



Tower Hamlets Council presents:

INTERNATIONAL WOMEN AND GIRLS' WEEK

5 – 11 March 2018

For more information please contact the **Sports and Physical Activities Team**
on www.towerhamlets.gov.uk/sports or call **020 7364 2433**

Contents:

- International Women and Girls' Week activities (pages 3 to 6)
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 [facebook.com/lbthsport](https://www.facebook.com/lbthsport)

 [@LBTHSportsTeam](https://twitter.com/LBTHSportsTeam)

 [towerhamletsnow](https://www.instagram.com/towerhamletsnow)



Register
on the
day

International Women and Girls' Week

Tower Hamlets Council is proud to host a week long programme of community activities to celebrate the cultural, political and social achievements of women.

Activities include:

Netball, badminton, basketball competition, short tennis, football, aerobics, body conditioning, taster swimming lessons, circuits, smoothie bike, bamboo massage, hair and beauty, speakers, workshops, films and much more.

For more information please contact the **Sports and Physical Activities Team** on www.towerhamlets.gov.uk/sports | Pauline.Stewart@towerhamlets.gov.uk or call **07956 456 743**

International Women and Girls' Week

For further information on **events, projects and programmes in Tower Hamlets** please fill in your email details below and return to **Pauline.Stewart@towerhamlets.gov.uk** or visit: **towerhamlets.gov.uk/sport**

Email address:

Please tick this box if you do not want your information shared.

Monday 5 March | 4pm – 5pm

Girls' Zumba – Taster Session

Age: 11 – 15 year olds
Feel free to bring an adult female with you

Cost: Free

Contact: lamtowerhamlets@gll.org

Whitechapel Leisure Centre

55 Durward Street
Whitechapel
E1 5BA

Buses: 25, 205, 254, 106, D3

Tube: Whitechapel

Monday 5 March | 5.30pm – 9pm

Badminton, steps and body conditioning, basketball, circuits, gym, rollapaluza, chair massage and nails

Age: 16 years+

Cost: £3.60 (Basketball session £1.20)

Contact: Pauline Stewart – 07956 456 743
Pauline.Stewart@towerhamlets.gov.uk

Whitechapel Leisure Centre

55 Durward Street
Whitechapel
E1 5BA

Buses: 25, 205, 254, 106, D3

Tube: Whitechapel

Tuesday 6 March | 6pm – 7pm

Back to Netball

Contact: lamtowerhamlets@gll.org or
JohnOrwell@gll.org.co.uk

John Orwell Sports Centre

Trench Street
Wapping
E1W 2QD

Buses: 100, D3

Train: Wapping, Shadwell

DLR: Shadwell

Wednesday 7 March | 11am – 12noon

Yoga sessions for women

Contact: Rohul Miah
020 8821 5362
rmiah@onehousinggroup.co.uk

Virginia Quays Community Centre

27 – 35 Sexton Court
Newport Avenue
E14 8PX

Buses: 277, D6

DLR: Blackwall

Wednesday 7 March | 11am – 1pm

Women-only no-strings badminton

Free taster session for new members on the day.

Contact: lamtowerhamlets@gll.org

Mile End Park Leisure Centre

190 Burdett Road
E3 4HL

Buses: 25, 277, D6, D7

Tube: Mile End

Wednesday 7 March | 1.30pm – 2.30pm

1.30pm – 2.30pm Women-only Swimming
Cost: £1.25

or

1.30pm – 2pm Swimming Lesson
Cost: Free

Contact: lamtowerhamlets@gll.org or
tiller@gll.org

Tiller Leisure Centre

Tiller Road
Docklands
E14 8PX

Buses: D3, D6 and D8

DLR: Cross Harbour

Wednesday 7 March | 5.30pm – 8.30pm

Netball, badminton, short tennis, football, exercise, dance aerobics, smoothie bike, bamboo chair massage, threading

5.30pm – 8.30pm Swimming for all

6pm – 7pm Football, exercise classes including dance aerobics

6pm – 6.30pm Adult and Toddler – women-only

6.30pm – 7pm Girls over 8 swimming lessons

Open café

Free Activities: Sports hall, studio, football, massage and beauty

Contact: Pauline Stewart – 07956 456 743
Pauline.Stewart@towerhamlets.gov.uk or
lamtowerhamlets@gll.org

Poplar Baths

East India Dock Road
Poplar
E14 0ED

Buses: 15, 309, 108

DLR: All Saints

Thursday 8 March | 12noon – 1pm

Over 50s women

Pilates

Contact: Kamal/Tahia, St Peter's Community Wellbeing Projects – Exercise Club
020 7772 9115
stpetersprojects@gmail.com

St Peter's Community Centre

1 Marian Place
Bethnal Green
E2 9AX

Buses: 55, 48, 26

Train: Cambridge Heath
Bethnal Green

Tube: Bethnal Green
(10 minute walk)

Friday 9 March | 7.30pm – 9.30pm

Swim for women and girls

Boys under 8 welcome

Contact: lamtowerhamlets@gll.org or
stgeorges@gll.org

St George's Leisure Centre

221 The Highway
E1W 3BP

Buses: 100, 339, D3

Tube: Shadwell

DLR: Shadwell

Saturday 10 March | 11am – 10.30pm

- | | |
|-------------------|--|
| 11am – 12noon | Freshwater Theatre Company
Drama workshop
Suitable for ages 7–11 |
| 11.30am – 12.30pm | Hot Spots: Menopause
and Women's Wellbeing
Suitable for all ages |
| 12.30pm – 1.30pm | Boxing Taster Session and Q&A
Suitable for ages 14+ |
| 1.30pm – 2.30pm | Zine Making Workshop
Suitable for ages 16+ |
| 2pm – 3.30pm | Feminism in Theatre
Suitable for ages 16+ |
| 3pm – 4.30pm | Arts and Crafts with Maud
Barrett – inspired by Pussy Riot!
All ages and abilities |

Cost: All events are free

Contact: 020 3039 3333
info@poplarunion.com

More details:

<https://poplarunion.com/women-in-focus-festival/>

Poplar Union

2 Cotall Street
Poplar
E14 6TL

Buses: 309, 277, 108

Train: Limehouse
17 minute walk

DLR: Westferry
16 minute walk

Saturday 10 March | 1pm–4pm

Romance FC, an East London creative football collective are celebrating #Vote100 and International Woman's Week with an afternoon of 5-a-side football games and beginner sessions.

1pm–2pm First Love, Football Beginner Sessions
Free event, open to all abilities,
18+ sign up here:
<http://www.romancefc.com/firstlove>

2pm–4pm #Vote100 Games – Mini 5-a-side
tournament with four grassroots
women's teams from East London.

For information:

<http://www.romancefc.com/this/vote100-games>

Donations on the day to cancer research.

Whitechapel Leisure Centre

55 Durward Street
Whitechapel
E1 5BA

Buses: 25, 205, 254, 106, D3

Tube: Whitechapel

Sunday 11 March | 9am–7.30pm

9am–2pm Assembly – open to all

1.30pm–3.30pm Writing Masala Monologues –
Workshop with Sangeeta Pillai
Lander
Suitable for ages 16+

1.30pm–2.30pm Poetry Hour
Suitable for all ages

2.30pm–3.30pm Capoeira Taster Session
Suitable for all ages

4.15pm–7.30pm "Under the skin" film screening,
directed by Jonathan Glazer
followed by a discussion
hosted by Paula Varjack.
Suitable for ages 15+

Cost: All events are free

Contact: 020 3039 3333
info@poplarunion.com

More details:

<https://poplarunion.com/women-in-focus-festival/>

Poplar Union

2 Cotall Street
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E14 6TL

Buses: 309, 277, 108

Train: Limehouse
17 minute walk

DLR: Westferry
16 minute walk

Sunday 11 March | 1.30pm–6.30pm

Women and Girls 14 yrs+ Basketball Tournament

£10 per team entry – see pages 7 to 8 for details.

Contact: Pauline Stewart – 07956 456 743
Pauline.Stewart@towerhamlets.gov.uk

Mile End Park Leisure Centre

190 Burdett Road
E3 4HL

Buses: 25, 277, D6, D7

Tube: Mile End



Entry just
£10
per team

In celebration of International Women and Girls' Week, Tower Hamlets Council in partnership with Trojans Basketball Club is hosting a Women and Girls' Basketball Tournament for young women aged 14yrs+.

Only £10 per team entry
(6 - 10 players maximum, see back for details.)

Date:
Sunday 11 March 2018

Time:
1.30pm - 6.30pm

Venue:
Mile End Park
Leisure Centre
190 Burdett Road
E3 4HL

Women and Girls' 14 yrs+ Basketball Tournament

For more information please contact the **Sports and Physical Activities Team** on www.towerhamlets.gov.uk/sports or call **07956 456 743 / 07956 241 789**

Women and Girls' 14yrs+ Basketball Tournament

Training sessions Mondays and Wednesdays from 5 – 28 February 2018.

Address: Whitechapel Sports Centre, 55 Durward Street, E1 5BA

Session: Mondays 5.40pm – 7pm

Women's Only 16yrs+

£1.20 per session

Wednesdays 5.30pm – 7.30pm

FortheGirls Session 14yrs+

£1.20 per session

For further information contact the Sports and Physical Activity Team on 07956 456 743 or 07956 241 789



Women and Girls' 14yrs+ Basketball Tournament Entry Form

Team name:

Team captain name:

Email address:

Mobile number:

Team entry fee:

£10 per team

Paid

Photography/filming may take place during this event for publicity purposes.
Please tick this box if you do not wish your team to be photographed or filmed.

Closing date: All entry forms with payment must be received by **28 February 2018**.

Cheques to be made payable to 'London Borough of Tower Hamlets'.

Postal address: Pauline Stewart, Sports and Physical Activity Team, Town Hall,
Mulberry Place, 5 Clove Crescent, London E14 2BG

**For further information on upcoming events, projects and programmes in
Tower Hamlets visit towerhamlets.gov.uk/sport**

