

NEWHAM
UNLOCKED



**WE ARE
DIVERSE.**

**WE ARE
NEWHAM.**



PROGRAMME OF EVENTS

18 JULY TO 17 AUGUST

www.newhamsouthasianheritage.org

People at the Heart
of Everything We Do

All events are free and booking is required. If you require assistance in booking an event, please visit your local library.

For more information, to find out about events not listed and to book visit www.newhamsouthasianheritage.org Programme subject to change. If you have any queries, email events@newham.gov.uk

Matangi/Maya/M.I.A. with Q&A **Wednesday 21 July**

7-9.30pm, Stratford East Picturehouse
Matangi/Maya/M.I.A. is a 2018 biographical documentary film about English rapper and artist M.I.A. Directed by Steve Loveridge, the film follows 22 years in the rapper's life, her rise to fame and her perspective on the controversies sparked over her music, public appearances and political activism, creating an intimate portrait of the Sri Lankan artist. The film premiered at the 2018 Sundance Film Festival where Steve Loveridge won the World Cinema Documentary Special Jury Award. Documentary to be followed by Q&A from the audience.

South Asian Heritage Tea Tasting **Tuesday 27 July 5-7pm** **Forest Gate Library**

The London Tea Exchange will be showcasing some of the most exclusive teas from around the world with a special variety display from South Asia. You will have the opportunity to try several different types of teas and learn about the fascinating history of teas, which connect East and West. There will also be an opportunity to try some mouth-watering south Asian sweets known as Mithai.

Young People's South Asian Evening **Wednesday 28 July** **5-7pm, Forest Gate Youth Zone**

Join us for a varied evening of discussion and spoken word poetry, followed by a quiz hosted by the renowned Bobby Seagull.

Young, South Asian and British: A Discussion
Exploring History, Culture & Identity
The panel of entrepreneurs and high achievers

will discuss how their heritage has shaped their identity, how they have blended their South Asian heritage with British culture, how they promote and celebrate their culture through their work and how young people can be empowered to embrace their heritage.

Guest speakers include:

- Aditi Anand, Artistic Director at Migration Museum
- Alexei Khatiwada, Ukrainian-Nepalese entrepreneur and founder of Lexi's Crispy Treats
- Jaspreet Kaur, award winning poet, writer and history teacher
- Kiran Hothi and Sonam Kaur, co-founders of NotYourWife, a digital platform celebrating South Asian women and South Asians living in the diaspora
- Mumzy Stranger, British Bangladeshi singer, songwriter and producer
- Ruby Dhal, British-Afghan Sikh author, speaker, content creator

The discussion will be followed by Q&As from the audience and a spoken word performance by Jaspreet Kaur.

Quiz hosted by Newham's Bobby Seagull, author and TV personality

As a quiz expert on Channel 4's The Answer Trap and Celebrity Mastermind winner, Bobby knows a thing or two about quizzes. To celebrate and commemorate South Asian Heritage Month, get your quiz brains ready! Both fun and educational, you will be tested on all things South Asian - from food to music, from culture to sport, from geography to history, get ready for an uplifting evening suitable for the whole family.

South Asian Food Heritage **Wednesday 4 August** **5-7pm, Old Town Hall Stratford**



Join the Tiffinwalli Asian Heritage Project to hear about the history and heritage of South Asian migration, culture and integration into the British society. Participants of the project will share their first hand experiences as immigrants and their food journeys and stories and will talk about food fusions called 'Angrezi Mirch Masala'. Come along and share your own anecdotes. All attendees will be given a pre packed meal parcel catered by Tiffinwalli.

South Asian Games

Saturday 7 August
12-4pm, Central Park

Always wanted to try kabaddi or bhangra dance fitness? Come along to try for free, with qualified tutors. You can also take part in walking yoga, cricket, archery, fencing and football. There will also be a play area for the little ones.

Bon Voyage: A Spotlight on Migration and Identity

Tuesday 10 August
6-7.30pm, Online

Chaired by Nadia Ali, BBC Asian Network Presenter, our female panel will discuss migration and identity and the impact it has had on their lives as women. Guest speakers include:

- Arati Shrestha, President of the Nepalese Women's Association
- Kim Vithana, Actress
- Navina Rajan, singer-songwriter, producer and multi-instrumentalist
- Councillor Peymana Assad, Politician
- Rahma Javed, Director of Engineering at Deliveroo
- Sangeeta Sengupta, Director at TiffinWalli CIC
- Yasmin Khan, Historian at Oxford University

Panel discussion to be followed by Q&As from the audience.

The evening will also include an interactive quiz, a short video about South Asian migration, music from Navina Rajan and live illustrations by artist Daya Bhatti from Daya Illustrations.

Film Shorts with Q&A

Thursday 12 August
7-9.30pm, Stratford East Picturehouse

Join us for a series of contemporary and traditional short South Asian films. The evening will be interspersed with authentic Indian, modern Bollywood and world dance performances, with tribute songs from South Asia by internationally renowned dance company Bolly Flex.

South Asian Literature: Our Heritage, Our Culture, Our History!

Tuesday 17 August
6-8pm, Old Town Hall Stratford

This exciting evening will be hosted by comedian Salman Malik, and include:

- Local author, Vaseem Khan will read excerpts from his book followed by Q&As from the audience.
- Spoken word poetry performances by Ankita Saxena and Riyah Pau
- Bengali Folk and Bollywood dance performances
- Musical storytelling of Pearls for Breakfast by Peter Chand & PKCtheFirst
- Caricature artist
- Henna artist
- Refreshments
- Books on sale by Newham Bookshop

Art Exhibition Launch

Check www.newhamsouthasianheritage.org for date and time, Stratford Youth Zone

Local artist Momtaz Begum-Hossain will host a four day workshop with young people to develop artwork related to South Asian artists. The artwork will be displayed at Stratford Youth Zone gallery space.

Live Cooking Demonstrations

Check www.newhamsouthasianheritage.org for date and time, Queen's Market

Take a break from shopping and join the Food Academy to learn from scratch, quick delicious recipes from Afghanistan, Bangladesh, Bhutan, India, the Maldives, Nepal, Pakistan, and Sri Lanka, using local produce and ingredients readily available from Queens Market.

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