

About the Communities Driving Change Programme (CDC)

Tower Hamlets Communities Driving Change support residents to lead the change they want to see for improved health and wellbeing locally.

As part of the Tower Hamlets Council’s flagship approach to public Health the Young Foundation are working with residents across the west of the borough to:

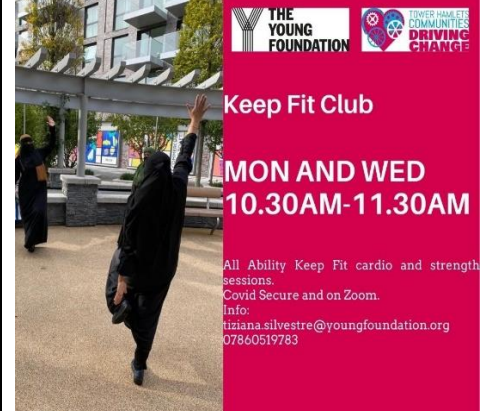


1. Determine what matters most to residents in terms of their collective health and wellbeing
2. Design and deliver community-led projects and initiatives in response
3. Influence existing services and systems to be more responsive to local need

Since November 2017 in the south west of the borough we have been working alongside hundreds of residents, services and local organisations in Whitechapel, Shadwell and St Dunstan’s to deliver a range of innovative projects:



We Facilitate. We Signpost. We Connect.

Lockdown activities on Zoom (support to set up Zoom available/interpreter available)

Keep fit	Cooking Academy	English Conversation group
 <p>Keep Fit Club MON AND WED 10.30AM-11.30AM All Ability Keep Fit cardio and strength sessions. Covid Secure and on Zoom. Info: tiziana.silvestre@youngfoundation.org 07860519783</p>	 <p>BIGLAND COOKING CLUB PRESENTS Cooking Academy Tuesday 10.00am-11.00am Come and join our cooking club. Share your recipes, tips and expertise with other residents in your community. On Zoom Info: Neherun.Ali@youngfoundation.org 07535976932</p>	 <p>COME AND LET'S TALK DO YOU WANT TO IMPROVE YOUR SPOKEN ENGLISH? JOIN US ON ZOOM TUESDAY AT 10AM FOR MORE INFORMATION CONTACT ROKEYA NOOR ON 07773777512 ROKEYA.NOOR@YOUNGFOUNDATION.ORG</p>

Project Coordinators:

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