

The Migration Museum is celebrating Newham Heritage Month by showcasing how migration has shaped Newham's shops and high streets. Shops are at the centre of our community and during the pandemic we have relied on them more than ever. This project highlights some of the businesses and people at the heart of the community.

About the Migration Museum

The Migration Museum explores how the movement of people to and from Britain across the ages has shaped who we are – as individuals, as communities, and as a nation.

We are currently located just across the river, in the heart of Lewisham Shopping Centre. We stage engaging exhibitions and events, alongside an education programme for school, university and adult learners. Our museum is reopening to the public in May 2021, free admission and no need to book in advance. Visit www.migrationmuseum.org for more information or follow us on social media.

You will find migration stories in three shops in this area, highlighted on the map below.

If you choose to visit all of the shops today it will take approximately 30 minutes to complete the circular walk.



- A** Newham Bookshop
- B** Kate's Cafe and Restaurant
- C** Miah's Oriental Foods

Photography:

Mohammed and John & Vivian by
Newham local Keith Martin, Migration Museum.

#AllOurStories

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We're celebrating Newham Heritage Month with the Migration Museum



Mohammed & Loki
photographed in their
shop by Newham Local
Keith Martin



Mohammed, Miah's Oriental Foods, East London

“The Filipino community largely work in the NHS and the healthcare sector. They come purposefully from the Philippines for work and to build a better life here. They are very hard workers often working 2 or more jobs. Without their help and without the knowledge sharing from them, we wouldn't have been able to do this. Because of their help we now can proudly say that we are the largest stockist of Filipino goods in the UK.

Mohammed arrived in the UK aged six, but spent his childhood between Birmingham and Bangladesh. He is the owner of Miah's Oriental Foods (East London), which sells a wide range of produce and specialises in East and South East Asian foods - they are the largest stockist of Filipino goods in the UK - which Mohammed attributes mainly to his close friend Mofizur and customers in Newham's diverse community. Visit Miah's Oriental Foods using the map to read Mohammed's story.

John and Vivian, Newham Bookshop

“All the staff here have their own migration stories. There are all sorts, we are all a mixture, Londoners. We are all a kind of mish-mash of everything really.

Newham Bookshop began as an education charity in 1978 after local parents who were concerned about the low expectations for their children's education grouped together to start the charity and support one another. The bookshop followed shortly after to help promote adult education and illiteracy. It has long served Newham's diverse community. John began working at the bookshop as a volunteer tutor in the 1980s. Visit Newham Bookshop using the map to read John & Vivian's story.

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Kate, Kate's Cafe

My love for cooking started in a small home kitchen back in Apam Ghana. From there I knew it was all I wanted to do, but without the support of my family I took nursing as my vocation. When I came to this country, my passion reignited.

After working in corporate catering for many years, Kate followed her passion to open up a cafe best known for serving Newham's favourite soul soothing West African food. From Tsofi to Jollof, Kelewele to Fufu, visit Kate's Cafe to find out more about Kate's story (and maybe grab something to eat after your walk!)

John and Vivian
photographed
outside their bookshop
by Newham Local
Keith Martin

