

Community activities in Tower Hamlets

Bringing residents together
2024
Directory of services

Just Say 
Hello



To learn more and get involved, visit:
towerhamletsconnect.org/just-say-hello

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Foreword

This guide was produced by the public health team in Tower Hamlets Council with the community and voluntary sector who are part of the Connection Coalition, bringing residents together through community activities.

It lists projects and activities available for free or at low-cost for adults in Tower Hamlets. These projects have a focus on making social connections in your immediate neighbourhood.

The aim of this guide is to help residents get to know each other through various groups they can get involved in. Activities range from social meet-ups, walking groups, to picking up new skills such as languages, arts, crafts and sports.

For more detailed information, visit the community directory of Tower Hamlets Connect www.towerhamletsconnect.org

This guide was published in March 2024



Groups, activities and projects open to all residents



Idea Stores

Idea Stores are more than just a library or a place for learning. As well as library services, they offer a wide range of adult learning courses and an extensive activities and events programme, such as book groups, conversations clubs, help to go online, etc.

Various locations in Tower Hamlets

<https://www.ideastore.co.uk/whats-on>

MIND

MIND offers low cost or free activities aiming at supporting mental health recovery and promoting social inclusion, for anyone who may have challenges with their emotional or mental health. No formal diagnosis is required. Activities range from sports, arts and crafts, yoga, men's shed, etc.

The majority of activities take place at
Open House, 13 Whitethorn Street, E3 4DA.

connecting.communities@mindthnr.org.uk

Call 02075101081 and ask for a Navigator.

www.mindthnr.org.uk/information-resources/activities

Befriending service NHS East London

Regular weekly calls

Monday-Sunday 9am-9pm
@elftbefriendingservice

Elft.nhs.uk/get-involved/befriending-service

By referral from GP, borough-wide

Well One

Well One is a Lottery funded initiative, and we're proud to work alongside a growing and varied network of dedicated local and national partners who share our vision of promoting fairer health in Tower Hamlets.

Find fitness, sports, arts and crafts etc activities in Poplar: <https://wellone.co.uk>

This Morning Walking Group

Run by local residents for the community to help start your day right.

This is an early morning walk for people in the local area. It's great to start your day well, talk to some positive people and see the sun come up! We'll meet at 7.30am every Friday outside Poplar Bakehouse for a circuit walk. We'll end up back at E14 Poplar Bakehouse at 8.30 where we'll grab a coffee together. There will always be someone from the community to meet you every Friday for a morning walk, or if it's raining, a warm drink in the cafe.

No need to book, just make sure you're ready to set off from the cafe at 7.30am. Meet-up:
8a Cotall Street Poplar London E14 6TL

<https://poplarunion.com/event/morning-walking-group>

Walk East

Walking group in Tower Hamlets. Walk East is a not-for-profit social enterprise, based in Tower Hamlets. Each project is tailor-made to meet the priorities and needs of the community groups and clubs, schools, council and NHS departments, private companies and charitable bodies that work with us. We'd love to hear from you, so get in touch for an initial chat about your project.

Graham Barker Director, Walk East
0791 922 1806 / graham@walkeast.org
<http://www.walkeast.org/index.html>

Peabody singing

£2 per person

Mondays, 10.15-11.15am

**11 Shipton Street,
Bethnal Green,
London, E2 7RU**
sundial@peadbody.org.uk
020 3828 3928

Burcham Street Gardeners

A weekly arts and gardening social focused building social connections, raising wellbeing and supporting adults experiencing long term ill health or feelings of isolation or loneliness through a range of creative usually nature themed activities and always lashings of tea!

We've been running since 2009 and have a lovely established group but would really love to welcome some new members.

Saturdays 9:30-12:00pm

**Burcham Street Community Centre,
98 Burcham Street,
London E14 0SH**

Consortium50@gmail.com

wellone.co.uk/activities/burcham-street-gardeners-2

Tower Hamlets Connect

Directory of community activities in the borough

www.towerhamletsconnect.org

Collingwood community centre

Every Thursday 11:30-1:30pm, free tea and coffee, open to all

Barnsley Street E1 5RB
Nahar1386@yahoo.com

Positive East

Support groups for persons diagnosed with HIV

www.positiveeast.org.uk

Groups, activities and projects for women

Account3

Account3 is a community training and development cooperative. We work with ethnically diverse and marginalised local women. The company operates a one-stop-shop approach to providing advice, support, resources and education to local people using a community development framework to build local capacity and resilience. Account 3 offers courses to local women.

**3 Birkbeck Street,
London E2 6JY
0207 739 7720
<https://account3.org.uk/training-courses/>**

Gentle movements with good friends

Weekly gentle walking group, free coffee and chat

English and Bengali spoken

Every Tuesday 10am-12pm

**Collingwood Children's Centre,
Buckhurst St,
London E1 5QT
07944 966141**

Women Inclusive Team

Women's Inclusive Team supports the Black and ethnic minority communities in Tower Hamlets through youth programmes, women's empowerment projects, mental health support and our food bank and community kitchen. We deliver a variety of health and wellbeing sessions throughout the year.

**Mayfield House 202 Cambridge Heath Road
London E2 9LJ
<https://wit.org.uk/about-wit/>
020 7790 2650**

Parents Centre

Tower Hamlets Parents Centre is a registered charity that aims to improve the lives of local people in Tower Hamlets.

We help anyone who needs help in the following: English language classes, social activities and clubs etc. Services are free.

**Unit 1, Links Yard, 29 Spelman Street
London E1 5LX
Email: admin@parentcentre.org
<http://www.parentcentre.org/>
020 7650 8936**

Free financial wellbeing group for parents and carers

11am-2pm every Friday. Lunch provided

**Collingwood Community Centre,
Barnsley St, E1 5RB
<https://www.safh.org.uk/suresteps>**

Community birth group

Free group, meet others in a non-judgmental, friendly, and safe space

Last Friday of the month. 11am-1pm
Lunch provided at 1pm

We speak English, Bengali, Polish and Spanish.

**Collingwood Community Centre,
London E1 5RB**

<https://www.safh.org.uk/suresteps>

Ocean Women Association

Drop-in social sessions and advice for Bangladeshi women

**490-492 Bethnal Green Rd, London E2 0E
020 7423 9595**

Thai Boxing Fighters Academy

Adults only, £5 per session

Tuesday 7.30pm to 9pm
Thursday 7pm to 8.30pm

Mile End Area

**Gohar Gouse (funder) 07769797916
Thaiboxingfighteracademy@yahoo.co.uk
www.thaiboxingfightersacademy.com**

The Wild Women Collective

Part of Consortium50, the collective was formed in response to the Covid-19 pandemic. Hosting several workshops and programmes throughout the year, they also run a monthly women's meetup 'Wild Connect' which combines free-flow group sharing with loads of well-being info. Sessions run from The Cabin though occasionally the group head out and about holds a social gathering.

**Brownfield Cabin,
82 St. Leonard Street Cabin
London E14 0QU**

**To join in with activities please email:
twwcinspire@gmail.com**



Groups, activities and projects for men

Harford Street Health Centre men's mental health forum

<http://www.harfordhealthcentre.nhs.uk>

Harford Street Multicentre
115 Harford Street,
London, E1 4FG
020 7790 1059

Thai Boxing Fighters Academy

Adults only, £5 per session

Tuesday 7.30pm to 9pm
Thursday 7pm to 8.30pm

Mile End Area

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29 Spelman Street,
London E1 5LX

admin@parentcentre.org
020 7650 8936



Father figures matter

Become a father figure champion. Join Pappa Young CIC, a father-led, parental hub for father figures and male carers providing adventures, activities and a holistic support system for all stages of fatherhood.

Ceejay
07940 342 219
Fatherfiguresmatter@gmail.com

Tower Hamlets wide

The Men's Cabin

Providing a range of social, creative, well-being activities and the space to chat over a cuppa! In the past they've held a photographic exhibition, designed their own wallpaper, and held cooking sessions! They're a small but established group who have been running since 2012 and are looking at welcoming new members. The project is open to all ages but attracts a slightly older audience and runs weekly.

Wednesday 2-4pm at

Brownfield Cabin,
82 St. Leonard Street Cabin
London E14 0QU

themenscabin@gmail.com

Groups, activities and projects for older residents



Toynbee Hall

Linkage Plus is a project for people over 50 living in Tower Hamlets. Borough-wide, it is based out of five hubs – Age UK East London, Neighbours in Poplar, Peabody at Sundial, Sonali Gardens and Toynbee Hall.

What can Linkage Plus offer: one-to-one support at home or a place of convenience such as a café, IT learning, training and support that suits you, social activities such as coffee mornings and tea clubs, fitness sessions in your local area – chair based fitness, tai chi, Zumba, Yoga and walking groups.

Linkageplus@toynbeehall.org.uk

Call 0207 392 2913

or drop in to our Wellbeing Centre at:
**28 Commercial Street,
London E1 6LS.**

www.toynbeehall.org.uk/linkage-plus

Age UK befriending support What does an activity buddy do?

(Tower Hamlets only)

Activity buddies are offering the helping hand isolated people need by doing check-in calls, visits and outings and digital support. They build relationships in the process, which enable meaningful conversations and help to identify support needs and other services and activities that will help maintain their clients' mental health. A key aim of the role is to signpost or refer clients to other services and activities, initially accompany them, and build their confidence back to get out into the community and to ultimately feel independent again .

If you are interested in having a "Friend at Home" befriender to visit you please email our befriending team at befriending@ageukeastlondon.org.uk or simon.shum@ageukeastlondon.org.uk or phone us on **020 8981 7124.**

www.ageuk.org.uk/eastlondon

Age UK Caxton Hall Community Centre

The Centre provides a full range of activities for people 50+ to maximise social opportunities for building links and social interaction. This directly helps tackle social isolation and reduce loneliness by bringing people together and engaging them in activities of their choosing. The huge variety means that there is very likely to be something for everyone.

**Caxton Grove, Bow,
London, E32EE**

info@ageukeastlondon.org.uk
02089 817124

www.ageuk.org.uk/eastlondon/our-services/caxton-hall-community-centre-5af7d9af-5ff5-ed11-a81c-6045bd94e88e

East London Age UK Get online with a digital champion

For 50+

We will match you to a trained volunteer and vetted volunteer, who will be able to help with using a digital tablet and getting online via weekly virtual or in-person session

Free tabled loan and data subject to a completed tablet loan agreement

020 89817124
Digitalinclusion@ageukeastlondon.org.uk

www.ageuk.org.uk/eastlondon/activities-and-events/tower-hamlets

East London Age UK Home Help Service

£25/hour

- Shopping
- Light housework
- Assistance with appointments
- Sitting service and much more
- Service can be tailored to your needs

0203 0111 241
Homeandcare@ageukeastlondon.org.uk

www.ageuk.org.uk/eastlondon/activities-and-events/tower-hamlets

East London Age UK Older people's reference group

Make your voice heard!

We are a collective of people aged 50+. We meet regularly to voice our opinions on important issues, influence decision-makers and shape our communities. Come along and make your voice heard.

Grace Patient
0737505123

www.ageuk.org.uk/eastlondon



Limehouse Project 50+ luncheon club

The 50+ Luncheon Club project provides healthy lunch service for the local people ages 50+, with an aim to reduce isolation, practical and emotional support. People ages 50+ are invited to attend our Luncheon Club, to have lunch, meet people and join in a variety of activities including: Exercise, healthy eating, crafts, knitting, health and faith speakers, board games, parties, basic IT (computers) outings and information and advice.

For more information email or just walk in.

info@limehouseproject.org.uk

**Monday – 12pm to 3pm,
Harford Street Multi Centre, 115 Harford
Street, London E1 4FG**

**Wednesday – 12pm to 3pm, Locksley
Community Centre (Dora Hall) 1 Dora St,
Limehouse, London E14 7TP**

www.limehouseproject.org.uk/community-development

Globe Community Project

Our six-week Wellbeing for Over 60s courses provide participants with wellbeing tools to adjust to ageing and low mood in a positive way, the chance to experience a sense of belonging, develop their resilience and communication skills and build their support networks and ability to access further support. We keep groups small to give each person the kind of tailored in-depth support which has real transformative potential.

**St Margaret's House, 21 Old Ford Road,
Bethnal Green, London, E2 9PL**

**07419 586150
ahmed@globecommunityproject.org**

www.globecommunityproject.org

Neighbours in Poplar

Lunch club for Over 50

**113 Poplar High Street
London E14 OAE**

www.neighboursinpoplar.com

St Hilda's

St. Hilda's East runs LinkAge Plus, based in Sonali Gardens. We work with amazing partners to deliver an exciting range of activities, trips and events, such as a weekly dance class with the English National Ballet and singing performances with the Mary Ward Centre. We are also part of the Sadler's Wells London-wide 'Get into Dance' scheme. Our theatre group regularly attends West End performances. We have a well-established men's group, that meets regularly to play pool, dance and take trips to places like the West Ham football stadium.

No referral is necessary. Simply get in touch with the LinkAge Plus team or drop in at Sonali Gardens.

mail@sthildas.org.uk
020 7265 9292.

**Sonali Gardens,
79 Tarling Street,
London, E1 OAT.**

<https://sthildas.org.uk>

Tower Hamlets Friends and Neighbours

Befriending and advocacy services to people in the borough aged 55 and over and experiencing loneliness and social isolation

<https://www.thfn.org.uk>



Ocean Regeneration Trust Over 50's Hub

The over 50s hub offers services and activities designed to provide support to residents over 50 to improve their social inclusion and wellbeing. Current activities include a weekly social coffee morning and walk, digital inclusion support, crafts and advice support service.

The Hub is open to residents who live on the Ocean Estate and St Dunstan's, Stepney Green, Limehouse Fields, Mile End and Whitechapel either via drop in or referral.

Open Mon- Fri

**Harford Street Multicentre
115 Harford Street
London E1 4FG**

lindsey.gibson@oceanregeneration.org.uk

St Joseph Hospice

Compassionate Neighbours supports people who are living with chronic life-limiting illness and those that are feeling isolated from their local community. They provide emotional and social support and develop natural, mutual friendships.

Compassionate Neighbours offer support by:

- Visiting regularly
- Telephone support
- Supporting you to do the things you like and enjoy
- Supporting you to stay connected to your community, family and friends.

**St. Joseph's Hospice
Mare Street
London E8 4SA**

cn@stjh.org.uk

Groups, activities and projects by faith groups

Places of worship offer various drop-ins, help and support for Tower Hamlets residents.

Find your local place of worship on this map:

<https://www.faithintowerhamlets.org/places-of-worship/>

Neighbours in Poplar

Neighbours In Poplar's vision is to enable vulnerable people, especially those living alone and often undocumented, to live fulfilling and meaningful lives within their communities. They aim to add quality, wellbeing, a sense of independence and meaning to the days of their lives. Helping to reduce isolation and loneliness, where possible by growing a sense of community. They host a variety of events and services throughout the year.

Find out more by visiting their website or contacting them:

**St. Matthias Community Centre,
113 Poplar High Street,
London, E14 0AE**

020 7531 0190
enquiries@neighboursinpoplar.com

The Good Shepherd Mission

The Good Shepherd Mission church host small groups where people can gather, socialise and with the word of God, pray and praise together, and reach out to our neighbours.

The Nation's Group is for people living amongst and engaging with the multi-cultural community of East London.

They meet every Monday (except the 2nd Mondy of the month) in Whitechapel at 7:45pm.

Contact Andy and Anna Wright to join **andy.wright@goodshepherdmission.org.uk**

The Women's Group meets every Friday at 9:30am and Good Shepherd Mission.

Contact Anna Wright at
timms_anna@hotmail.com

17 Three Colts Lane, London E2 6JL



Zaccheus project Bethnal Green Methodist Church

The Zacchaeus Project is a social project of the Methodist Church in Tower Hamlets (MCTH) which works with older people and carers, offering advice, support and activities to improve the quality of their lives and address gaps in local provision. It offers a safe and welcoming forum for meeting, sharing experiences and accessing emotional, practical, financial, educational, recreational and health care support.

Anyone and everyone over 50 is welcome. Activities are Members Only, but it is free to join. Just ask a member of staff for a form and hand it in at the office.

**Bethnal Green Methodist Church
Approach Rd
London E2 9JP**

07712 332324
0208 983 1568
www.zacchaeusproject.org.uk/welcome.htm

Discover One at East London Mosque

A service to support new Muslims by providing educational and social services. New Muslims can become disconnected from the wider Muslim community. We recognise they might need bespoke services to make them feel welcome. Without such support many new Muslims can feel lonely and as a result distance themselves from the Muslim community.

**East London Mosque
82-92 Whitechapel Road
London E1 1JQ**

020 7650 3000
info@eastlondonmosque.org.uk

www.eastlondonmosque.org.uk



Groups, activities and projects for migrants, refugees and asylum seekers

Globe community project

Our Touching Safe Ground project provides a safe and nurturing space for recently-arrived women asylum seekers, refugees and migrants. Weekly sessions include trauma-informed gentle stretching and bodywork, integrated with English language learning centred on the women and their priorities. occasional outdoor activities and local orientation sessions. There is a creche for the womens' babies and infants.

Wednesdays 10am-12.00noon in term time, free.

**Mission Practice GP Surgery,
208 Cambridge Heath Road, Cambridge Heath, London, E2 9LS**

07424 357744

sally@naturalconnection.org.uk or esther.bissessar@nhs.net

www.globecommunityproject.org/touching-safe-ground

Praxis

Praxis is an award-winning human rights charity fighting for migrant rights since 1983. They give advice, provide support, and campaign so that migrants and refugees in the UK can live with safety, dignity and respect. They provide free advice and face-to-face drop-in clinics. They also have several community and action groups that regularly meet, this includes:

- Brighter Futures is a group of young people who work together to speak up for the rights of young people who have migrated and use creativity as a tool to challenge negative perceptions of migration in the UK.
- WINGs (Women Inspiring New Generations) WINGs a group of women who, with their young children, have come together to nurture their wellbeing, build new positive relationships and find respite from the demands of everyday life. WINGs members discuss the issues that affect them and share knowledge and experience in order to build solidarity and strength.

Telephone advice is available on Wednesdays 2-5pm and Thursdays 10am-1pm. Drop-in clinics take place on the second Wednesday of the month.

Praxis, Pott Street, London E2 0EF

020 7749 7605

www.praxis.org.uk

Groups, activities and projects for carers



Carers Centre Tower Hamlets

The Carers Centre Tower Hamlets provides social activities, opportunities to meet with other local carers and relaxation sessions, respite and a calendar of events and activities, a dedicated Young Adult Carers (16-25) project, training (including carers academy)

**The Carers Centre
21 Brayford Square
London, E1 0SG**

020 7790 1765

enquiries@ccth.org.uk

Groups, activities and projects for LGBT residents



Tower Hamlets LGBT+ Community Forum

The Tower Hamlets LGBT Community Forum brings together LGBT+ people (and allies) who live, work, study or socialise in the London Borough of Tower Hamlets to discuss and have an influence on issues which affect the local LGBT community, as well as network, socialise and meet other local LGBT people. They hold monthly meetings and quarterly socials.

<https://thlgbtvoices.wordpress.com>
Email: emaillgbtforum@elop.org



Step Forward

We provide a safe and welcoming space for young people to talk and get the support they need, when they need it. Our services are free, confidential, accessible to all and continually evolving to ensure they are always relevant and responsive. We put together personalised packages of support tailored for each individual young person that will help them to feel better equipped and motivated to deal with difficulties.

All young people aged 11-25 years in and around Tower Hamlets are welcome at Step Forward, for free and confidential support services including: Counselling, LGBTQ, Sexual Health, Mindfulness, Art Therapy.

**234 Bethnal Green Road,
London E2 0AA**

www.step-forward.org

Bromley By Bow Centre

LGBTQIA+ friendly coffee

Most Tuesdays @ 5:00 pm - 6:00 pm, join us at the Welcome Hub centre.

**Bromley by Bow Centre
St. Leonards Street, London E3 3BT**

www.bbbsc.org.uk/whats-on/

Poplar Union

Apongchor is an LGBTQ+ group for the Bangladeshi community. Running on the first Monday of every month and providing advice from housing to sexual health, asylum seeking, family support and social events. Apongchor is open to people of all genders from the Bengali LGBTQIA+ community and their friends.

If you would like to know more or are interested in joining, please email ahmed_sohel@icloud.com or visit their Facebook page.

<https://www.facebook.com/people/Apongchor-British-Bangladeshi-LGBT/100067612755142/>



Groups, activities and projects for disabled residents

APASEN

Deciding that home care is the way forward for yourself or for your loved one can be a difficult decision, but the right home care can help you to stay independent and a real quality of life.

If you decide to use home care, choosing the right provider is vital. At Apasen Home & Community Services, we have more than 20 years experience in helping people to carry on living an independent life, with flexible, person-centred support tailored to their individual needs and wishes.

020 7001 2270 (direct line)
Switchboard: 020 7001 2266
info.homecommunity@apasen.org.uk

www.apasen.org.uk



Edencare

Our Vision is to offer friendship, care and a sense of belonging to members of our community who are terminally ill and reaching the end of their life. Eden Care – Befriending and advocacy service is a friendly intervention set up to support and empower the long-term sick and those reaching end of life. Service users who are referred to our project are paired with a befriender to support him/ her with their personal, social and spiritual needs.

<https://edencareuk.com/end-life>

Tarling East Community Centre,
63 Martha Street, London E1 2PA

07957 199 328
info@edencareuk.com

REAL

Charity in the Isle of Dogs, run by disabled people, for disabled people. Over the years, we have helped our clients with a wide range of different issues, including: finding volunteering opportunities and digital inclusion – i.e., learning how to use digital communication technologies like Zoom for the first time.

To get help with a problem or arrange an informal chat with one of our advisers, please contact us.
TCOYL@real.org.uk
020 7001 2177

www.real.org.uk

S.E.N.D Community Hub

SEND young people aged 8-18
Tuesdays and Thursdays 5pm to 7pm

Aberfeldy Neighbourhood Centre
Aberfeldy street
London E14 0NU

brennandterri@gmail.com
07961515925

