



Friends of West Ham Park

Newsletter and coming events Autumn 2022



Hello Everyone!

Well, it's finally looking like Autumn after the long hot summer. And in the Park we are pleased to announce our autumn programme – including old favourites Newham's Biggest Leaf Pile and Park in the Dark, even if the former was a 'little' delayed (see Lyndsay's piece below). And do come together with the Friends for our Festive Food Bank collection – hopefully we can help others a little in the run up to the festive season.

The Park's sense of community is also reflected in Des' article – please

contact us if you can share any memories of the Park in years gone by. We'd love to hear from you.

See you on the Leaf Pile on the 27th!

Best wishes,

Charlotte
Chair, Friends of West Ham Park

*This year's
Leaf Pile will take
place on Sunday
27th November.*

*Many of the trees
dropped their leaves
early this year due to
the extreme heat.*

Why do trees lose their leaves?

by Lyndsay Jones

Broad leaved, or deciduous, trees lose their leaves in Autumn because they cannot get enough water from cold soil to keep them alive. This year the very dry soil conditions have had the same effect on our trees, so in effect winter has come early.

It is possible that some of the older and younger trees will die, as they have not been able to make enough food to start growing again in the spring.

Trees (and all plants) live by using the energy of sunshine to turn carbon dioxide from the air into a sugar, called glucose, which feeds the tree.



This process, called photosynthesis, also needs plenty of water to make it work. Leaves contain special cells which contain a green pigment (colour) called chlorophyll which makes carbon dioxide interact with water and create the sugar. Autumn colours are seen when the green chlorophyll is lost as part of the autumn shutdown, and other pigments which are in the leaves can be seen. Some colours are made as the sugar in the leaf breaks down. Colours are at their most spectacular when this happens slowly and the air cools and we see frost.

This year many leaves have died and turned brown without showing any of these colours, because it has all happened too quickly and the weather has been very warm.



*Do you remember
De Shed in De Park?
Get in touch with
Des via our
social channels!*

De shed in De Park

by Des Blake

This exciting, educational and fun project looks at the "Shed" located in West Ham Park, and which was a haven for Caribbean and other people who lived in the east end of London and surrounded areas in the 1980's and earlier. It was a place of safety for those who could not walk some of the streets! During those times, many activities were aimed solely at local people, and the Caribbean and other people often felt excluded and not welcome. As such, the Shed was a place of "safety in numbers" and a very important hub to meet, socialise, and swap stories of journeys and adventures and experiences!

The Shed has been demolished for many years now and a piece of social history has been lost! But the memory lives in our hearts and minds, and we want to share and document those memories.

We also want to hear stories of peoples' journeys and experiences after getting to Newham from the Caribbean, and whether or not they have been to the Shed.

And we will also show how essential and important West Ham Park was for some of our second and third generation Windrush population in the 1960s/1970s and 80s, and even up to the present day.

Please get in touch with us if you, or a family member or friend, remembers De Shed in De Park!

How to contact us

Keep up to date with our activities – www.friendsofwesthampark.co.uk

Follow us on Facebook – www.facebook.com/FriendsOfWestHamPark

And now on Instagram – www.instagram.com/fwhp_e9

Drop us a line – hello@friendsofwesthampark.co.uk



Friends of
West Ham Park

Help us build

Newham's Biggest Leaf Pile!

Sunday 27th November
West Ham Park E7 9PU

Please
remember
social distancing
rules for
everyones
safety

1pm-3pm
help build an even
bigger leaf pile!
...then jump in it!



All ages
welcome
and it's
FREE!

Please
bring your
own gloves with
you if possible

*Only plastic gloves
will be available
at the event*

Find us by
the Leaf Yard

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City of London, West Ham Park, Upton Lane, E7 9PU
WestHamPark@cityoflondon.gov.uk





Friends of
West Ham Park

Park in the Dark

Join Stratford's ORIGINAL torch parade
FREE glow sticks
Refreshments on the bandstand

FEATURING
Park
Primary
School
Choir

Friday 2nd December

5-6.15pm

Meet **South Gate** on Portway

Exit out of South Gate ONLY from 6.15pm

Please bring a **torch** to make into your lantern* —
or check out the website and bring it ready made!
Children must be accompanied by an adult

PLEASE NOTE that the Park closes at 4.30pm so entry is through South Gate only, and there will not be an opportunity to exit the Park until after 6.00pm. The exit will be onto the Portway only. Owing to the nature of this event and light levels in the Park, it is essential that parents or guardians are fully responsible for any children accompanying them.

* please don't bring any glass jars as you won't be able to bring them on the walk

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City of London, West Ham Park, Upton Lane, E7 9PU
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Festive Food Bank



SUPPORTED BY

**Friends of
West Ham Park**

**Saturday
3rd December
1pm to 3pm**



Take part in our
Festive Food Bank!

We are collecting non-perishable
food for Newham Food Banks.

Come and enjoy a walk in
West Ham Park and drop off
supplies that will go to local
Food Banks to help feed the
hungry and needy this Winter.

We'll be on the Bandstand from 1pm!

**Support
Newham Food Banks
this Christmas!**

Demand for Food Banks has increased
immensely during the last 3 years.

Social distancing rules still apply and
the wearing of face masks appreciated



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