IN YOUR NEIGHBOURHOOD



Wildlife Photography Competition

Immerse yourself in nature this autumn and enter the East Village Wildlife Photography Competition currently running on our Instagram.

The rules are simple:

- Get exploring East Village's 25 acres of Wetlands and green open spaces and beyond!
- Post your local wildlife snaps on Instagram (on your feed), tagging **@eastvillageldn** in the caption
- Use the hashtags **#myE20** and **#E20wildlife**

The chosen winner will get the chance to live life in the wild and camp under the stars with a voucher for Canopy & Stars worth £200. The winner and runner's up will also win an enlarged printed copy of their photo, produced by D-Lab in East Village and showcased at their studio on Penny Brookes Street.

The winner will be announced on Monday 2 November 2020. T&Cs apply. Good luck!



Lockdown start-ups born in East Village

Lockdown has prompted a new wave of start-ups across the globe, including right here in East Village! Find out which neighbours have been busy making and creating over the last few months, and support our local entrepreneurs...



Personalised clutch bag commissions

Meet Katie Walker, owner of **Constance Halliday (@constancehalliday)**; an up-cycling business which transforms personal items to line the inside of clutch bags. Katie's business really saw a focus during lockdown as everyone turned to their homes to have a clear-out and purging old clothing items. She has an exclusive bag made from her outfit worn as part of the closing ceremony to the 2012 Olympic games and is taking on more unique commissions which has seen her home turned into a bag factory.



Authentic Chinese takeaways

Homemade authentic Chinese dishes made with fresh ingredients; **Kitchen East (@kitchen.east)** operates a weekend delivery service from 17:00 – 21:00 offering up the best kept family recipes from Jeff Chen's many years cooking in China. With free delivery offered to East Village, Stratford and Hackney Wick – it's no wonder they have been sold out since Jeff and his partner Patrick Littler launched! They are proud to have received a 5* Hygiene Rating from Newham Council, despite it being mid-Covid which the council say is one of the only food businesses in Newham to have had an inspection during lockdown.

Sustainable vegan candles

Makes Scents Studio (@makes.scents.candles) offers vegan, hand poured scented candles made to be sustainably up-cycled. Abbey White started Makes Scents in June with a gifted beginner's kit from her housemate and is now producing candles for Aura Organics Spa in Here East. All orders come with wildflower seeds so the fragrance can continue "along with mindful moments." She has seen repeat orders since starting out with 10 carefully selected scents using sustainably sourced soy wax with the candles ranging from 24 to 40 hour burn times. They're lit.





Bedazzling bakes

Next up is recipe creator and pastry chef **Isla of @islalouise_food_** selling her stunning bakes to the village and surrounding areas. With gluten free and vegan options her colourful cakes, pastries and buns can be ordered in batches of 6 or 12. Isla's has recently started a pre-ordering virtual bake service for Friday's where you can order by Wednesday evening for smaller orders of one-two. And if you're feeling up to the baking challenge (and want to venture away from banana bread) her recipes are all listed on her website to try yourself!



Three course restaurant quality food delivered

Your Village Chef (@yourvillagechef) is the brainchild of Alan Broe, a Michelin trained chef, and his wife Sasha Davies who offer weekly menus of restaurant quality food to enjoy in your home. Friday night three-course meals can be pre-ordered and collected or delivered from Friday afternoons or alternatively freezer meals with easy reheat instructions will become available very soon. So far villagers have given exceptional feedback and Your Village Chef is looking at ways to start local partnerships, for example incorporating our village honey into future menus!



Minimalist Art prints for your home

Ellen Manterfield (@ellen.manterfield) has worked as an architect for over 10 years and after suddenly finding herself on furlough earlier this year began designing architectural graphic prints of her favourite buildings with pop-art style pastel backgrounds. And so **ArchiPrintsShop (@archi.prints)** was born! Each design is inspired by a building of importance to Ellen – the London (former Olympic) Stadium is the latest in the collection and can be ordered on Etsy in a variety of sizes and colours which make for great presents!

For more articles like this, head on over to [getliving.com/the-edit](https://www.getliving.com/the-edit)

**NEWS & VIEWS. TRENDS & STYLE.
FOOD & CULTURE.**

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the **edit**

Health & wellbeing

With working from home becoming the new normal for many of us, it is imperative that we stay active and care for the wellbeing of our body and mind. This may be the perfect opportunity to kick start your new exercise regime whether it be from home or in the gym, either way we've got you covered.



FitFam Studios

FitFam Studios have now re-opened their studio, for 1-1 personal training sessions and classes. Strict COVID19 government guidelines are being followed, to ensure the health and safety of all of their clients (and staff), all of which are outlined on their website [fitfamstudios.com](https://www.fitfamstudios.com)

Virtual 1-1 sessions and classes are also still available via Zoom and outdoor sessions are also still running. Programs are tailored to each individual client, around specific needs/goals and include a customised nutrition plan to optimise progress and results.

The FitFam team offer continued support and guidance, to motivate, encourage and guide clients through their journey, towards their goals - keeping you fit and strong, and keeping you safe. Make sure you're following them on Instagram [@fitfamstudios](https://www.instagram.com/fitfamstudios)



Our Parks

Our Parks has resumed FREE group exercise sessions outdoors in Victory Park E20, in line with the government guidelines for social distancing relating to organised sport. Visit ourparks.org.uk/borough/victory-park-e20 to view the selection of classes Our Parks offer and book your spot.

You can also join the Our Parks coaches on ourparks.org.uk/class-list to take part in daily livestreamed sessions.

#TurnUpToneUp



FIX

FIX remains open for face-to-face consultations. With a few effective, extra measures in place to make sure you and the team stay safe, you can visit them on Penny Brookes Street to help resolve any lockdown niggles and deal with those injuries you've been meaning to get sorted.

Their Pilates and yoga classes and wider consultations are continuing online. All bookings and more information can be found on their website fixlondon.co.uk



9Round

9Round studio offers kickboxing-style HIIT workouts designed for total body training, focused on weight loss and maintenance, muscle toning, strength training, combat training, speed and agility. The kickboxing element is non-contact.

9Round can even tailor the daily workout to incorporate your specific goals i.e. work around an injury or improve form, much like a personal training session.

Your tuition is covered in your membership, so there's no expensive PT fees and depending on how busy it is you will often get plenty of 1-1 time with their friendly team to keep you on track!

Visit the 9Round website:

9round.co.uk/find-a-club/east-village

or email eastvillage@9round.co.uk for more information.



FOOTBALL TRAINING SCHEDULE

(THROUGHOUT THE YEAR)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Session	■	■	■	■	■	□
Age Group	▲	◆	◆	●	▲	◆ ▲ ★
Time	5:30 - 7:30pm	5:30 - 7:30pm	5:30 - 7:30pm	6:00 - 8:00pm	5:30 - 7:30pm	★ 9:15am ▲ 10:00am ◆ 11:00am

SESSION

■ THE CAGE DREAM LEAGUE
(Max 30 persons)

□ DEVELOPMENT & ELITE
TRAINING SESSIONS

All sessions occur at the Chobham Academy sports pitches on Temple Mill Lane

AGE GROUPS

★ MINI KICKERS
2-5 years

◆ DEVELOPERS
12-18 years

▲ JUNIORS
6-11 years

● ADULTS
18+ years

E20 Football Foundation

Congratulations to the E20 Football Foundation which has won the London FA Community project of the year.

E20FF has returned to face-to-face delivery at Chobham Academy Sports Pitches.

They will be running the free football service under a booking only system via the Facebook page.



What's On

For all latest East Village event details and to sign-ups please visit getliving.com/events



Black History Month: Celebrating the Best of Independent Black Music in London

Wednesday 28 October, 7pm

October's not over yet so join in at our final Black History Month event on Get Living's Facebook page. For this special live streamed gig, Laid Bare are presenting three fantastic artists who are making huge waves on the independent music circuit: Zach Said, Sherika Sherard (right) & Chisara Agor.



Big night in

Big Pub Quiz

Every other
Thursday starting
5 November,
7pm

Did you miss out on our top prizes last time? No worries, quizmasters Paul and Seb are back again to guide you through some entertaining rounds. All you need to join is your sharpened brain cells and fast fingers! Tickets are FREE so grab your family or housemates and let things get competitive...



Makers Meet

Every other
Tuesday starting
10 November,
7pm

Get Living's crafty workshops are returning online for a winter edition! Decorate your flat with unique artworks that you made yourself with help and guidance from our hosts. Check the event page on Get Living for more information about the complete program. Makers Meet will run. Registrations are free for all East Village residents. Spaces are limited so secure your spot at getliving.com/events

Halloween fun

October

Star Command: The Outpost on Victory Parade has had a spooky makeover for a week of Halloween-themed laser tag, perfect for little kids and big kids alike!

As an extra *treat*, they will double your game time on all sessions – enjoy 40 minutes for the price of 20, just £13 per person, available until 1 November. For more information visit: starcommandlasertag.com or call **033 033 38085**.

Like escape rooms? Think you could you hold your nerve and solve clues while trapped in a room with a zombie? Not for the faint-hearted, Trapped's latest immersive experience promises to get adrenaline pumping. Prices from £25 per person, sessions can be adapted for all ages.

For more information visit: trappedinaroom.co.uk or call **033 033 38085**.

Live Sessions

Helping you keep fit at home, Our Parks and FIX are offering free weekly online classes of Bootcamp, HIIT, Yoga and Pilates via the Get Living Facebook page. The full schedule can be found at getliving.com/events

Any questions about the online events? Don't hesitate to send an email to events@getliving.com

Food & Drink

More of our much-loved independent retailers are open with new and exciting items on the menu for autumn...



Mother Kelly's

@motherkellys_e20

East Village's taproom & bottle shop is now also serving coffee during the day, perfect for a change of scenery when working from home. When the working day is done you can still enjoy a choice of 30 draft taps as well as wine and cocktails. For more information visit their website: shop.motherkellys.co.uk



The Stratford

@thestratford

The bubbles are flowing at The Stratford Brasserie & Lounge, which has launched its weekend bottomless brunch and Sunday roast menus. Sip on endless bubbles while enjoying a brunch spread, Sat & Sun 11:00 – 16:00, or while cosying up with a Sunday roast 12:00 – 16:00.

Throughout the week, diners at The Lounge can live the Italian life with its Aperitivo offer. Order a cocktail such as a Negroni or Spritz or a glass of wine/fizz and be fed a selection of canapés from the chef. A drink and three canapés for £12, available every day from 17:00 – 19:00. Remember to get 15% off the final bill with your local discount, just quote **LOCAL15**.



Neighbourhood Bar

@neighbourhoodev

It's official, Neighbourhood now do brunch, and we couldn't be happier! From the Chorizo Hash to the Courgette Fritters, there is something for everyone to enjoy. Book your table online today:

neighbourhood-bar.co.uk



Santi

@santi.restaurant.london

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

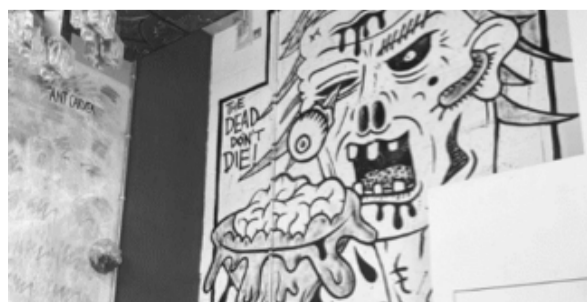


Tina We Salute You

@tinawesaluteyou20

Tina We Salute You came back with a bang last month with this amazing wall mural featuring a martini drinking zombie! Check out more of the artists work on Instagram: [@vile_kyle_miller](https://www.instagram.com/vile_kyle_miller)

Get in line (two metres please) from 10am every day for coffees, bocadillos and booze!



Signorelli

@signorelli_london

Colder months are coming this way and if that's not excuse for carbs, we don't know what is! Family-run artisan bakery Signorelli is here to help warm the heart and fill bellies with homemade breads, pastries and cakes this autumn. The team continues to celebrate key workers by offering 20% off at the till, just present your work ID.



La Gelateria

@lagelatiera

Something new and exciting has landed at La Gelateria - homemade brioche buns! The buns are made fresh each day, left to slowly prove and then fused with lemon zest.

Delicious on their own, sure, but it doesn't stop there. Buns can be filled with Nutella, jam or gelato (of course!) Available every morning, they make for the perfect breakfast treat. They are £6 filled with gelato, £2.90 plain and £3.50 with Nutella.



Messages from Team East Village

Keeping East Village safe

The safety of residents in the village remains the priority for Team East Village who work closely with Get Living and Triathlon Homes teams to understand and resolve any security issues residents are affected by.

The East Village security team is made up of 12 officers, who make up four teams of three, with one team based in the Security Control Room at any one time, and a patrolling pair of officers covering the estate.

They are available **24/7 on 020 8221 7013** and will attend all reports of crime, ASB, and suspicious activity where deemed safe for them to do so.

Our officers have the same powers of enforcement as members of the public but work closely with East Village's dedicated Police team.

For issues that require Police escalation and investigation, our team supports and make use of the substantial CCTV available across the village. The team rely on reports and intelligence from residents.

If you see something that doesn't look right, report it and the team will attend and establish what is occurring.

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 **07825 903895** or email them at **eastvillagemailbox-.e20@met.police.uk**

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

Barbeques

We have taken the decision to remove the barbeques located next to Anthems Way (next to the outdoor gym) following a series of complaints of anti-social behaviour over the summer months.

We plan to repaint the seating in the area and add planting to provide an attractive, more relaxed space for residents to enjoy.

We would like to remind you that barbeques on balconies are not permitted and are in breach of your tenancy agreement as well as posing a serious fire risk.

Please call Team East Village security on **0208 221 7013** if you become aware of barbeques on balconies. In the event of fire, please call the Emergency Services right away.

Being considerate – noise levels

With many people now working from home, we are asking residents to be mindful of noise levels and the impact this has on your neighbours.

During this time, any noise complaints should be referred to **Newham's Enforcement Team on 020 8430 2000** (24 hours a day) who have enforcement powers and can act against any offenders.

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 East Village's parks and green spaces or take advantage of the Queen Elizabeth Olympic Park on our doorstep which remains open.



Meet the team! Helping put names to some familiar faces around the village...

Jonathan Laryea



Jonathan is one of East Village's building managers and has been with the team since 2014:

"Living locally, it's amazing to see how Stratford has changed since

the 2012 Olympics and I feel proud to be part of the continued regeneration of the local area. My role involves assisting contractors, dealing with leaks, health and safety checks, and ensuring cleaning standards are maintained. No two days are the same!"

Samuel Onyeulo



Sam is one of four community engagement officers in East Village whose role is to interact with residents and find out how we can best support them:

"One of the ways

we engage with young people is through sports. When playing badminton, table tennis and football with them, we learn about their lives, understand their challenges and helps us work better with families."

Cristina Iacobas



Cristina is a cleaning supervisor, managing the cleaning team who work hard to keep the communal areas spick and span:

"We work closely as a team and this is the best

part of my job. We have a great group of people; we all get on very well and enjoy our work. Meeting the residents is a pleasure and it's always nice to receive feedback."

Joe Green



As one of four supervisors managing a team of 12 security officers, Joe contributes to ensuring the safety of residents, staff and property. This is achieved by setting out patrol

routes for the security officers, briefing them on latest intelligence, monitoring and reviewing CCTV, completing detailed reports, and working with East Village's dedicated police team.

"East Village is a special place to work and like no other, although it can be challenging at times. It is a privilege to be a part of the East Village family!"

BROUGHT TO YOU BY

getliving

Get Living at East Village
1 East Park Walk
East Village, E20 1JH

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:

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eastvillagelondon.co.uk