

E16: Community news

Anchor House – a healthy choice

Anchor House has been recognised for its dedication to providing residents with healthy meal options. It was presented with a Healthier Options Award following a wholesome overhaul of the hostel's café menu.



The changes took place after a nutritionist visited the hostel's kitchen. The chef was given a report of recommended changes including:

- ensuring vegetables and salads are available with all meals
- using unsaturated oils and fats
- using wholemeal and grain bread as well as white
- offering water and fruit juice in addition to soft drinks.



The driving force behind the changes is Anchor House's resident chef and restaurant manager Nada Subramaniam. He said: "I knew that residents would be turned off by big changes to the menu so I've done little things to make their food healthier. I also change the menu every day so there's lots of variety and nobody gets bored."

Anchor House is a homeless hostel which aims to help residents develop aspirations, confidence and self-esteem so they can go on to lead independent lives. They provide support to over 200 homeless and workless people each year. This includes training for employment.



Pinnacle creates online community

Pinnacle have launched a new online community website designed for the people living in the Canning Town and Custom House area. The aim of the website is to help communication between you, your neighbours and the team at Pinnacle. You will be able to access local and housing information on this website, chat with neighbours and members of staff and ask for help and advice on a variety of matters. You will also be able to post blogs and upload photos plus much more.



- can't get to a meeting but want to find out what happened? No problem. Just log on and read the minutes posted on to the site
- not sure of any events happening in the local area? No problem. Just log on and check the details on our site
- think of a burning question and need the answer quickly? No problem. Just post it on the site and we will get back to you with the correct information.

Just log onto www.canningtownpfi.co.uk or contact the office on 0207 540 9880 or email contactus@pinnacle-psg.com

E16 meets...

He has worked as head chef at Harrods and later as personal chef to its owner, Mohammed Al Fayed and now **Nada Subramaniam** is the catering manager at Canning Town's homeless hostel Anchor House.

Aside from recently gaining Healthy Options status from Newham Council he has also guided 15 residents to a formal catering qualification. He now has his sights set even higher. He said: "I'd like to build a training kitchen so we can deliver apprenticeships from Anchor House."

Nada's healthy food is also available to the community, who for just £2 can enjoy a delicious meal and dessert.



For more information about Anchor House visit www.anchorhouseuk.org or to make a lunch booking call 020 7476 6062 before 9.30am on the day you wish to go.

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Sailing through summer See page 6

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Above: Mayor of Newham, Sir Robin Wales, Councillor Marie Collier, Councillor Conor McAuley and Councillor Pat Holland at Thrive 2009.