

## HEALTHIER LIVES



Latest Covid-19  
advice

SEE PAGES 4-7

## ARTS & EVENTS



Having a  
staycation?

SEE PAGES 26-27

## COMMUNITY NEWS



East End street  
makeover

SEE PAGES 30-33

ISSUE EIGHTEEN // SEPTEMBER 2020



# OUR EAST END



## Dizzee's back!

The Bow-born rapper returns to his roots - see pages 12-13

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# OUR EAST END

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

The last few months have been incredibly challenging for everyone and we've rallied together in Tower Hamlets to support one another. We must continue to all play our part in ensuring that we do everything we can to prevent further spikes in Covid-19. If you do show any symptoms, please do get a test.

While things are not fully back to normal, it's good that more children have gone back to school and, where it is safe, more businesses have been able to reopen. As a council, we've also begun reopening services where we can but you'll have to bear with us as we continue to adapt to a changing situation.

I know that residents will be concerned about the economic impact of Covid-19. We'll continue to support businesses through this and will keep lobbying government, where needed, to support all of our communities in the borough.

Responding to the impact of the pandemic has obviously been a key focus for us here at the council in 2020. I want to pay tribute to our frontline staff and our partners who have worked incredibly hard for you, our residents, throughout this time.

However, we have also continued to make progress on other priorities: delivering new council homes; cleaning up the borough with our waste service, which was brought back under council management earlier this year; and looking at ways to make the borough fairer.

We're establishing a race commission to look at how we tackle some of the root causes of inequality. We're taking action to clean up our air quality and, through our Liveable Streets programme, making it easier to get around the borough on bike and foot. This will deliver real improvements to make Tower Hamlets an even better place to live.

I'm sure that the next few months will continue to be challenging for us but I also know that we'll get through them together.

As ever you can get in touch with me by emailing [mayor@towerhamlets.gov.uk](mailto:mayor@towerhamlets.gov.uk) or calling 020 7364 4000.

**John Biggs,**  
Mayor of Tower Hamlets



## 4-7 // Healthier lives

Staying in the know, do your bit, shielding advice, Covid-19 community champions, where to go for help, NHS Test and Trace, get the flu vaccine as winter approaches.



## 8-9 // Young people and families

Lifelong laughter and learning, borough partnership column.

## 11 // Clean & green

Recycling: We can all play our part.

## 12-13 // Celebrating our borough

Rapper returns to his roots.

## 15 // Jobs & economy

Pavement dining to give Brick Lane businesses a boost, Deborah's dedication recognised.

## 16-17 // Spotlight

The data crunchers keeping our borough safe.

## 18 // Safer Together

Fight to tackle drugs continues, action against ASB and car bars.

## 21 // Housing

Car park makes way for brand new council homes, flat fire tragedy prevented by fire safety work.

## 22-24 // Walk with Graham Barker

Trotting around the borough.

## 26-29 // Arts & events

Having a staycation, what's on listings.

## 30-33 // Community news

Recognition for borough super volunteer, join us Nextdoor, united we're stronger – #TowerHamletsTogether, new mural celebrates the NHS, East End street makeover, music for the mind, on board for volunteering.

## 34 // Council news

Let's Talk Tower Hamlets, a role for us all in tackling racial inequality.

## 35-36 // Reader survey

Give your views on Our East End.

## 38-39 // Harmony

Council news in Bengali and Somali.

## 40-41 // History

Slavery woven into the fabric of everyday life.

## 43 // Council news

Whatever it takes, a blooming partnership, check you're up to date and registered to vote.

## 44-45 // Know your council

Contact details for the mayor and councillors.

## 46-47 // Useful information

Council news, meeting dates and how to get in touch.



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# PROTECT YOURSELF AND OTHERS



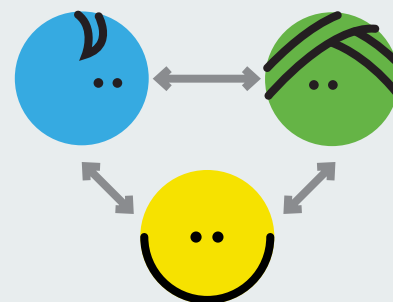
## HANDS

**Wash hands  
regularly**



## FACE

**Wear a face  
covering**



## SPACE

**Keep a safe  
distance**

# Staying in the know

## HEALTHIER LIVES

By **LUCY FORDHAM**

Lockdown has been gradually easing over the last couple of months, which has meant we have all been able to get back to some sense of normality. From seeing friends and family at a safe distance to eating out and supporting our favourite local restaurants, many of us will have started settling into a new way of life. However, as restrictions have reduced, cases of Covid-19 have risen across London with the highest number of positive test results among those aged 20 - 29.

In Tower Hamlets, we are also seeing an increase in cases. There were 37 cases recorded in June, which rose to 131 in August.

Some of the most common activities or events among people of all ages who test positive include going on holiday, eating out, shopping, travel and commuting. These activities make us all feel more positive but it's crucial that we do them safely. We must do everything

we can to contain the virus by following government and NHS advice so we can continue doing the things we love and avoid a local lockdown.

Local lockdowns and restrictions could be imposed at any time in response to an outbreak. In July, we published our local outbreak control plan, which sets out how we will work with partners, including Public Health England, to prevent and manage any outbreaks of Covid-19. The plan also looks at how we will manage outbreaks in some of our high-risk settings, including care homes, schools, places of worship and work.

Our team of public health experts review Covid-19 data in Tower Hamlets daily, to ensure cases stay low, any increase in cases is investigated and residents are kept safe.

Please protect your family, friends and communities by following advice (hands, face and space) and doing your bit to help tackle the virus.

For up to date information and advice, visit [www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus) or [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus).



Poplar Harca volunteer at local food bank



# Do your bit

We all have an important role to play in ensuring we stay safe, including here at the council. This is especially important as winter approaches, bringing with it the seasonal health challenges and additional pressures for the NHS.

- **Self-isolate for at least 10 days if you have tested positive for Covid-19 or have a high temperature, a new continuous cough or a loss of taste or smell.**
- **Self-isolate for 14 days if someone you live with or share a support bubble with has symptoms or has tested positive, or you've been told by NHS Test and Trace that you've been in contact with someone who has Covid-19.**
- **Get a test immediately if you experience symptoms – do not wait. You can order a home testing kit or visit a test site near you. Visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or call 119.**
- **Try to stay at least two metres (three steps) away from anyone you do not live with or share a support bubble with wherever possible, or one metre with other precautions such as wearing a face covering.**
- **Wash your hands with soap and water often, for at least 20 seconds. You can use hand sanitiser if soap and water are not available.**
- **Wear a face covering on public transport, in shops and other enclosed areas. This is now a requirement for many more indoor spaces and venues, so don't get caught out!**
- **Shop safe and shop local.**
- **Walk and cycle to travel around where possible.**
- **Follow the rule of six.**

**You must not meet with people from other households socially in groups of more than six, indoors or outdoors, including in private homes. Covid-19 secure venues, such as places of worship, restaurants and pubs can still host larger numbers in total but groups of up to six must not mix or form larger groups. A single household or support bubble larger than six can still gather together and educational and work settings are not affected.**



## Shielding advice

If you are clinically extremely vulnerable and were advised to shield during the peak of the pandemic, you do not need to shield at the moment. You can now follow the same advice as the general population but continue to take extra care such as working from home wherever possible and keeping your overall social interactions low.

You could be advised to shield again if the situation changes and there is an increase in the transmission of Covid-19.

The details of people who were shielding are kept securely on the shielded patient list by NHS Digital and you will be written to if the advice changes.

More information is available at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## Covid-19 community champions

One way we're helping to ensure our residents are informed and in tune with the latest Covid-19 advice is through our Covid-19 community champion programme.

It's simple. Residents sign up to become champions and we regularly share up to date advice and information on Covid-19 with them. Champions then share this with their families, friends and their wider communities and help them to understand it.

You can sign up to become a Covid-19 community champion and find out more online – visit [www.towerhamlets.gov.uk/covidchampions](http://www.towerhamlets.gov.uk/covidchampions)

## Where to go for help

### Go online

[www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus) for council information and support  
[www.towerhamlets.gov.uk/homeresources](http://www.towerhamlets.gov.uk/homeresources) for fun activities and ideas to stay active  
[www.towerhamlets.gov.uk/selfisolation](http://www.towerhamlets.gov.uk/selfisolation) if you're self-isolating and need help or support  
[www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) for the latest NHS information, advice and to book a test  
[www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19) to check your symptoms with the NHS  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) to keep up to date with government guidance and support

To book a Covid-19 test call **119**.

For medical help by phone call: Your GP or **111**.

If urgent **999** (or go to your nearest A&E department)

**For urgent help, advice and support from the council call: 020 7364 3030**

Wixii caawimaad ah, talo iyo taageero:

Lahadal **020 7364 3030**

ama booqo [www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus)

সাহায্য, পরামর্শ এবং সহায়তার জন্য কল করুন: **020 7364 3030** অথবা

ভিজিট করুন [www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus)

### Other phonelines:

Concerns about children and young people

**020 7364 5006**

Adult safeguarding

**020 7364 5005**

Trading standards

**020 7364 5008**

Domestic abuse

**0808 2000 247**

Department for Education

helpline

**0800 046 8687**

Council tax

**020 7364 5002**

# COVID SYMPTOMS?

## nhs.uk/corona

## NHS Test and Trace – stop the spread

We can reduce the spread of Covid-19 by keeping a safe distance from others, regular hand washing, wearing face coverings and importantly through testing and contact tracing. This is done through the national NHS Test and Trace programme. Testing people with symptoms of Covid-19 and then following up with those they may have been in contact with while infectious, will help us stop the spread of the virus. It will keep everyone safe and ensure that we all take action to protect ourselves and others, such as self-isolating.

### Everyone can help

You will help to contain Covid-19 if you follow public health advice and get tested if you're symptomatic. Testing not only protects you but your friends, family and the wider community.

Visit [www.towerhamlets.gov.uk/testandtrace](http://www.towerhamlets.gov.uk/testandtrace) for more information about NHS Test and Trace, self-isolation and support available.

### Book a test

If you have symptoms of Covid-19 – a high temperature, a new or continuous cough or a change in your normal sense of taste or smell – you must immediately self-isolate and book a free test. Tests can be booked online at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or by calling 119.

A mobile testing unit is operating in the borough at Billingsgate Fish Market, near Canary Wharf, with regular appointments throughout the day. However, there are also testing units operating in neighbouring boroughs, so you can look out for these appointments as well when booking a test. You will be offered your nearest location at the time of booking. You must book a test before attending a testing unit.

Children under five years old are required to have a clinical assessment before being tested, which can be done by a GP or by NHS 111.

### Sharing information

Anyone who tests positive for Covid-19 will be contacted by NHS Test and Trace by email, text or phone. Text messages come from 'NHStracing' and calls will come from 0300 0135000.

Children under 18 will be contacted by phone wherever possible and asked for permission from a parent or guardian to continue the call.

The NHS will help identify who you have been in close recent contact with and ask you for their contact details. These people can then be advised to self-isolate and remain alert to the symptoms of Covid-19.

All information shared with NHS Test and Trace is secure and your identity will never be shared.

If called by the NHS, you will never be asked for bank or PIN details, to make a payment or for anyone to visit you at home.

### Self-isolating

If you test positive for Covid-19 you will be asked to self-isolate for 10 days, from when symptoms began or if no symptoms, from the date you took the test.

If you live with someone who has tested positive you must self-isolate for 14 days.

If you are informed that you have been in close recent contact with someone who has tested positive (who is not from your household) you should self-isolate for 14 days from your last contact with them and remain alert to symptoms. If you do develop any of the symptoms of Covid-19, then you must book a test.

If you return from a country abroad which requires self-isolation on arrival in the UK, you must self-isolate for 14 days.

You must continue to self-isolate, even if you receive a negative test result in this time, as the disease may still be incubating.

# BOOK A TEST OR CALL 119

## virus



KEEP  
TOWER  
HAMLETS  
SAFE

**NHS**

Test and Trace



TOWER HAMLETS

## Get the flu vaccine as winter approaches

Flu season is on the horizon and as winter approaches, those at risk should start thinking about getting vaccinated.

Flu can have a serious impact on health and every year people will sadly die. Getting the flu vaccine remains the number one way to protect yourself and can be easily and quickly done at your GP or pharmacy.

This year, the government is offering the most comprehensive flu programme in UK history. More people than ever can get the vaccination for free, including:

- People who were advised to shield during the peak of the Covid-19 pandemic and members of their household.
- All school year groups up to Year 7.
- All two and three year old children.
- People aged over 65, pregnant women, and those with some pre-existing conditions.
- People aged 50 - 65, later in the year.
- Everyone living in a residential or nursing home and everyone who cares for an older or disabled person.

The expanded vaccination scheme is part of plans to relieve winter pressures on emergency care. We would encourage everyone who is eligible for the flu vaccine to take up the offer in the autumn before there are any flu outbreaks. Protect yourself, your family and your communities.

Visit [www.nhs.uk/flu vaccine](https://www.nhs.uk/flu vaccine) for more information.







# Lifelong laughter and learning

## YOUNG PEOPLE AND FAMILIES

By **DAVID HARDING**

Do you remember the feeling of a new school year? After the long summer you were itching to get back. Your new shoes waited for impatient feet. Pages were clean and pencils were sharp. Fresh stories sat on an excited tongue, ready to impress your friends and teachers. Well, this year was no exception.

The government has said every child must be back at school – schools which look a little different from this time last

year. They are places where teaching staff worked all summer to prepare. Staff who looked forward to the sound of laughter and learning filling their empty classrooms again and who have now welcomed our children back.

## Our schools are safe places

You should speak to your school if you have concerns about being back at school or call the council's Family Information Service, which is available from Monday to Friday, 9am - 5pm on 020 7364 6495.

## A school is the best place to learn

The benefits of being back at school include proper support for learning, a routine, being active and mixing with other children. The Chief Medical Officer for England, Chris Witty, recently said: "Education is essential for a child's development, so it is crucial we get children safely back to school."

If you're cycling to school, don't miss Transport for London's free online cycle skills course. For tips and to sign up visit [www.cycle-skillsonline.tfl.gov.uk](http://www.cycle-skillsonline.tfl.gov.uk).

## School adjustments

Important new measures are in place to manage the risk of Covid-19. These will limit the spread of infection in schools, between families and across Tower Hamlets. They should give students and staff the confidence to be at school without worrying.

We have made simple changes like more hand washing, small groups, better cleaning and asking people to stay at home if they are unwell. Remember, getting tested for Covid-19 is free. You should call 119 or visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) to arrange a test. If your

child is under five, you will need to call 111.

Current evidence tells us children are much less likely to catch Covid-19, spread it or become very ill from it. If anyone at a school has symptoms, they will be sent home and supported to learn from there until it is safe for them to return. Health experts will be asked to assess the risk and manage any further response from the school. At every step, the goal is to manage the risk of infection and stop the virus spreading within a school and within our community.

Don't forget, when travelling to school, you should try to avoid public transport if possible. There will be less space on buses and

trains than normal to support social distancing. Walking, cycling or using a scooter are the best ways to avoid overcrowding, or a long wait, when going to and from school.

Finally, a big thank you to our school staff for supporting children and young people to learn during lockdown and preparing our schools for everyone to return.

They worked really hard to get things ready and are continuing to work with government guidance to help keep children at school and realise their potential.

Visit [www.towerhamlets.gov.uk/backtoschool](http://www.towerhamlets.gov.uk/backtoschool) for the latest advice, information and support.



**Education is essential for a child's development, so it is crucial we get children safely back to school.**



Sara Ali returning for a new school year at Kobi Nazrul Primary School

**James Thomas, Corporate  
Director, Children and Culture,  
Tower Hamlets  
Council**



My first few weeks at the council have been both enjoyable and intense. How strange it has been meeting most people virtually and not in person.

So who am I? I am a Londoner, social worker, father of three, cyclist, passionate public servant and experienced director. I intend to stay in the borough for the long-term and work with my team to make a real difference to the lives of our children, young people, families and residents.

What leaps out at me first about Tower Hamlets is the energy, passion and all-round brilliance of our young people. I've prioritised meeting those who have stepped up to represent others – our Youth Council, Children in Care Council and our special educational needs and disability (SEND) ambassadors. They have impressed me with their commitment, thoughtfulness and desire to make a difference.

I have been equally impressed by our staff, partners, schools and volunteers who have continued to deliver services for the most vulnerable throughout this extraordinarily challenging time.

As we approached September, my priority has been to get every child and young person back to school. It's so important for them, their learning and their physical and emotional health to be back in school – with their teachers and friends. This will, in turn, help parents and carers to get back to more normal rhythms of daily living.

You may be worried about the virus, especially if you are from one of our Black, Asian or minority ethnic communities, living with older relatives or have family members who are shielding. I've witnessed the great lengths our schools have gone to in preparation for a safe return to school, putting in a variety of measures to reduce the transmission of Covid-19. They have followed government guidance and have worked closely with our public health experts and colleagues in trade unions.

I hope all our families feel reassured by this and that we keep seeing children back at school to both learn and develop and benefit from seeing their friends.



# SCHOOL AND NURSERY ADMISSIONS 2021



## WHO CAN APPLY

### Nursery place

If your child was born between **1 September 2017** and **31 August 2018**, then you can apply for a nursery place for September 2021.

### Primary school place

If your child was born between **1 September 2016** and **31 August 2017**, then you can apply for a primary school place for September 2021.

### Secondary school place

If your child was born between **1 September 2009** and **31 August 2010** then you can apply for a secondary school place for September 2021.

## APPLYING FOR A PLACE

### Secondary

Applications open – **1 Sept 2020**  
Deadline for applications – **31 October 2020**  
Outcome – **1 March 2021**  
Deadline for acceptance – **16 March 2021**

### Nursery

Applications open – **1 Sept 2020**  
Deadline for applications – **16 Feb 2021**  
Outcome – **7 May 2021**  
Deadline for acceptance – **21 May 2021**

### Reception

Applications open – **1 Sept 2020**  
Deadline for applications – **15 Jan 2021**  
Outcome – **16 Apr 2021**  
Deadline for acceptance – **30 Apr 2021**

**How to apply**  
Apply online directly to  
Tower Hamlets Council at  
**www.eadmissions.org.uk**  
from September 2020.





# Recycling: We can all play our part

## CLEAN & GREEN

By CHRIS HUMPHREYS

Improving the way we recycle was a priority in Tower Hamlets long before 2020, but with so many of us spending more time at home, consuming more and producing more waste, it's now more important than ever before.

We know that many of our residents take recycling seriously – reusing where they can, separating items carefully and putting their waste in the right bin – but we also know we've still got lots of room for improvement.

## Why is recycling so important?

Tower Hamlets is a growing borough. Over the next ten years the population is expected to rise by another 50,000. The number of businesses and people working here is increasing and, as a result, so is the amount of waste being produced.

Disposing of that waste is not only expensive, it's also damaging to our environment. Harmful chemicals and greenhouse gases are released from rubbish sent to landfill. With most UK landfill sites full, often rubbish has to be transported over longer distances to dispose of it, which then has an additional and significant environmental cost.

Recycling much closer to home uses less energy and is far more environmentally friendly.

## What's stopping us?

Making the case for recycling is easy. So why are we still seeing so much waste disposed of in the wrong way?

Some people might just be unsure

These items are ideal for recycling:



These items aren't suitable for recycling and should be disposed of in other ways:



about what can and can't be recycled and we hope the handy guide on this page will help to make that clear. But in Tower Hamlets, like other inner London boroughs, homes also tend to be more compact, with many people living in flats. Residents have told us they often struggle with space to separate out and store their recycling. Others are relying on getting hold of the clear council recycling sacks – something that has been more tricky due to Idea Store

closures in response to Covid-19 – and thinking they can't recycle without them.

## What can you do?

Let's start with the recycling sacks. We provide the clear sacks as we know it helps but there are other options.

If you live in a flat with a communal recycling bin, you can put your recycling in loose. Why not use a cardboard box or other container (such as a supermarket

bag for life) to collect and carry your recycling in before depositing the contents in the bin? Alternatively, if you can find clear sacks in the shops, you can use those in the same way as you would use one of the council sacks. Please don't use dark coloured bin bags – the teams don't know what's in them so it can cause collections to be missed or delayed.

It's also important to know what you can and can't put in your purple recycling bin.



Members of the borough's waste team getting ready for the day ahead

Recycling other household items is easy if you know how.

You can make use of the Reuse and Recycling Centre in Yabsley Street, E14. There you can drop off furniture, electrical items, mattresses and garden waste. If you can't get to Yabsley Street but you've got big items to get rid of, why not make use of our free bulky waste collection service. Visit [www.towerhamlets.gov.uk/bulkywaste](http://www.towerhamlets.gov.uk/bulkywaste) to find out more.

Clothes and textiles can be taken to charity shops or dropped off at clothing banks – we've listed some at [www.towerhamlets.gov.uk/recycling](http://www.towerhamlets.gov.uk/recycling)

Batteries can be recycled at most supermarkets. You can also usually recycle batteries and small electrical items, like kettles and toasters, at Idea Stores. This is currently unavailable due to Covid-19 but we hope to have this offer up and running again soon.



Dizzee Rascal feeling the beats in preparation for his new album E3 AF

# Rapper returns to his roots

Each edition, we focus on a person or place that makes Tower Hamlets so special – celebrating our borough.

## CELEBRATING OUR BOROUGH

By **THOMAS BROWN**

You can take the man out of the East End but you can't take the East End out of the man as we catch up with Bow-born rapper, songwriter and record producer Dizzee Rascal.

It's almost 20 years since he first gained acclaim on London pirate radio on his way to becoming an international music star. Platinum albums, rave reviews and a string of prestigious awards followed as he scooped the Mercury Music Prize for acclaimed debut album *Boy in Da Corner*.

Dizzee, whose real name is Dylan Kwabena Mills, regularly returns to his roots. He recently visited Bygrove Primary School in Poplar during lockdown to help distribute emergency

food parcels to local residents as part of Kitchen Social, a Mayor's Fund for London programme. He donned PPE to support local families and posed for socially distanced pictures as people began to recognise him.

The rapper, who turns 36 this year, said: "I was asked to get involved with the Mayor's Fund and it was a no-brainer. It's nice to go back, although not so much under those circumstances. The school is literally across the road from my first secondary school [Blessed John Roche] and the adventure playground where I used to play so it brought back memories.

"I've moved out of east London but funnily enough I was in Vicky Park the other day to see some friends and I remember playing there as a kid. The area's changed a lot but some places don't so it can feel like a timewarp



Dizzee giving food to a local resident at Bygrove Primary School



“

**I didn't want anything else. I wanted to be the best MC, make the best beats and be around the best crews to jump on my beats. I just wanted to make music.**

sometimes. It feels like home as soon as I'm out the Blackwall Tunnel."

After a tough upbringing following the death of his father, he experienced a rapid rise to stardom with a major label record contract and a string of awards in his teens.

Looking back on his early career, he said: "I didn't want anything else. I wanted to be the best MC, make the best beats and be around the best crews to jump on my beats. I just wanted to make music. There was no plan B.

"My advice would be to know what you want to do and you may have to give your life to it. It's not easy for everyone to do as people have got bills and families."

He struggled to settle at a string of secondary schools but honed his skills after first practising music production on his games console.

"I'd started learning to make beats on a PlayStation game called Music 2000, one of the first sequencers and it went from there.

"The music programme at Blessed John Roche wasn't amazing but I met a lot of MCs and people into garage and drum 'n' bass there. Afterwards I went to St Paul's Way where the music facilities were good and a teacher called Tim Russell got me into using Cubase [music production software] to start programming music and learning about production.

"I was aware that I wasn't really getting on in other classes. When I got to Langdon Park, I knew so much about music that they could put me in the back room where there was a studio. A teacher, Mr Smith, let me just get on with it and make beats."

He's widely regarded as a pioneer of grime music but he says that wasn't his idea. "I didn't put that label on my music but I just got tired of fighting it. I knew early on that my stuff was different in 1999 and 2000 when I was working with Nasty Crew, MC Stormin and Sharky from Newham. The first tune I made with them was called Ready for War and that's when people knew my stuff was different. I was well known on pirate radio stations like Flava FM, Deja Vu and Heat FM.

"One day I was in class at Redbridge College and I asked myself why I was there. I knew I could be in a proper studio doing this so I dropped out and later that year I Luv U came out."

"There was already a big buzz on the streets and across the country on an underground level as we were doing radio sets, raves and making tapes that would get around."

"When I put out I Luv U on my own label, then finally signed to XL and put out an album, it went crazy. I won a Mercury Music Prize but I didn't realise at the time how important that was because it was not really in my sights."

"There were dark times and stuff I couldn't get my head around but because I was so busy, I had tunnel vision moving forward so fast.

"When you blow up like that, if you're not in the studio, you end up travelling around different countries, doing interviews and shows. You travel to places like Japan where they have a different culture, you're used to people jumping around at shows but there they watch your show and you think they're not feeling you when you're performing but they wait for the end of the song and go crazy."

Add in a Brit Award, an Ivor Novello prize, star collaborations and an appearance on the Band Aid 2004 Christmas number one single, the last hit to sell a million physical copies, it's clear to see how the Bow boy is now A list.

Dizzee's new album E3 AF (how he describes himself – E3 African) marks a return to his roots with several star collaborations and the finishing touches made in his newly renovated home studio.

"I've been at home through lockdown and I managed to finish the album in my studio which was built while I was away last year. I'd recorded most of it before lockdown. I started working on it two years ago trying different ideas and I got to a point where the songs were ready to record.

"I've done a lot of the production and worked with different artists and producers. A lot of the songs start with a beat. I meditate and vibe with it, sometimes I'll start flowing with a few words and the rest comes. Sometimes I start with a hook or sometimes it's a verse, I can never plan."

"I wanted to go back to make the best music I can and forget everything else to focus on being an artist and a producer.

"The album is wicked. I'm proper proud and it bangs!"

His seventh studio album features guest appearances from London rappers including East Enders like D Double E, Ghetts and Kano as well as producer Steel Banglez.

"I look out for younger artists and you like their vibe but there can be different politics. When it comes to working with people more from my generation, it's more about who do I think is cold, serious lyricists and writers who bring their A game. It's nice to hear the cream of UK spitters on my beats.

"It's not just a straight up rap album, there are still some more party



Dizzee helping to distribute vital food parcels during the pandemic



Taking time out for a photo with a local family

or mainstream moments and garage influences there. It's going to knock people sideways.

His latest video was shot in Bromley-by-Bow, one of many to be shot in the borough.

"I make albums to express myself and to test myself. What can I do next that I haven't done? Who can I work with and how can I make this work stand out?"

"For this album, I've just focused on

how I am going to make the best music that will give people that excitement and people from my generation are going to go back through the lyrics to hear it again."

E3 AF is out on Friday 9 October. The album cover gives a nod to the borough and, funnily enough, to the council too. It is available to pre-order on vinyl and digital download from [dizeerascal.co.uk](http://dizeerascal.co.uk)

“

**A lot of the songs start with a beat. Sometimes I start with a hook or sometimes it's a verse, I can never plan. I wanted to go back to make the best music I can and forget everything else to focus on being an artist and a producer. The album is wicked. I'm proper proud and it bangs!**



# SME Energy Improvement Grants up to £5,000 available



Tower Hamlets Council is making available grants to support Small & Medium Enterprises (SMEs) to make energy efficiency improvements to their premises. Any project that will lead to a reduction in your energy use will be considered, including the use of renewable energy sources.

Grants can be used to cover up to 50% of the costs of any improvements (up to a maximum of £5,000).

Grants are only available to SMEs whose premises are in Tower Hamlets.

To apply and for further information please visit [www.towerhamlets.gov.uk/energy](http://www.towerhamlets.gov.uk/energy) or email [THEnergy@towerhamlets.gov.uk](mailto:THEnergy@towerhamlets.gov.uk)



## Shop safe. Shop local.



**Keep your distance from those around you.**



**Wear a face covering when instructed to do so.**



**Wash your hands regularly for 20 seconds.**



**Follow NHS advice if you have symptoms.**



**Support businesses close to where you live.**



Diners checking out Brick Lane's new pavement dining

# Pavement dining to give Brick Lane businesses a boost

## JOBS AND ECONOMY

By CHRIS HUMPHREYS

Parts of Brick Lane have been temporarily pedestrianised to provide safe space for restaurant customers to sit outside.

Since Thursday 27 August, sections of the iconic street have been closed to vehicles. It is hoped that the closures, which will last 10 weeks, will be a timely boost for the street's iconic restaurants as they face some of the most challenging trading conditions for a generation.

Mayor Biggs said: "It's great to see East End businesses slowly returning to normal, albeit with the necessary safety guidelines to protect staff and customers. We hope that the offer of outdoor seating, greenery and more space for pedestrians will encourage residents and visitors to support local shops, markets and businesses."

Brick Lane's restaurants have made sure to follow all appropriate Covid-19 safety guidelines since the lifting of the lockdown but visitors have been slow to return.

Under new rules, food businesses can apply for a licence for table service outdoors, which will allow them to welcome more customers in a safe environment. It's hoped the change in layout will see an increase in footfall

and a boost for the area's eclectic mix of restaurants, cafes and shops.

The changes mean that until Thursday 5 November there will be no motor vehicle access on Brick Lane between the following junctions: Chicksand Street and Fashion Street; Fournier Street and Princelet Street; Princelet Street and Hanbury Street; and Buxton Street and Pedley Street.

Access will be retained on the side streets for deliveries and essential services. A temporary one-way system will be in place on Fashion Street,

Fournier Street and Princelet Street to aid the traffic flow.

Councillor Motin Uz-Zaman, Cabinet Member for Work and Economic Growth, said: "Brick Lane is synonymous with great food and drink as well as its popular street art and markets. Local businesses need our support now more than ever and I'm pleased that we're able to make this change."

Any Brick Lane restaurant or café that wishes to apply for an outdoor table licence should email [streetmarkets@towerhamlets.gov.uk](mailto:streetmarkets@towerhamlets.gov.uk)



**It's great to see East End businesses slowly returning to normal, albeit with the necessary safety guidelines to protect staff and customers. We hope that the offer of outdoor seating, greenery and more space for pedestrians will encourage residents and visitors to support local shops, markets and businesses.**

## Deborah's dedication recognised



Deborah Millington

A council officer who volunteered to put her experience of supporting start-up businesses to use as a mentor for the borough's young people has been named London Enterprise Adviser of the Year.

By day, Deborah Millington works with budding entrepreneurs to help them put their ideas into action. Last year, she saw an opportunity to use the knowledge and skills she had developed in that role and signed up to support the London Enterprise Adviser Network's school careers programme in her spare time.

Since then she has worked with students from Canary Wharf College providing them with opportunities to meet real life employers and get a genuine insight into the world of work and the variety of careers that are available.

Deborah was able to put her contacts from her full-time role to good use, connecting students with businesses that she had supported through the council's Start Up Ready and Retail Marketing Ready programmes. She was also able to work with graduates of the Natwest Bank apprenticeship programme to produce a question and answer video to inspire young people at Canary Wharf College.

Volunteer advisers are asked to commit to just one hour per month but many do more than that. A support structure is in place to make the experience a rewarding one and to provide the environment to share ideas and achieve the best outcomes for young people involved.

Deborah said: "I have been part of this programme for less than a year, so it was a welcome surprise to receive this award. Supporting these young people fits well with my work in the enterprise team and it's an experience I've really enjoyed."

"I'm looking forward to next year and a return to more normality. It will be great to build on what we've achieved so far with more tangible support and face to face experiences. Meeting real life employers in person is still such a necessary and important step in young people's exploration of career opportunities and we're looking forward to making that a reality."

If you're interested in volunteering or finding out more about the London Enterprise Adviser Network visit [www.london.gov.uk/LEAN](http://www.london.gov.uk/LEAN)





Sam Jones, Intelligence and Performance Manager, hard at work analysing public health data

# The data crunchers keeping our borough safe

## SPOTLIGHT PUBLIC HEALTH DATA

By HANNAH JOWETT

Meet Sam Jones, the brains behind public health data and intelligence at the council. His number-crunching and data analysis is making sure everything is in check when it comes to Covid-19 cases in the borough.

The council has put together a local outbreak plan, which sets out how we

will work with partners to prevent and manage Covid-19 outbreaks that may occur in the borough. It also looks at how we will manage outbreaks in some of our high-risk settings, including care homes, schools, places of worship and work.

Sam has been in his role as Intelligence and Performance Manager for Public Health for nearly three years now and currently interrogates Public Health England (PHE) data to spot any changes in trends of cases. His vital work means the council can take swift action

to keep transmission rates low, increase awareness of NHS Test and Trace and protect our most vulnerable residents.

Sam said: "We're now in a position where we can look back at the course of the Covid-19 pandemic and learn from our experience of how quickly the virus spreads and how it responds to measures to prevent it being passed from person to person. This, combined with keeping track of local trends every day, means we can put warning systems in place so we can plan for and respond to any future

outbreaks."

Part of Sam's role is knowing which locations in Tower Hamlets and within which groups of people there is a higher risk of transmission and greater impact of infection, so we can take steps to prevent outbreaks in the first place.

To do this, Sam and his colleagues Abi, who works in public health, and Juanita, intelligence and performance, work across the council, NHS partners and PHE to bring together and map all available data from national, London





**We're now in a position where we can look back at the course of the Covid-19 pandemic and learn from our experience of how quickly the virus spreads and how it responds to measures to prevent it being passed from person to person.**

and local sources. They also work closely with GPs and academics based at Queen Mary University of London to get even more detailed local data. Sam's day-to-day role involves collating and analysing this data into a dashboard, so we always have a clear idea of the current situation in the borough.

Sam added: "Having real-time insight on how the pandemic is progressing within the borough means we get an early alert if it looks like cases could be rising. This means we know if we may need to take local action to keep people safe, such as reintroducing some lockdown measures or tailoring local advice."

These alerts are ranked with a traffic light system, where typically green requires no additional measures, amber requires some measures and red would require strong local intervention.

Thanks to our residents' ongoing efforts to prevent the spread of Covid-19, Tower Hamlets has been 'green' against these alerts in recent weeks. However, in line with what we are seeing across London, new cases are on the rise in Tower Hamlets.

As we continue to adapt to a new normal, it is important that we all follow government advice. This includes keeping a safe distance from other

people, practising good hand hygiene, wearing a face covering on public transport, in shops and in other enclosed areas and getting a test and self-isolating if you experience symptoms of Covid-19.

Getting tested is key to prevent the spread of the virus. Sam, Abi and Juanita are able to use data to understand whether we need to do more testing and how well the NHS Test and Trace programme is working in the borough. Rates of testing are compared to other London boroughs and nationally, which helps us to understand whether there are any barriers to residents accessing a test.

We can see from the data that the current rate of testing in Tower Hamlets is relatively low compared to other areas, which is why we're doing everything we can to encourage residents to get tested. The council is currently working to increase local testing capacity so that it's as easy as possible for people to get a test when they need to.

Sam's ongoing efforts mean we have an outstanding surveillance system that we can rapidly respond to as well as giving us a steer on where we need to focus our efforts.

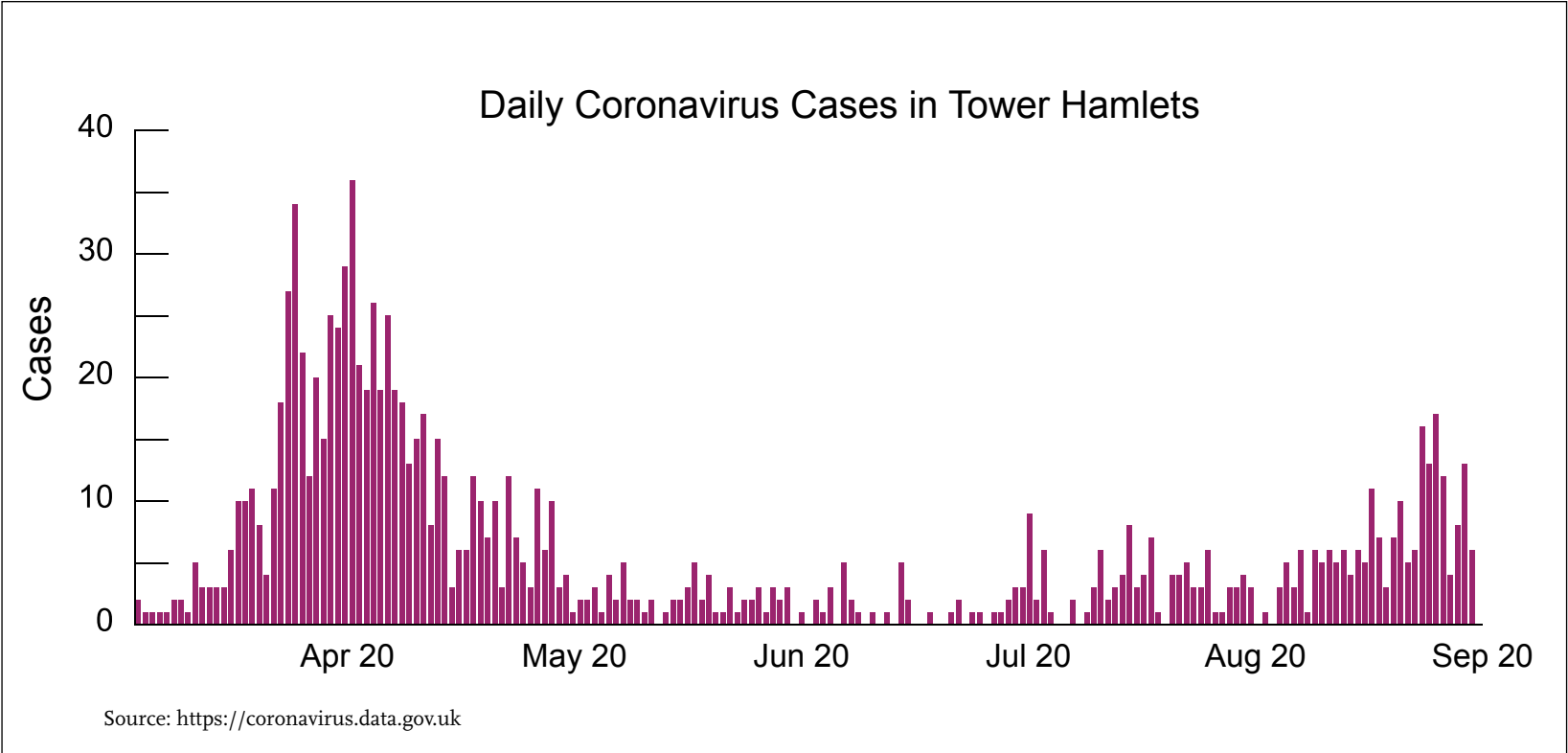
Thanks to Sam and the wider team for helping to keep Tower Hamlets safe!



**Abi Knight, Associate Director of Public Health**



**Juanita Haynes, Senior Intelligence and Performance Manager**



# Fight to tackle drugs continues

## SAFER TOGETHER

By LUCY FORDHAM

Although the pandemic has meant changes to council services, Covid-19 has not stopped our community safety team continuing its vital work. Our enforcement officers together with our CCTV team have remained vigilant in their quest to tackle antisocial behaviour and support police efforts in the fight against drug related crime across the borough.

This joint effort has resulted in two Operation Continuum raids over the past six months. The most recent raids both targeted Mile End, as a result of receiving resident reports on drug dealing and drug taking alongside wider intelligence.

In total, there were 23 arrests for drug supply offences, £20,000 seized – believed to be linked to criminal activity – and large quantities of Class A and B drugs recovered by police.

Mayor Biggs said: “We know that our residents have remained concerned about crime during the pandemic, especially drug dealing and taking, which is why we have continued to work with the police to conduct operations that actively disrupt local drug markets, which are a blight on the community. I am committed to making Tower Hamlets a safer borough, and with the police we will continue to carry out these operations, targeting those intent on breaking the law.”

If you have any information about drug dealing call the police on 101 or report it online by visiting [www.met.police.uk](http://www.met.police.uk)

If you don't want to report a crime to the police, you can do so anonymously through Crimestoppers on 0800 555 111 or by visiting [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

## Action against ASB and car bars

Throughout August, residents in Bethnal Green reported repeated episodes of antisocial behaviour (ASB) in and around the Boundary Estate. Residents were being kept awake by ‘car bars’ (cars where large groups of people gather after bars have closed, listen to music and party), late at night and throughout the weekend.

Our enforcement officers, council funded police officers and the police began conducting joint patrols of the area to enforce against those involved in antisocial behaviour, including:

urination; use of nitrous oxide and other drugs; littering; public disorder; and violence.

A number of fines have been issued – for urination totalling over £2,000, 169 parking tickets valued at over £10,000 and £300 worth of fines for the use of cannabis. A number of car bars, which were disturbing local residents, were also closed down by police.

Ongoing patrols will continue. Sign up for regular community safety news at [www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)

SAFER  
TOGETHER



## We're cracking down on drug dealing Operation Continuum

Tower Hamlets Council is working with police partners to crack down on drug dealing and make neighbourhoods cleaner and safer. We've conducted five operations this year which have resulted in:

54



total arrests

53



people charged and remanded in custody with 138 drug supply charges

£315k



in cash seized under the Proceeds of Crime Act

45



warrants executed

10



dangerous weapons recovered including one firearm

39



Community Behaviour Orders applied for in court to last 5 years post convictions

1



cannabis café shut down with drugs, cash and weapons seized



Large quantities of Class A and Class B drugs (cannabis) seized

84



high visibility weapon sweeps conducted in drug dealing hotspots

[www.towerhamlets.gov.uk/OperationContinuum](http://www.towerhamlets.gov.uk/OperationContinuum)



We know that our residents have remained concerned about crime during the pandemic, especially drug dealing and taking, which is why we have continued to work with the police to conduct operations that actively disrupt local drug markets, which are a blight on the community.



Police on patrol



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- Build confidence

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nearest Children's Centre.**

**To apply visit [www.towerhamlets.gov.uk/earlylearning](http://www.towerhamlets.gov.uk/earlylearning)**



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**Available for  
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For more information, please visit  
[www.towerhamlets.gov.uk/earlylearning](http://www.towerhamlets.gov.uk/earlylearning)

HMRC helpline 0300 123 4097



# Columbia Market Nursery School

Columbia Road, London, E2 7PG

**extended day**  
breakfast club 8.15-9.15  
after school club 3.15-5.45  
holiday club 8.30-5.30

Pupils' personal development and  
welfare is outstanding  
The curriculum is relevant and exciting  
**OFSTED**



Columbia Market is an exceptional place which inspires children to learn. Our **outstanding** nursery has free full-time and part-time places available for two, three and four year olds.

**to contact us**  
call 0207 739 4518 or email [admin@columbiamarket.towerhamlets.sch.uk](mailto:admin@columbiamarket.towerhamlets.sch.uk)



# Free boiler upgrades for home owners

Tower Hamlets Council has re-launched its award winning Boiler Replacement Programme, a free scheme to replace old and inefficient gas boilers.

If you have a boiler changed through the Programme, you may also be eligible for replacing faulty radiators, old heating controls, draught proofing and insulation.

To qualify you must be in receipt of a qualifying benefit and live in a property you own or with a family member who owns and also lives at the property. The existing boiler will also need to be checked for eligibility.



**0800 508 8364**  
[www.towerhamlets.gov.uk/energy](http://www.towerhamlets.gov.uk/energy)

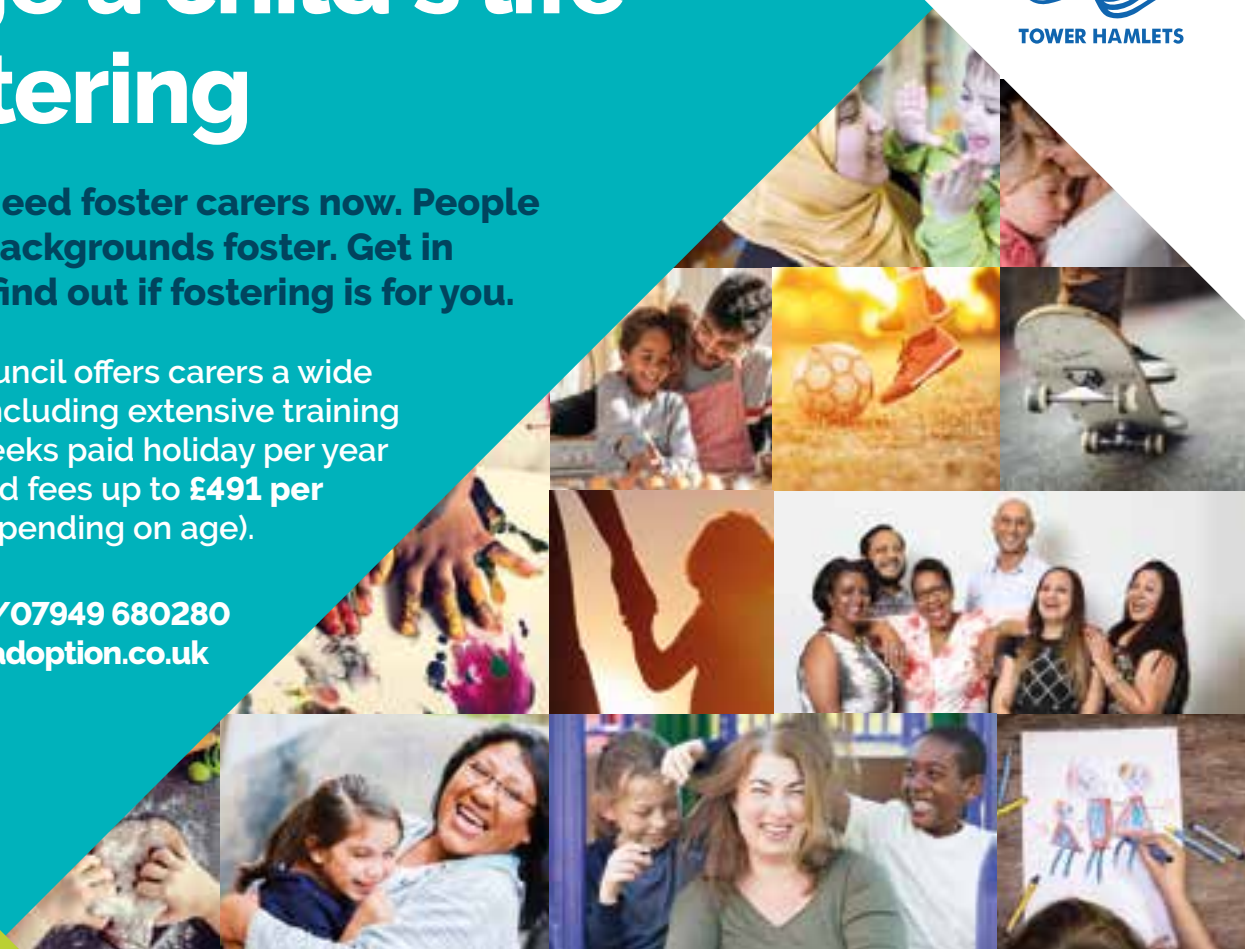
## Change a child's life by fostering

**Local children need foster carers now. People of all different backgrounds foster. Get in touch now and find out if fostering is for you.**

Tower Hamlets Council offers carers a wide range of support including extensive training opportunities, 2 weeks paid holiday per year and allowances and fees up to **£491 per week** (per child depending on age).

Call **07535 684063 / 07949 680280**  
[www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

We can start the fostering process virtually to ensure your safety





# Car park makes way for brand new council homes

## HOUSING

By CHRIS HUMPHREYS

A former car park that was once a magnet for antisocial behaviour has been transformed into 24 new council homes in Stepney Green.

Levitas House, in Jubilee Street, is the latest development to be completed as part of our pledge to deliver 2,000 new council homes. It is the first of three sites due to be completed this summer,



**These properties will have a transformational impact on the lives of those who move in and they are also a very fitting tribute to honour the memory of Max Levitas.**

providing 77 new council homes between them.

The new development is named after the late Max Levitas, the veteran anti-fascist campaigner who took part in the Battle of Cable Street and died, aged 103, in 2018. He was a hero of the East End and lived in Tower Hamlets for much of his long life.

Mayor Biggs said: "I'm delighted we've delivered these new council homes which will provide much needed housing to people on our waiting list. They are part of our programme to deliver 2,000 new council homes and help our residents who are bearing the brunt of the housing crisis. These properties will have a transformational impact on the lives of those who move in and they are also a very fitting tribute to honour the memory of Max Levitas."

Levitas House will be managed by Tower Hamlets Homes. It will include larger flats that are suitable for families, each with its own outdoor space. Two of the flats have been designed specifically for families with disabilities and include wider hallways, space for wheelchairs, bespoke showers with safety equipment, light switches lower down the wall among other adaptations.

This is part of Project 120, a council initiative that brings together occupational health specialists with the housing team and the architects to make sure 10 per cent of the new council homes being built are designed to meet



Cllr Islam and Mayor Biggs at Levitas House

the specific needs of residents with disabilities.

The building boasts a very large play area with a climbing frame, swings, seesaws and trampolines as well as a sizeable open area. While it was built as part of the development and can be accessed directly from Levitas House,

the playground can also be accessed separately for nearby residents to enjoy.

As part of the council's local lettings plan, 25 per cent of the new homes will be allocated to residents of the surrounding estate who were on the housing register and in need of more suitable housing.

## Flat fire tragedy prevented by fire safety work



The damage caused by the fire in a Sidney Street property

Destruction caused by a seventh-floor kitchen blaze at a property in Whitechapel could have been much worse had it not been for a warning from our diligent housing officers less than a year earlier.

Firefighters were called to a fire where they found the kitchen in flames. The fire, believed to have been started by an electrical fault in the fridge freezer, caused considerable damage to the kitchen but did not spread further into the property. Crucially, the three tenants were able to escape without injuries.

In September 2019, our officers instructed the landlord of this property to install a proper fire door and fire detection system. Thankfully, this happened and a couple of months later the landlord was accepted onto the borough's selective licensing scheme. The actions of both our officers and the landlord meant that the fire was contained and tragedy avoided.

Councillor Sirajul Islam, Deputy Mayor and Cabinet Member for Housing, said: "This shows the very real impact that our work behind the scenes can have on the lives of our residents. Without the crucial

intervention of our housing officers, this incident could have had disastrous consequences.

"The licensing process is safe and regulated. It's there to protect managing agents and tenants alike in different ways. Our work with landlords, their representatives and those living in these properties is essential if we are to achieve our goal of raising safety standards right across the private rented sector."

The selective licensing scheme, which has been in force since 2016, covers all privately rented properties in a set area. It also includes smaller houses in multiple occupation that are occupied by three or four people living as two or more separate households who share facilities. Throughout September and in early October, we will be consulting on whether to renew the scheme for a further five years from September 2021.

Residents, landlords and other interested businesses will be encouraged to have their say on the proposals online by visiting [talk.towerhamlets.gov.uk/selectivelicensing](http://talk.towerhamlets.gov.uk/selectivelicensing)





Hamish Mackie's dramatic bronze sculpture of six horses at Goodman's Fields (3)

# Trotting around the borough

**Graham Barker** explores the changing landscapes around Goodman's Fields and London Dock. Photos by **Kois Miah**.

## WALK LOCATION

There are glimpses of industrial heritage on this walk around Aldgate and St Katharine Docks, as you witness how a former railway goods yard, warehouses and docks have been transformed to meet modern day needs for housing and leisure.

Above Aldgate East tube station the streetscape has changed dramatically over recent years. Residential towers have sprouted up promising luxury high-rise living on the City fringes. The Relay Building

Continued on page 23

Start:	Finish:	Distance:	Allow:
Aldgate East tube	Aldgate East tube	2.6 Miles	90 minutes



(1) Former Eastern Dispensary

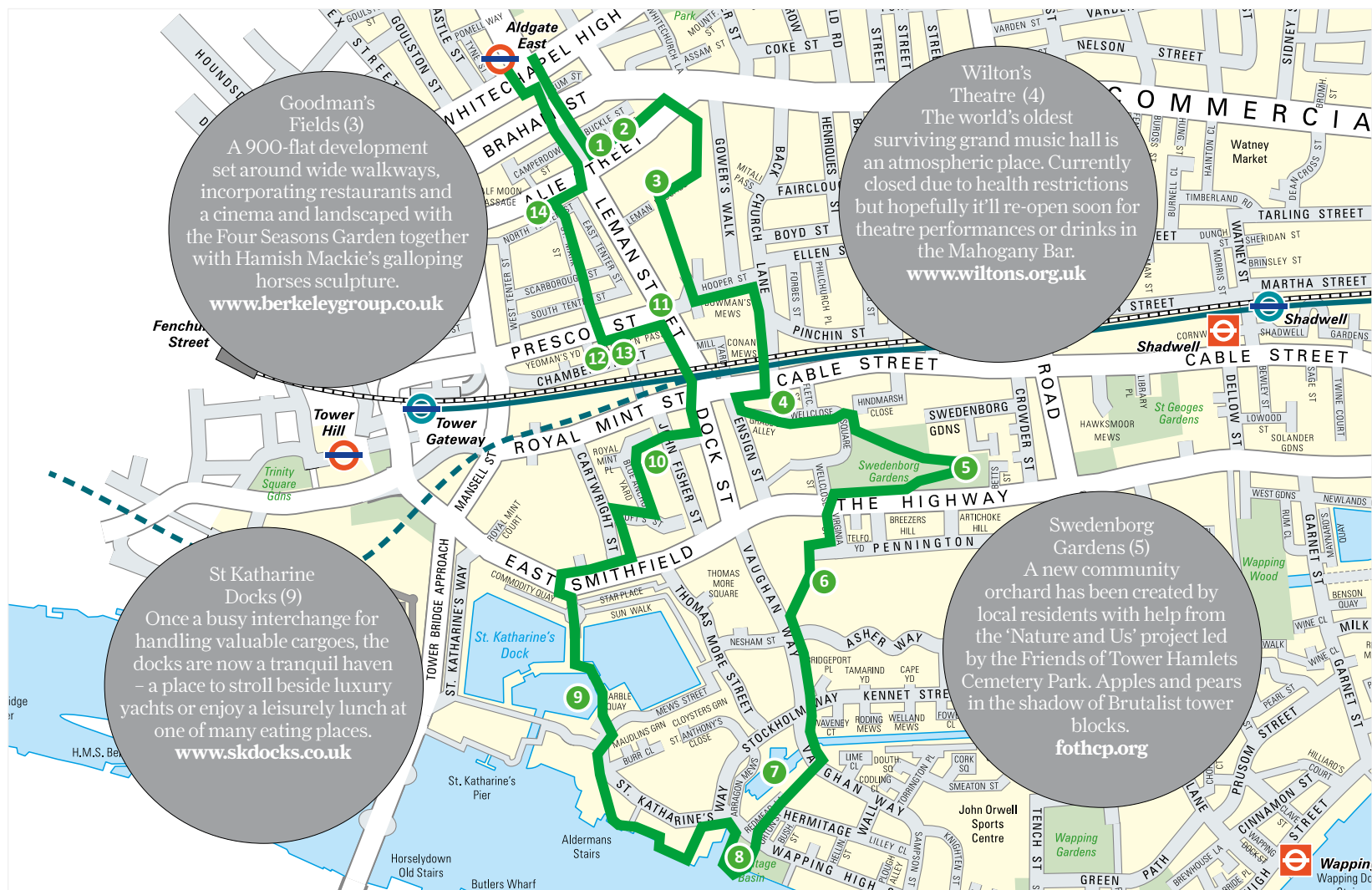


(2) Chaucer Gardens



(3-4) Hooper Street Pump House





spikes upwards with an angled corner fin and – as you set off down Leman Street – Aldgate Place and Altitude form a canyon of skyscrapers.

In contrast, the former Eastern Dispensary (1) wouldn't look amiss on Pall Mall with its stone quoins and pediments. Rebuilt in 1858 – “supported by voluntary contributions” – it provided free healthcare to East Enders in need.

Tucked along Alie Street, St George's German Lutheran Church (2) was established by wealthy German sugar refiners in 1762, at a time when this area was known as ‘Little Germany’. Today, it's home to the Historic Chapels Trust.

As Alie Street ends there are views to Hult International Business School occupying the former St George's Brewery. Don't cross, however, but

turn right alongside Meranti House. It opens out into Chaucer Gardens with exercise areas, a porthole wall and four filigree arches. You're now in Goodman's Fields (3), a recently completed 900-flat development.

Goodman's Fields occupies the footprint of the London, Tilbury and Southend Railway goods yard. Prior to that, farmer Roland Goodman owned pastures nearby. Rumour has it that some escaped horses dashed unbridled through the neighbourhood, which inspired Hamish Mackie's dramatic sculpture of six bronze horses galloping through water.

Café-bars are clustered around – some with outside seating – alongside a Curzon cinema. Heading south, the Four Seasons Garden provides an oasis,

landscaped by Murdoch Wickham. Nip through the metallic gates – cut into decorative swirls – to enjoy the waterfalls and lily ponds.

Continue to Hooper Street Pump House, which once powered hydraulic cranes and hoists in the goods yard, and then to Back Church Lane, formerly lined with Browne & Eagle's Woolhouse and Kinloch's wine and spirits warehouse.

At Pinchin Street you'll see the truncated viaduct that once curved into the goods yard. You emerge into Cable Street, which took its name from ships' cables or ropes, made to fit out ships on the Thames. These days Cycle Super Highway 3 runs along its length, popular with cyclists.

Cross carefully and head into Ensign Street. The street name echoes its nautical

connections – Reverend George ‘Bosun’ Smith set up the Brunswick Maritime Establishment here to accommodate a thousand sailors in double-tier cabins.

Fork left into Grace's Alley. Wilton's Music Hall (4), the world's oldest surviving grand music hall, has a remarkable story – as an alehouse, music hall and Methodist mission – before being revived as a theatre. A few steps on, St Paul's Whitechapel Primary School is crowned by a ship-shaped weathervane.

Continue through Swedenborg Gardens (5) in the shadow of three Brutalist tower blocks. Recently given a boost from the Friends of Tower Hamlets Cemetery Park's ‘Nature and Us’ project, the area includes a short woodland walk, children's playground



(4) Wilton's Music Hall



(5) Urban orchards at Swedenborg Gardens



(6) Pennington Street warehouses





**(6) Fountains at Gauging Yard**

and new urban orchard carefully tended by local residents.

A chipped granite plinth commemorates the first Swedish church in London which stood here from 1728 to 1921. The theologian and polymath Emanuel Swedenborg is quoted on a nearby tree planter: "True charity is the desire to be useful to others without thought of recompense."

Retrace a few steps and veer left towards the Highway. It's incredibly busy – so cross using the traffic island towards Telford's Yard, which was built in 1882 as Gooch's warehouse with storage capacity for 30,000 bales of wool.

Slope down Virginia Street to the London Dock development (6). St George is currently redeveloping the former News International site – dubbed 'Fortress Wapping' during the 1986 printworkers' strike – to create 1,800 new homes, as well as a 300-metre run of shops and cafés filling the 1804 Pennington Street warehouses.

Step up into Gauging Yard where fountains dance to the delight of young children. The square's name harks back to London Dock officials gauging the quality of wine and spirits arriving here. Pavement panels set out a plethora of other cargoes you might have seen, from tortoise shells to tobacco, potash to prunes.

Opened in 1805, London Dock comprised some 30 acres of interconnected docks, canals, basins and warehousing. There's little of the dock to see these days – after closure in 1968

they were largely in-filled – but history panels set the scene with old photos and text from Henry Mayhew and John Masefield.

Out on Vaughan Way, head past a lovingly tended community garden to reach Hermitage Basin (7). The basin served as the western entrance to London Dock. These days it flourishes with water lilies, framed by sculptor Wendy Taylor's upstanding bronze rope circle. Look closely to spot a pair of circling bronze fish created by the sculptor Jonesy.

Across Wapping High Street, Hermitage Riverside Memorial Garden (8) features a cut-out dove of peace commemorating World War II civilian casualties. Alongside, a rose garden remembers murdered MP, Jo Cox, who lived at the Hermitage Community Moorings – a cooperative of Thames barges, Medway coasters and other heritage vessels. The depth gauge in the side channel – inscribed to XXIII (23) feet – helped boats manage their entry into the basin.

After leaving the gardens, follow the Thames Path beside Riviera Court. The view opens out across to Butler's Wharf grocery warehouses and the former Courage's Anchor Brewhouse, topped with a chimney. There are spectacular views too of Tower Bridge, an iconic feature of London's skyline since 1894.

Back on St Katharine's Way, continue past HMS President – a 'stone frigate' Royal Naval Reserve base – and out to St Katharine Docks (9). Opened in 1827, these docks were once a busy



**(8) Hermitage Community Moorings**

interchange, handling imports of tea, spices and wine. Granite blocks sculpted by Paula Haughney depict cargoes of exotic birds and oriental carpets.

Despite appearances, the Dickens Inn didn't always stand here. In the 1970s developer Taylor Woodrow discovered the timber frame – possibly part of an old brewery – and relocated it to create the pub you see today, resplendent with flowering baskets.

Cross the footbridge to Ivory House, where restaurants hum with waterside diners. Nip through the archway and slope up through the gateway topped by elephants, to cross East Smithfield at the lights.

You escape the traffic in Cartwright Street. Slope down through Royal Mint Green towards the Peabody Estate (10). Built in 1881, it's one of many social housing developments funded by banker-philanthropist George Peabody. Look out for the traditional "no hawkers, canvassers, street musicians" sign.

Block K was bombed in the 1940 Blitz – a plaque on John Fisher Street commemorates the 66 residents and 12 visitors who perished. In its footprint, a RIBA award-winning block complements the Victorian architecture.

Out on Dock Street, St Paul's Church – now a nursery – was once a seamen's chapel. And beyond the Wombat's backpackers' hostel a red plaque commemorates the 1936 Battle of Cable Street when locals rallied to prevent Oswald Mosley's fascist Blackshirts from marching through.

Beyond the railway viaducts you emerge back into Leman Street. The former Co-operative Wholesale Society offices and warehouses (11) – built in 1887 – rise up, crowned by a clock tower. Be sure to look at number 1 Prescott Street, textured with slender red bricks and green pantiles in the Amsterdam School architectural style. It was another Co-op building, symbolised by the hand-shaking couple and beehive above the doorway.

A few steps along, the Princess of Prussia (12) has a beautifully preserved Truman's façade, emblazoned with offers of 'Stout, Porter and Burton-Brewed Pale & Old Ales'. Café Spice Namaste (13) next door – run by television chef Cyrus Todiwala – occupies the former Whitechapel County Court, built in a polychrome Palazzo style in 1858.

Along St Mark's Street, English Martyrs Roman Catholic Primary School stands on old tenter grounds – where newly-made cloth was stretched while wet onto frames called tenters to dry flat and square. It's from this technique the phrase 'being on tenterhooks' arose.

Just beyond North Tenter Street you pass east London's oldest Indian restaurant – Halal Restaurant (14) – established in 1939 as part of a hostel for Indian merchant seamen. These days it's popular with City workers and locals alike.

From here, you're soon back at the Eastern Dispensary and so to Aldgate East tube station, the end of your walk.



**(7) Hermitage Basin - bronze fish by Jonesy**



**(9) 51 Butler's Wharf**



**(14) East London's oldest Indian restaurant**



# Do you have an idea for a New Social Enterprise but need funding to set up?

## Applications are open for the Investec Beyond Business social enterprise start-up funding

The Investec Beyond Business Programme is keen to support new and emerging social business ideas, many of which may have been conceived during the coronavirus crisis; helping people adapt to a changing and challenging world. Applications are welcomed from across Tower Hamlets, Hackney and Newham.

### What is the Investec Beyond Business Programme?

Investec Beyond Business has already launched nearly 50 social enterprises in the East End and provides:

- Start-up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

### Find out more

To find out more about eligibility for a start-up grant of up to £20,000 visit our website [bit.ly/InvestecBeyondBusiness](https://bit.ly/InvestecBeyondBusiness)

You can download our Expression of Interest form on our website. Please return your Expression of Interest form with the Application Explanatory note e-signed.

The closing date for Submission of Expressions of Interest is **5pm 30th October 2020**.

For more information about the programme please contact

Kim Hayman - E: [kim.hayman@bbbc.org.uk](mailto:kim.hayman@bbbc.org.uk) / M: 07706 687671



FREE WORKSHOPS  
FOR YOUNG PEOPLE



## ONLINE MUSIC AND MEDIA WORKSHOPS FOR YOUNG PEOPLE AGED 12-19

# RE:CHARGE MUSIC

### COMMUNITY MUSIC'S NEW YOUTH PROGRAMME

Re:Charge Music is a platform to help young people be creative in music and the media

We aim to provide a safe online, welcoming space where young people can explore music making opportunities available to them, build self-esteem and ambition, and develop a passion for music.

Young people are able to develop skills in various areas of music and media and we will be delivering online workshops and music activities to help young people learn to be creative and develop new skills.

Sign up for **FREE** now at [www.cmsounds.com/course](https://www.cmsounds.com/course) or you can contact [everyone@cmsounds.com](mailto:everyone@cmsounds.com) for further information.

Our partners include London Borough of Tower Hamlets, Tower Hamlets Arts, Youth Music, Children in Need, Arts Council, VIP Studio Sessions, Mintel and Mayor Brown to name just a few.



# Having a staycation?

## Visit the tourist hotspots on your doorstep!

By **CARMEN HURST**

We're lucky to host some of London's best and most visited destinations right here in Tower Hamlets. Holidays, certainly abroad, are much more difficult than usual at the moment. While some people are taking the chance to see more of the UK, others are enjoying their leave at home.

So if you're taking a break but staying local, why not check out the locations that are right here in the borough? Having popular tourist spots close by can often mean

taking them for granted, or avoiding crowds, but now really is the perfect time!

This year has been tough on everyone, including our local businesses and attractions. If you're heading out and about, please keep Tower Hamlets traders in mind – shop safe and shop local to show your support while protecting your community. Follow Covid-19 precautions and guidelines at each venue, as well as making sure you keep your distance from other people, wash your hands regularly and wear a face covering when required.



### Tour the historic Tower of London

The iconic royal palace is the number one attraction for London on Tripadvisor and is the jewel in our borough's crown. You can explore this 1000 year old fortress site Wednesday – Sunday each week, and take up the rare opportunity to see the tower without the usual crowds. All public outdoor areas of the tower are open, as well as the Crown Jewels, South Battlements, Medieval Palace, Bloody Tower, Torture at the Tower exhibition and some floors of the White Tower. Other buildings remain closed.

Visit [www.hrp.org.uk/tower-of-london](http://www.hrp.org.uk/tower-of-london)



### Go to great heights at Tower Bridge

It's London's defining landmark and the second top attraction for our great city on Tripadvisor! From high-level walkways, take in stunning panoramic views and experience the thrill of the glass floor. Then, soak in the atmosphere of the magnificent Victorian Engine Rooms, where you can find out the stories behind the architecture, the engineering and the people that built Tower Bridge – your local landmark. On top of all that, Tower Hamlets residents can discover the historic bridge with a special community ticket for just £1.

Visit [www.towerbridge.org.uk](http://www.towerbridge.org.uk)



### Check out St Katharine Docks and Marina

A prestigious landmark with rich history, beautiful views and plenty of excitement, why not visit St Katharine Docks and Marina for a stroll along the decks (check out our walk on page 22). From there, you can admire the boats moored in central London's only marina, before having a bite to eat in this incredibly picturesque location. There's a delicious range of restaurants and spots to stop for a drink, with something to suit various tastes and budgets. This relaxing yet glamorous destination lies on the north bank of the Thames.

Visit [www.skdocks.co.uk](http://www.skdocks.co.uk)



### Wander through Spitalfields Market

Spitalfields Market is also back and operating with strict safety measures in place to help protect market traders, visitors and residents. From markets to shops, art galleries and endless food and drink options, this City-fringe destination is home to contemporary brands and innovative street food independents, all set against the backdrop of London's world-famous city skyline. There's something for everyone at this vibrant, quirky and charming East End attraction.

Visit [www.spitalfields.co.uk](http://www.spitalfields.co.uk)





## Admire the blooms on Columbia Road

For a blooming brilliant Sunday outing, look no further! Columbia Road is a much-loved destination for tourists and Londoners alike and is right on our doorstep in the East End. On Sundays, the street is transformed into an oasis

of foliage and flowers. You can simply walk through and admire the florals on offer or pick up a bargain to brighten your home for the week ahead. The street is also filled with an impressive range of independent shops, small art galleries and pubs, cafés and restaurants. What are you waiting for?

Visit [www.columbiaroad.info](http://www.columbiaroad.info)



## Grab a curry in Brick Lane

As a hub of London's Bangladeshi community, Brick Lane has always been famed for its many authentic curry restaurants. In the past, it's been a home to French Huguenot and Jewish immigrants. More recently, it's gained a reputation for edgy exhibitions and galleries, trendy bars, vintage shops, eye-catching street art and more! We've temporarily pedestrianised parts of the road so it's a great time to enjoy the cobbled street and soak up this vibrant east London destination and indulge in a world famous curry. The pedestrian areas are designed to help with safe social distancing and providing al fresco dining for our local restaurants. During September, a selection of restaurants, cafés and bars are offering their own version of the 'Eat Out to Help Out' offer. Made possible through a partnership with Cobra Beer, you can claim up to £10 off your bill per person (on food only) at a handful of participating venues in Tower Hamlets, including Brick Lane. Find a restaurant near you, or if you're a business owner, sign up your establishment and take part.

Visit [www.cobraeatoutpromotion.com](http://www.cobraeatoutpromotion.com)



## Browse and shop at our markets

No other London borough has such a choice of vibrant, diverse and contrasting street markets. Each one is an open space event that gives you a genuine taste and flavour of east London. In addition to Brick Lane and Columbia Road, visit a host of proper and historic East End markets and snap up a bargain at:

- Petticoat Lane Market (Sun)
- Petticoat Lane Street Food (Mon - Fri)
- Whitechapel Market (Mon - Sat)
- Chriss Street Market (Mon - Sat)
- Roman Road Market (Tues, Thurs, Sat)
- Roman Road Square Market (Mon - Sat)
- Watney Market (Mon - Sat)
- Bethnal Green Market (Mon - Sat)

You'll find fashion, fabrics, fresh fruit and exotic vegetables, along with spices, street food, household items and more.

Visit [www.towerhamlets.gov.uk/markets](http://www.towerhamlets.gov.uk/markets)



## Arts and crafts

### London Mural Festival



**Camille Walala, internationally renowned artist**

The art festival features over 150 global artists painting over 40 large scale walls across the capital. One highlight is by internationally renowned artist, Camille Walala, who is transforming Adams Plaza Bridge, wrapping it in enchanting geometric shapes and every aspect of the colour wheel. Walala is using the long perspective of the tunnel-like bridge as a canvas to create a distorted effect with two different moods as visitors pass through. After the festival, the mural will remain a permanent feature.

**Until Weds 30 September**

Adams Plaza Bridge, Canary Wharf  
Visit [www.londonmurfestival.com](http://www.londonmurfestival.com)

### Unity

A free fun day of creative and wellbeing workshops showcasing local black-owned businesses and entrepreneurs in Tower Hamlets and the wider London area. From make

your own bath bomb to poetry and craft, there's a lot to get involved in throughout the day.

**Sat 24 October (11am - 4pm)**

St Margaret's House, 21 Old Ford Road, Bethnal Green E2 9PL  
Booking is essential.

Visit [www.stmargarethouse.org.uk/whats-on](http://www.stmargarethouse.org.uk/whats-on)

## Exhibitions

### Our Beautiful Tower Hamlets

Art 4u2 is a local group of artists led by tutor Virginia Hawke, who meet to paint, draw and sketch all over Tower Hamlets before developing sketches in the studio into finished works of art. This exhibition is the culmination of a year's work which celebrates the borough by the artists who live, work or study here. Depictions range from the details of trees in our parks to floral displays of Tower Hamlets in bloom as well as history, architecture or stunning views of the Thames, all with a multitude of colours and textures.

**Until Fri 25 September (10am - 4pm)**

Brady Arts and Community Centre, 192 - 196 Hanbury Street, Whitechapel E1 5HU

Visitors need to provide their details on entry for Covid-19 tracing purposes. Booking required. Call 020 7364 7928 or email [stuart.grey@towerhamlets.gov.uk](mailto:stuart.grey@towerhamlets.gov.uk)

### Urban Makers

Visit the physical markets of a number of talented and mainly east London based practitioners and their beautiful hand-crafted goods for sale. They range from soft textiles to ceramics, jewellery to toys.

**Sat 17 - Sun 18 October**

**Sat 12 - Sun 13 December**

The Art Pavilion, Mile End Park, Clinton Road, London E3 4QY



**York Hall by artist Kay Kante at Our Beautiful Tower Hamlets exhibition**



**Mile End Arts Pavilion**

and their empowering connection and there will be an array of performances, live music, life drawing and workshops.

**Thurs 5 - Sun 12 November**

The Art Pavilion, Mile End Park, Clinton Road, London E3 4QY

### Festival of Print

This annual celebration is curated by east London printmakers to showcase exciting, new work by a multitude of artists featuring a variety of printmaking techniques, including etching, woodcuts, screenprints, collagraphs and more.

**Thurs 19 - Sun 29 November**

The Art Pavilion, Mile End Park, Clinton Road, London E3 4QY

### Eco Feminism: Exhibition Utopia

Exhibition Utopia returns to the Art Pavilion, where it was originally planned for March. The exhibition will be a mixed-media show featuring drawing, painting, photography, printmaking and more to explore climate change and ecology. The festival celebrates nature, women

### Essential School of Painting

Paint is set to be the order of the day when the Essential School of Painting will be taking over the Art Pavilion to display work by students on a range of courses that demonstrates



**Paintings of Tower Hamlets Cemetary Park by artist Mira Connolly at Our Beautiful Tower Hamlets exhibition**



the versatility of the medium and the varied techniques achieved.

**Thurs 5 - Sun 13 December**

The Art Pavilion, Mile End Park, Clinton Road, London E3 4QY



A Bronze Age axe head from the Havering Hoard

## Havering Hoard: A Bronze Age Mystery

London's largest ever Bronze Age hoard will go on display to the public for the very first time. Visitors will have the chance to dig deep and unearth the intriguing mystery of 453 bronze objects, dating between c.900 and c.800 BC. Consisting of weapons, tools and other unusual objects, this internationally significant find was uncovered during a planned archaeological investigation in Havering towards the end of 2018. Its deliberate placement and close proximity to the Thames raises a number of questions around who buried the hoard, for what reason and why it was never recovered.

**Until Sun 18 April 2021**

Museum of London Docklands, West India Quay, Hertsmere Road E14 4AL  
Visit [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk)

## Virtual tours and talks

### The Matchgirls strike of 1888



Matchgirl Sarah Chapman

The strike brought the women and girls working in a factory in Bow to national attention. Sam Johnson will discuss how she discovered the involvement of her great-grandmother, Sarah Chapman, one of the workers at the factory and

a resident of Stepney. Join Tower Hamlets Local History Library and Archives for this inspirational tale of bringing an unsung heroine to light.  
**Thurs 17 September (5pm - 6.30pm)**  
Booking is required. Email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk) or visit [www.ideastore.co.uk/local-history](http://www.ideastore.co.uk/local-history)

## Radical Housing

Join our outreach team to explore our collection of images relating to the housing estates in Tower Hamlets. We will go from iconic estates, to lesser known estates more personal to the team and encourage you to come along with your East End stories and reflections.

**Thurs 24 September (5pm - 6.30pm)**

Booking is required. Email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk) or visit [www.ideastore.co.uk/local-history](http://www.ideastore.co.uk/local-history)

## The legacy of THACMO

Join Tower Hamlets African and Caribbean Mental Health Organisation (THACMO) leader, Harry Cumberbatch, to discuss the legacy of the organisation's work illustrated by materials from its collection, soon to be deposited at Tower Hamlets Local History Library and Archives.

**Thurs 8 October (5pm - 6.30pm)**

Booking is required. Email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk) or visit [www.ideastore.co.uk/local-history](http://www.ideastore.co.uk/local-history)

## Black presence in Tower Hamlets

Join this interactive session exploring images, cuttings and archive collections relating to the presence of African and Caribbean people in Tower Hamlets throughout the centuries - reflecting Britain's imperial past and maritime history, in addition to the country's involvement in the transatlantic slave trade.

**Thurs 22 October (5pm - 6.30pm)**

Booking is required. Email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk) or visit [www.ideastore.co.uk/local-history](http://www.ideastore.co.uk/local-history)

## Festivals and fun days

### Totally Thames

River Thames festival Totally Thames has reimaged itself for 2020, curating a brilliant array of online and physical events taking place this September. With live-streamed concerts, boat trips, and walking tours, there's a varied and accessible programme with several exciting events taking place in Tower Hamlets. Highlights include: Humans Make Plastic, an eco-conscious look

at the impact of plastic pollution in water; and the Timeless Thames Music Night, an evening onboard the Steamship PS complete with live music, spoken word and sea shanties.  
**Until Weds 30 Sept**  
Visit [www.thamesfestivaltrust.org](http://www.thamesfestivaltrust.org)

## Fun Palaces 2020

A free afternoon of activities including music, arts, crafts, food, theatre and more. Built for and by the community.  
**Sat 3 October (12 noon - 3pm)**  
St Margaret's House, 21 Old Ford Road, Bethnal Green E2 9PL  
One-hour slots are available to book throughout the afternoon.  
Visit [www.Stmargarethouse.org.uk/whats-on](http://www.Stmargarethouse.org.uk/whats-on)

## Black History Month

October marks Black History Month and in this unusual year, the council and community organisations are set to host a programme of online activities celebrating art, culture and history. We have already been asking residents to share their photographs of black history, arts and culture, including major events of 2020 for an online exhibition. Throughout the month, you will be able to take a tour of the virtual gallery and get a fantastic snapshot of your responses.

**October**

Visit [www.towerhamlets.gov.uk/blackhistorymonth](http://www.towerhamlets.gov.uk/blackhistorymonth)

## A Season of Bangla Drama

In 2020, the festival celebrates its eighteenth year by going online over 10 nights with the theme of '18 coming of age'. Aimed at the Bangladeshi diaspora community, digital performances (live-streamed and pre-recorded), discussions and workshops will take place. There will also be a new, social media based, international writing project with young people in both the UK and Bangladesh.

**Thurs 12 - Sat 21 November**

Visit [www.towerhamletsarts.org.uk](http://www.towerhamletsarts.org.uk)

## Theatre

### Living with the Lights On

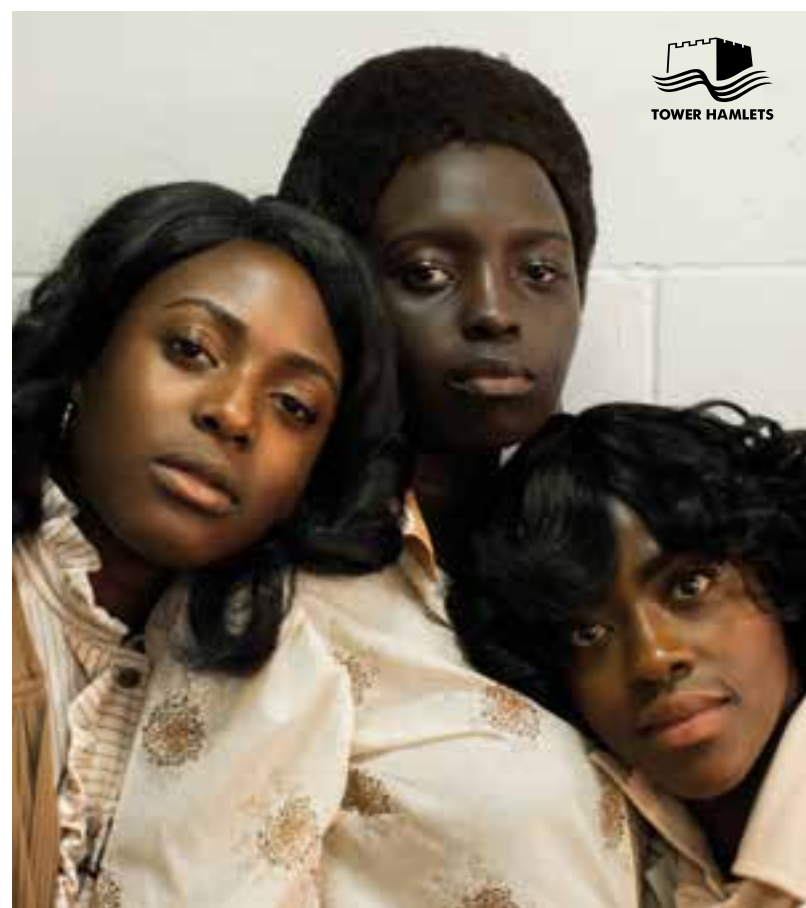
A one-man show, written and performed by Royal Shakespeare Company actor Mark Lockyer, on his experiences surviving and living with bipolar disorder. Go on a moving and often absurdly hilarious journey with Mark through relationship breakdowns, encounters with the justice and the mental health system.

**Tues 6, Thurs 8, Sat 10 October (7.30pm)**

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

Price £13/£10 concessions

Visit [www.Stmargarethouse.org.uk/whats-on](http://www.Stmargarethouse.org.uk/whats-on)



© Hussina Raja

**BLACK HISTORY MONTH**

**OCTOBER 2020**

Celebrating arts, culture and history with an online programme and exhibition.

Twitter: @Thevents #THBHM Facebook: TowerHamletsEvents

[www.towerhamlets.gov.uk/blackhistorymonth](http://www.towerhamlets.gov.uk/blackhistorymonth)





Emdad with David Eddington, TfL's Head of Cycle Hire, on the tenth anniversary of the cycle scheme

# Recognition for borough's super volunteer

## COMMUNITY NEWS

By **JESSICA ODUBAYO**

A super volunteer and council employee has been honoured for his actions.

Emdad Rahman, Attendance and Welfare Officer, volunteers as a Dementia Friends champion, is part of the Prince William Royal Foundation suicide crisis

text service and also delivers aid – such as food, clothes, books and essentials – to east London charities, hospitals and care homes.

Emdad carries out his deliveries using a Transport for London (TfL) cycle hire which he has done every day for 10 years.

To mark a successful decade of the TfL scheme and to recognise Emdad's efforts, he has been awarded a free annual membership of the scheme and a

bike has been named in his honour. The bike was presented to Emdad at a special ceremony at Hyde Park in July.

Separately, Emdad, a huge football fan, has been contacted by the Football Association (FA), to support a new England squad of Lionhearts – 23 heroes who have gone above and beyond during the nation's fight against Covid-19.

Captain Sir Tom Moore, who raised millions of pounds for the NHS during

lockdown, has been invited to captain the team and a chuffed Emdad has been invited to be vice-captain! Each of the 23 Lionhearts' stories will be told by the FA in the coming months before having their place in this unique squad formally recognised at Wembley Stadium as soon as crowds return for a future international fixture.

We can't wait to hear more about this in the next edition!

## Hey neighbour! Join us Nextdoor

We are now up and running on Nextdoor, which offers another way to connect and have a chat with us.

Nextdoor is a free, private social media app that helps to connect neighbours and communities. It enables people to share updates based on where they live, which are only seen by others who live close by.

We have now joined the platform, which means we can share updates with those of you who use Nextdoor and live in our borough. We'll keep you up to

date with all the latest including Covid-19 support, transport, waste, recycling, parks, community safety and more. And you can tell us about the local issues that matter most to you. By the way, we can't see posts or the comments you share with your neighbours – we can only see your replies to our posts.

If you're not on Nextdoor already, why not join in the fun? It's quick, easy and free to create an account and will help you stay in touch. Find out more at [www.nextdoor.co.uk](http://www.nextdoor.co.uk)



It's easy to join Nextdoor from the comfort of your home



# United we're stronger – #TowerHamletsTogether

It's no understatement to say the past six months have been hugely unprecedented and at times, devastating. But the local response to the pandemic continues to impress and inspire us.

It has been incredibly heartening to

see so many volunteers, community groups, partner organisations, health and care workers and council staff working together from across our diverse communities to help each other through this challenging time.

We're also hugely grateful to each and every one of our residents who continues to follow the safety guidance to help protect our community from Covid-19. As we – slowly and safely – work towards a new version of 'normal' daily life, it's

clear the community of Tower Hamlets is stronger than ever before.

Thank you for sharing what you're doing to help or saying thanks on social media using **#TowerHamletsTogether**. Please keep it up!



A sample of updates posted by you on social media using #TowerHamletsTogether

## New mural celebrates the NHS

A beautiful new public mural has been unveiled in Limehouse to pay tribute to our incredible NHS.

The large-scale artwork was created by London artist Rosie Woods. It is a celebration of the NHS and all those who are working hard to keep our community healthy and safe throughout the pandemic.

The heart around the NHS logo represents our "thankful embrace" and the movement within the mural illustrates the energy and connectivity of all those involved in the service.

Rosie approached local housing association Poplar HARCA with the idea and its staff suggested Argyll Point on Burdett Road as the perfect location, given the building has plenty of passing traffic. Residents also gave the green light for the artwork.

Rosie said: "This mural is my way of saying thank you to our brilliant NHS for all they have done through this pandemic. When Covid-19 is under control, I hope it will also serve as a lasting artwork of gratitude, reminding us of how lucky we are to have this service."

Argyll Point resident Louise Yousof added: "No-one realises how hard they

[the NHS] work especially now during this difficult time. I feel privileged it's on our building. People are really positive about it."

The mural is one of many artworks, banners and posters that are adorning Tower Hamlets to thank and celebrate the NHS and key workers. To see more and to share your tributes, check out the hashtag **#TowerHamletsTogether** on social media or visit [www.towerhamlets.gov.uk/TowerHamletsTogether](http://www.towerhamlets.gov.uk/TowerHamletsTogether)



**This mural is my way of saying thank you to our brilliant NHS for all they have done through this pandemic.**



Public mural in Limehouse created by London artist Rosie Woods to pay tribute to the NHS





Properties transformed on Aberfeldy Street, Poplar

© London Mural Company

# East End street makeover

## COMMUNITY NEWS

By **CARMEN HURST**

Sitting in the heart of a regeneration area, Aberfeldy Street in Poplar has been transformed into a colourful and vibrant corner of the borough using 300 spray cans, 800 litres of paint and six weeks of hard work. It is hoped that the street's bright new look will attract visitors that will, in turn, support local businesses.

The vibrant makeover was made possible thanks to a partnership effort. Housing association Poplar HARCA and EcoWorld London – who own the buildings that frame the street – asked Jan Kattein Architects and Meanwhile Space to come up with a creative plan to revive the high street. The architects created the vivid designs celebrating the area's legacy of garment manufacture and inspired by the Bangladeshi kantha tradition of recycling old textiles to make something new. They collected a

selection of patterns and textiles from the local traders and residents and reinterpreted them for 26 buildings.

The London Mural Company, Accent London and Cuttle construction then went to work with their paint and spray cans to complete the project.

The street transformation has been featured by ITV London in a piece that brought together thoughts and insights from those involved as well as a local business owner.

Matt Townend, from EcoWorld London told ITV that they wanted to work with the existing community to try and improve the local area. "The hope is that we build on the good work of this particular initiative and we instil that sense that Aberfeldy is a place where people are really proud to live," Matt said.

Blossom Young, from Poplar HARCA, said that when locals and visitors walk down the street, she wanted them to feel welcome. "It's important we don't abandon the high street to shop

online," she said. "These are the hubs of community – they are places people can meet, talk and have interactions with neighbours, in a socially distanced way. For many people in the area that is so important."

Earlier in the summer, local businesses and community organisations were encouraged to apply for a free year of retail space on the street. Out of 57 applicants, three new business tenants are now moving in, adding to the high street offer.

Shop owner of 20 years, Abdul Salam Sheikh, said: "As new businesses come in, that brings extra people and benefits all the business owners in the street."

Check Aberfeldy Street, E14 out in person. Visit the impressive murals, share photos online and, of course, use the local shops while you're there.

For information on this and other projects and transformations visit [www.thelondonmuralcompany.com/aberfeldy-street](http://www.thelondonmuralcompany.com/aberfeldy-street)

“

**These are the hubs of community – they are places people can meet, talk and have interactions with neighbours, in a socially distanced way.**





© Ron Timehin



© Jan Kattein Architects



© Ron Timehin



© EcoWorld

**Vivid designs along Aberfeldy Street celebrating the area's legacy of garment manufacture and inspired by the Bangladeshi kantha tradition**



**Young people making music in the CM studio**

## Music for the mind

Music is said to boost the mood and improve mental health. Crucial for many of us right now – young and old.

For those young people in the borough who need such a boost, we have just the thing on offer in the borough. Mind the Music programme, run by Community Music (CM) in Whitechapel – in partnership with Child and Adolescent Mental Health Services (CAMHS) in Tower Hamlets and Newham – supports young people with mental health and wellbeing issues through creative music making.

It's so popular that a number of young people have referred themselves to take part in the programme. The majority of programmes for young people are free.

A mother, whose son has been on the

programme for two years, said: "We have seen how much his confidence has grown from being involved in music, with support from CM to create pathways for progression and further development in an activity that he loves. It has provided an opportunity for young people like my son to build their self-confidence, musical development and express themselves in a safe and inclusive space. CM is doing some really great work and my son is proof of that."

For those of us with a few more years clocked up, fear not. CM offers a diverse programme of courses and professional training for people of all ages.

Visit [www.cmsounds.com](http://www.cmsounds.com) or call 020 7377 0621 for more information.



**Dr Leo Cheng with his wife Hilary on board the Africa Mercy**

## On board for volunteering

Every year for the past 20 years or so, Leo Cheng, a consultant oral, maxillofacial, thyroid and reconstructive surgeon with Barts Health, has used his annual leave to volunteer on board Mercy Ships, the largest charity-run hospital ships in the world.

As part of a team of selfless volunteers, Leo, his wife Hilary and sometimes accompanied by his two daughters, help deliver free, vital medical and surgical care to some of the world's least developed countries. This has included helping patients with dental and eye problems, facial deformities, gigantic tumours, child-birth injuries, burns and many other conditions.

In February, he was serving the people of Senegal on board the Africa Mercy, one of the Mercy Ships. A few weeks later, Leo was mustering some of the same passion and motivation to help people closer to home in several London hospitals in the battle against Covid-19.

With lockdown measures in the UK gradually easing, Leo is looking forward to returning to Africa to help strengthen the healthcare systems emerging from the pandemic.

"The Africa Mercy was there for Guinea in 2016 after Ebola swept across West Africa and we will be there for West Africa after Covid-19," Leo said.



# Let's Talk Tower Hamlets

Have your say at [talk.towerhamlets.gov.uk](https://talk.towerhamlets.gov.uk)

## COUNCIL NEWS

We value and appreciate feedback from our residents. Your thoughts help shape our proposals, projects and priorities that can benefit the community. We're consulting on a range of initiatives at the moment.

### Central area good growth – supplementary planning document: Survey closes Sunday 20 September

We are preparing supplementary planning guidance to support the development of high quality housing developments in the central part of the borough. This is your opportunity to contribute to that work.

### Violence, vulnerability and exploitation strategy: Survey closes Monday 21 September

We want to make sure that Tower Hamlets is a place where every child and young person is healthy, safe and successful. We are seeking your views on our strategy, which aims to do that.

### South Poplar masterplan: Digital poll open until Tuesday 22 September

We are developing a masterplan for South Poplar, which will cover sites located south of Poplar High Street and extending into Canary Wharf. We're in the early stages of the project and would like to hear about local needs and aspirations.

### Queen Mary University Mile End Campus – supplementary planning document: Ideas board open until late November

On behalf of the council, Haworth Tompkins is developing a new masterplan for the Queen Mary University of London (QMUL) campus in Mile End. We're asking for your ideas to make sure our ambitions are in line with yours.



### Have your say on the proposed designs for South Dock Bridge

### East of the borough and Lower Lea Valley area action plan: Discussion group open until Friday 25 September

In January 2020, we adopted our new Local Plan and we're now working on delivering it. This means working on an area action plan for the east of the borough and how this area should develop over the next 10 years.

### Gill Street - new council homes: Survey closes Sunday 27 September

We're consulting on plans to build 15 new council homes in Gill Street, Limehouse. This is part of our commitment to deliver 2,000 new council homes across Tower Hamlets. They will be high quality, energy efficient and genuinely affordable.

### Edward Mann Close – new council homes: Survey closes Sunday 27 September

We're also consulting on plans to build 20 new council homes on a car park in Edward Mann Close ahead of a planning application later this year. The site is located just south of the Troxy in Limehouse.

### South Dock Bridge - developed design stage: Survey closes Friday 2 October

We're consulting on the proposed design for the new pedestrian crossing over the South Dock, linking South Quay with Canary Wharf and Wood Wharf, following the alignment of Upper Bank Street. Have your say on the design.

### Selective Licensing Scheme consultation: Survey closes Friday 20 November

We're consulting on whether to renew, alter or end the current Selective Licensing Scheme, which is in operation in three areas of the borough and is due to come to an end in October 2021. Residents, businesses and landlords take part!

### NHS Test and Trace Programme survey: Survey open and ongoing

Testing for Covid-19 and contact tracing is one of the best ways to combat the virus. Your feedback will help us to better understand what barriers residents may face locally when engaging with NHS Test and Trace.

## A role for us all in tackling racial inequality

Tower Hamlets has a proud history of welcoming people from all over the world who moved to our part of the East End to find work, to study or to raise a family. Good community relations is something that most residents continually say that they value.

The killing of George Floyd and the subsequent Black Lives Matter protests shone a light on how racial inequalities continue to have a negative impact on people from Black, Asian and minority ethnic backgrounds. This was further highlighted by the fact that people from these backgrounds are far more likely to become seriously ill or die from contracting Covid-19.

Demonstrations against racial inequality took place across the world, including in Mile End Park and in June the council working with the Canal and River Trust and the Museum of London Docklands removed a statue of former slaveowner Robert Milligan from West India Quay. Read our history pages 40 - 41 for more.

As part of the council's wider response, Mayor Biggs established an equalities review of public buildings, street names and spaces that may have unsuitable associations for the diverse borough we live in today. The mayor also appointed Deputy Mayor Asma Begum to lead a new Black, Asian and

minority ethnic racial inequalities commission. Reaching out to a wide range of residents, community groups and organisations, the commission will look at what practical improvements could be made in the borough especially in the areas of health, employment and community leadership.

The commission will be looking for your ideas to make real and lasting improvements for the future. It will work towards developing an action plan for the new year.

So to have your say, keep an eye out on the council's consultation platform [talk.towerhamlets.gov.uk](https://talk.towerhamlets.gov.uk) and social media.



The removal of the statue of slave trader Robert Milligan



£100 Amazon voucher up for grabs!



# OUR EAST END

## Reader survey

Tower Hamlets brings together the best of London in one borough. We are proud of our local area and hope you, our readers are too, and continue to enjoy the celebration of our borough through our mix of news, features, service updates, competitions and what's on.

We're committed to reviewing and improving Our East End, so that it is a

quarterly publication that celebrates our borough and is something our residents are equally proud of.

Our East End replaced the former East End Life in 2016 and the publication has come a long way since then.

As we make every effort to continue to improve our publication, we'd like to hear your feedback – what's going well, what you like, and where do you think

we can do more or less.

Your views are really important to us. Please spare a few minutes to complete this short reader survey – all completed surveys will be entered into a prize draw to win a £100 Amazon voucher.

You can complete the survey quickly and easily online at [talk.towerhamlets.gov.uk/our-east-end-survey](http://talk.towerhamlets.gov.uk/our-east-end-survey). Or, you can complete the questions on these pages,

tear out and post them back clearly addressed to: **Communications team, Our East End survey, Tower Hamlets Council, Mulberry Place sixth floor, 5 Clove Crescent, E14 2BG.**

The survey will be open from **14 September to 18 October 2020**. Please ensure you have completed the survey online or posted it back to us by 18 October.

1. How do you get council news and information? (Tick all that apply)

- ☐ Our East End
- ☐ Council's social media accounts
- ☐ Council's website
- ☐ Council's email newsletters
- ☐ Council's Love Your Neighbourhood mobile app

- ☐ Local newspaper or media organisation
- ☐ Friends, family and neighbours
- ☐ Councillors
- ☐ Other (please specify) \_\_\_\_\_

2. How do you rate Our East End? (Please tick one option)

- ☐ Very good
- ☐ Good
- ☐ Average
- ☐ Poor
- ☐ Very poor

3. How interested are you in each of the following sections of Our East End?

	Very interested	Interested	Not interested
Arts and events articles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arts and events – what's on listings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Borough partnership column (from other public services i.e. police and NHS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celebrating our borough (people and places in Tower Hamlets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children, young people and families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean and green – waste and recycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community news (i.e. not council news)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Council news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Harmony – news in Bengali and Somali	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthier lives – health information and staying active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
History – historic features about the borough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jobs and economy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know your council (contact details for the mayor and councillors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mayor's column	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safer Together – updates on crime and anti-social behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spotlight – council team focused feature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Useful information – council meeting dates and how to get in touch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walks in the borough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. The format of Our East End follows a newspaper style with a mixture of short news articles, features and photographs/images. Should the format and style (tick all that apply):

- ☐ Stay the same
- ☐ Change to include more images and less text
- ☐ Allow for bigger text
- ☐ Be shorter overall
- ☐ Be more like a magazine and less like a newspaper
- ☐ Other (please specify) \_\_\_\_\_

5. What type of content would you most like to see more of in Our East End? (Please tick up to two options)

- ☐ Picture led stories
- ☐ Council news
- ☐ Community news
- ☐ Feature articles (eg Spotlight, History, Celebrating our Borough)
- ☐ Contributions from residents and community groups
- ☐ News stories about our work with partner organisations (NHS, police, housing associations, etc)
- ☐ Competitions, giveaways and special offers
- ☐ Other (please specify) \_\_\_\_\_

Survey continued overleaf

6. Do you, or would you, read an online version of Our East End? (Tick yes/no)

- ☐ Yes  
☐ No

7. What is one thing would you do to change or improve Our East End?

8. Would you like to receive the council's regular e-newsletter, which contains local news, events and at the moment, updates on the Covid-19 pandemic?

- ☐ Yes please, my email address is: \_\_\_\_\_ (please provide your email)  
☐ No

## About you

Please tell us a bit about yourself by answering our equality monitoring questions. This data helps ensure that we hear from a broad group of residents to help shape our services.

9. Which of the following statements applies to you?

- |  |  |
|--|--|
| <input type="checkbox"/> I live in Tower Hamlets           | <input type="checkbox"/> I study in Tower Hamlets                          |
| <input type="checkbox"/> I work in Tower Hamlets           | <input type="checkbox"/> None of these but I regularly visit Tower Hamlets |
| <input type="checkbox"/> I own a business in Tower Hamlets |  |

10. At present, are you?

- |   |  |
|---|--|
| <input type="checkbox"/> Employed full-time         | <input type="checkbox"/> Retired           |
| <input type="checkbox"/> Employed part-time         | <input type="checkbox"/> Student           |
| <input type="checkbox"/> Self-employed full-time    | <input type="checkbox"/> Unemployed        |
| <input type="checkbox"/> Self-employed part-time    | <input type="checkbox"/> Other             |
| <input type="checkbox"/> Long term sick or disabled | <input type="checkbox"/> Prefer not to say |

11. Which best describes your gender?

- |  |  |
|--|--|
| <input type="checkbox"/> Male              | <input type="checkbox"/> Prefer to self-describe (please specify): _____ |
| <input type="checkbox"/> Female            |  |
| <input type="checkbox"/> Prefer not to say |  |

12. How old are you?

- |                                   |                                |  |
|-----------------------------------|--------------------------------|--|
| <input type="checkbox"/> Under 16 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 85+               |
| <input type="checkbox"/> 16-24    | <input type="checkbox"/> 55-64 | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> 25-34    | <input type="checkbox"/> 65-74 |  |
| <input type="checkbox"/> 35-44    | <input type="checkbox"/> 75-84 |  |

13. Which of the following describes your sexual orientation?

- |   |  |
|---|--|
| <input type="checkbox"/> Gay/lesbian                            | <input type="checkbox"/> Prefer not to say                               |
| <input type="checkbox"/> Bi (attracted to more than one gender) | <input type="checkbox"/> Prefer to self-describe (please specify): _____ |
| <input type="checkbox"/> Heterosexual/straight                  |  |

14. How would you describe your ethnic group?

- |   |  |
|---|--|
| <input type="checkbox"/> White: British                     | <input type="checkbox"/> Asian / Asian British: Pakistani    |
| <input type="checkbox"/> White: Irish                       | <input type="checkbox"/> Asian / Asian British: Bangladeshi  |
| <input type="checkbox"/> White: Traveller of Irish heritage | <input type="checkbox"/> Chinese                             |
| <input type="checkbox"/> White: Gypsy / Roma                | <input type="checkbox"/> Vietnamese                          |
| <input type="checkbox"/> Any other White background         | <input type="checkbox"/> Any other Asian background          |
| <input type="checkbox"/> Mixed: White and Black Caribbean   | <input type="checkbox"/> Black / Black British: Somali       |
| <input type="checkbox"/> Mixed: White and Black African     | <input type="checkbox"/> Black / Black British: Other Africa |
| <input type="checkbox"/> Mixed: White and Asian             | <input type="checkbox"/> Black / Black British: Caribbean    |
| <input type="checkbox"/> Mixed: Any other Mixed background  | <input type="checkbox"/> Any other Black background          |
| <input type="checkbox"/> Asian / Asian British: Indian      | <input type="checkbox"/> Any other background                |
|   | <input type="checkbox"/> Prefer not to say                   |

15. Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months (include any problems related to old age)?

- ☐ Yes  
☐ No  
☐ Prefer not to say

16. If you answered yes to question 15, please state the type/s of health problem or disability that applies to you?

- ☐ Sensory impairment (such as being blind / having a visual impairment or being deaf / having a hearing impairment)  
☐ Physical impairment (such as using a wheelchair to get around and / or difficulty using your arms)  
☐ Learning disability (such as Downs syndrome or dyslexia) or cognitive impairment (such as autism or head-injury)  
☐ Mental health condition (such as depression or schizophrenia)  
☐ Long-standing illness or health condition (such as cancer, HIV, diabetes, chronic heart disease, or epilepsy)  
☐ Prefer not to say  
☐ Prefer to self-describe (please specify): \_\_\_\_\_

If you would like to be entered into the prize draw to win a £100 Amazon voucher please give us your contact details:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Postcode or area you live: \_\_\_\_\_

Please complete the survey and post it to **Communications team, Our East End survey, Tower Hamlets Council, Mulberry Place sixth floor, 5 Clove Crescent, E14 2BG**. Alternatively, go to [talk.towerhamlets.gov.uk/our-east-end-survey](https://talk.towerhamlets.gov.uk/our-east-end-survey) and complete the survey online (you will also be entered into our prize draw). The deadline for entries is **18 October 2020**. The winner will be drawn at random and will be notified shortly after. The prize draw is open to adults who live in Tower Hamlets. More information is available on the webpage listed above.





# MORPETH SCHOOL



## JOIN US

# Find out what we have to offer pupils wanting to join our school in September 2021.

Visit our website and book on to one of our mini tours (numbers will be limited due to Covid restrictions).

Tour dates are:

**September: 15th, 17th, 23rd, 29th**

**October: 2nd, 5th, 9th.**

**All tours start at 9.15am finishing at 10.20.**

Or book on to a Zoom Q&A on one of these dates:

**September 21st, 9.30-10.30am**

**September 30th, 5.00-6.00pm**

**October 8th, 4.00-5.00pm**

Visit: **[www.morpethschool.org.uk](http://www.morpethschool.org.uk)**

Tel: **020 8981 0921**

Address: **Portman Place, London E2, 0PX**





# Ogsoonaw

**HARMONY**  
BENGALI & SOMALI NEWS

Staying in the know – page 4

Xayiraad aayar ayaa loo fududeeyay dhawrkii bilood ee lasoo dhaafay, taas oo markaa ka dhigan inaynu ku noqon karno qaybo kamid ah nolosheenii caadiga ahayd. Laga bilaabo la kulanka asxaabta iyo qoyska iyada oo la kala fogaanayo ilaa in maqaayadaha wax laga soo cuno oo aanu taageerno maqaaiyadaha aanu jecelayn, badankeen waxaynu bilawnay inaynu la qabsano qaab nololeedka cusub. Laakiin, marka la yareeyo xayiraada, kiisaska Covid-19 ayaa kordhay London oo dhan taas oo keentey in dadka ugu badan ee laga helaa inay noqdaan 20-29 jiro. Tower Hamlets, waxaa sidoo kale kordhay dadka qaba. Biishi Juun waxaa jirtay in 37 kiis la xaqiijiyaay inay, taas oo Agoosto gaadhay 131. Hawlaha ama dhacdooyinka dhalinyartu caansku ku yihiin ee da' walba ee laga heley xanuunka ayaa kamid ah aadistadalkii, ka soo cunid cunto maqaayadda, wax soo iibsadaan, socdaalaan oo ay tareenka raacaan. Hawlahaan waxay dhamaanteen in dareensiiyaan wanaag laakiin waxaa muhiim ah in si badqab ah aynu u qabano. Waa in wax kasta oo inala gudboon aanu samaynaa si aanu u raacdo talada dawlada iyo NHS ee fayraska si markaa aanu usii qaban karno waxa aanu jecel nahay oo aanu u baajin karno xayiraada. Xayiraad iyo xadidaada waxaa lasoo

rogi karaa wakhti kasta iyada oo laga jawaabayo safmarka. Bishii Juulaay, waxa aanu soo saarnay qorshaha xakamaynta faafiddeegaankeeda, taas oo lagu sheegey sida aynu uga wada shaqaynayno, hay'adaha ay ku jirto Caafimaadka Shacabka Ingiriiska, si looga hortago oo loo xakameeyo safmarka Covid-19. Qorshaha waxaa sidoo kale lagu eegayaa sida loo maamulayo habdhismeedyada qaar khatarta sare ee faafida, oo ay ku jiraan daryeelka guryaha, dugsiyada, goobaha cibaabadada iyo shaqada. Kooxdeena khabirada caafimaadka daweynaha waxay naqdiyeen xogta Covid-19 ee Tower Hamlets maalin kasta, si ay u xaqiijiyaan in kiisaska cusub yaraadaan, wixii korodh ah ee kiisaska ah waa la baadhayaa oo dadka deegaanku waa inay aamaan noqdaan. Fadlan ilaali qoyskaaga, asxaabta, iyo bulshadaada adiga oo raacaya talada oo dhankaaga qabanaya la dagaalanka fayraska. Wixii macluumaadka ugu danbeeyay ah iyo talooyinka, booqo [www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus) or [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus). Waxa aad sidoo kale iska duwaan gelin kartaa horiyaalka bulshada Covid-19 oo waxa aad macluumaad badan ka heli kartaa online ahaan - booqo [www.towerhamlets.gov.uk/covidchampions](http://www.towerhamlets.gov.uk/covidchampions)

## Hel talaalka hargab xiliyeedkan

Get the flu vaccine as winter approaches  
– page 7

Hargab xiliyeedku wuu kordhayaa marka uu jiilaalku soo dhawaado, markaa dadka khatarta ugu jiraa waa inay is talaalaan. Hargabku waxa uu saamayn xun ku yeelan karaa caafimaadka oo sanad kasta dad ayaa u dhinta si murugo ah. Helida talaalo ayaa ah qaabka koowaad ee aad naftaada u ilaalinayso oo waxaana si dhakhso ah oo fudud looga qaadan kartaa GP ama farmashiga. Sanadkan, dowladu waxay bixinaysaa barnaamijki talaalka hargabka ahaa ee ugu balaadhaa taariikhda Ingiriiska. Dadka badan intii hore ayaa lacag la'aan ku heli karaa talaalka, oo ay ku jirto:

- Dadka loo sheegey inay xidhaan dahaadhka wajiga wakhtiga safmarka Covid-19 ugu sareeyo iyo dadka

qoyskooda ah.

- Dhammaan carruurta gaadhay waxbarashada ee ka yar 7 sano jirka.
- Dhammaan carruurta laba iyo sadex sano jirka ah.
- Dadka ka wayn 65 jirka, dumarka uurka leh, iyo dadka xanuunada hore qaba.
- Dadka 50-65 jirka ah, sanadka intiisa danbe.
- Qof kasta oo degan guryaha dadka waawayn lagu xanaaneeyo iyo qof kasta oo haya qof wayn ama laxaad la'.

Nidaamka talaalka ee la ballaahdiyay waxa uu qayb ka yahay qorshayaasha lagu yaraynayo cadaadiska jiilaalka ee daryeelka xaalada degdeg ah. Waxa aanu ku dhiiri gelinaynaa qof kasta oo u qalma talaalka hargabka inuu qaato dayrta inta aanu bilaabsafmarka hargabku. Ilaali naftaada, qoyskaaga iyo bulshadaada. Booqo [www.nhs.uk/flu vaccine](http://www.nhs.uk/flu vaccine) wixii macluumaad dheeraad ah.

## सरकारी निर्देशना: अवहित থাকুন

Staying in the know – page 4

গত কয়েক মাস ধরে ধীরে ধীরে লকডাউন শিথিল হওয়ার অর্থ হলো আমরা আবারও স্বাভাবিক জীবন যাপনে ফিরে যাচ্ছি। নিরাপদ দূরত্ব বজায় রেখে পরিবার ও বন্ধ-বান্ধবদের সাথে দেখা সাক্ষাত করা, বাইরে অর্থাৎ রেস্টুরেন্ট/ক্যাফেতে গিয়ে খাওয়া দাওয়া করার মাধ্যমে এলাকার রেস্টুরেন্টগুলোকে সহযোগিতা করা - নানাভাবে আমরা অনেকেই জীবন যাপনের নতুন পন্থায় হতে শুরু করেছি।

যাইহোক, বিধিনিষেধ হ্রাস পাওয়ার পর থেকে গোটা লন্ডনে কোভিড-১৯ এ আক্রান্ত হওয়ার সংখ্যা বাড়তে শুরু করেছে এবং সবচেয়ে বেশি সংখ্যক পজিটিভ টেস্ট রেজাল্ট হচ্ছে ২০ থেকে ২৯ বছর বয়সীদের মধ্যে।

কিছু কিছু অতিমাত্রায় ঝুঁকিপূর্ণ স্থাপনা যেমন কেয়ার হোম, স্কুল, উপাসনালয় ও কর্মস্থল ইত্যাদিতে প্রাদুর্ভাব ছড়িয়ে পড়লে তা কিভাবে মোকাবেলা করা হবে, তা-ও এই পরিকল্পনায় তুলে ধরা হয়েছে।

সর্বাবস্থায় সজাগ ও সতর্ক থেকে এবং সবাই নিজ নিজ দায়িত্ব পালন করার মাধ্যমে আমরা টাওয়ার হ্যামলেটসকে নিরাপদ এবং এখানকার জনজীবনের স্বাভাবিক কার্যক্রম অব্যাহত রাখতে পারি। সর্বশেষ তথ্য ও পরামর্শ জানতে হলে ভিজিট করুন:

[www.towerhamlets.gov.uk/coronavirus](http://www.towerhamlets.gov.uk/coronavirus)  
অথবা [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus).

## আপনার দায়িত্ব পালন করুন

আমাদের নিরাপত্তা নিশ্চিত করতে আমাদের সকলেরই গুরুত্বপূর্ণ ভূমিকা পালন করতে হবে।

- যদি আপনার কোভিড-১৯ টেস্ট এর ফল পজিটিভ হয়, অথবা উচ্চ তাপমাত্রার জ্বর, নতুন করে ক্রমাগত কাশি কিংবা স্বাদ অথবা ঘ্রাণ শক্তি হারিয়ে যায়, তাহলে কমপক্ষে ১০ দিন সেক্স-আইসোলেটে বা স্ব-বিচ্ছিন্ন অবস্থায় থাকুন।
  - যদি আপনি এমন কারো সাথে বসবাস করেন কিংবা 'সাপোর্ট বাবল' বা সহায়তা বলয় এর মধ্যে থাকেন, যাদের কোভিড উপসর্গ রয়েছে কিংবা টেস্ট এর ফল ইতিবাচক হয়েছে, অথবা এনএইচএস এর টেস্ট এন্ড ট্রেস থেকে আপনাকে বলা হয়েছে যে কোভিড-১৯ এর আক্রান্ত কারো সরাসরি সংস্পর্শে আপনি এসেছেন, তাহলে ১৪ দিনের জন্য সেক্স-আইসোলেটে থাকুন।
  - কোনরূপ লক্ষণ দেখা দিলে এক মুহূর্ত দেরি না করে টেস্টের ব্যবস্থা করুন। আপনি হোম টেস্টিং কিট অর্ডার করতে অথবা আপনার নিকটস্থ কোন টেস্টিং সাইট ভিজিট করতে পারেন। টেস্ট বুকিংয়ের জন্য ভিজিট করুন [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) অথবা ১১৯ নাম্বারে কল করুন।
  - যাদের সাথে আপনি বাস করেন না, কিংবা একই 'সাপোর্ট বাবল' অর্থাৎ সহযোগিতার বলয় শেয়ার করেন না, তাদের থেকে দুই মিটার দূরত্ব বজায় রাখার চেষ্টা করুন অথবা যেক্ষেত্রে এই দূরত্ব বজায় রাখা সম্ভব হবে না, সেক্ষেত্রে মুখে আচ্ছাদন পরা সহ অন্যান্য সতর্কতা অবলম্বন করে এক মিটার দূরত্ব বজায় রাখুন।
  - সাবান ও পানি দিয়ে ঘন ঘন এবং প্রতিবার কমপক্ষে ২০ সেকেন্ড ভালো করে হাত ধৌত করুন। সাবান-পানি পাওয়া না গেলে আপনি হ্যান্ড সেনিটাইজার ব্যবহার করতে পারেন।
  - গণপরিবহন, দোকান পাট, এবং অন্যান্য সকল আবদ্ধ স্থানে মুখে মাস্ক বা আচ্ছাদন পরুন। অধিকাংশ ইন্ডোর স্থান ও ভেন্যুতে এটি বাধ্যতামূলক, তাই এ ব্যাপারে সর্বদা সতর্ক থাকুন।
  - নিজের এলাকায় এবং নিরাপদে কেনাকাটা করুন।
  - ভ্রমণের ক্ষেত্রে যেখানে সম্ভব হাঁটা চলা করুন এবং সাইকেল ব্যবহার করুন।
  - ৬ জনের বেশি একত্রিত না হওয়ার বিধি মেনে চলুন।
- নিজ পরিবারের বাইরের ৬ জনের বেশি লোকের সাথে ঘরের ভেতরে কিংবা বাইরে দলবদ্ধ হয়ে মিশবেন না। একক পরিবার কিংবা সাপোর্ট বাবলের মধ্যে এবং শিক্ষালয় ও কর্মস্থলে ৬ জনের বেশি একত্রিত হতে বাধা নেই।



## কোভিড-১৯ কমিউনিটি চ্যাম্পিয়ন হোন

**COVID-19**  
community  
champion

আমাদের কোভিড-১৯ কমিউনিটি চ্যাম্পিয়ন কর্মসূচির মাধ্যম কোভিড-১৯ সংক্রান্ত সকল ধরনের পরামর্শ আমরা আমাদের বাসিন্দাদের অবহিত রাখার বিষয়টি নিশ্চিত করতে সহায়তা করছি। এটা খুবই সহজ। চ্যাম্পিয়ন হতে আগ্রহী বাসিন্দারা নাম নিবন্ধন করতে পারেন এবং আমরা নিয়মিতই তাদের সাথে কোভিড-১৯ এর সকল তথ্য ও পরামর্শ শেয়ার করবো। চ্যাম্পিয়নরা সেই তথ্য ও পরামর্শগুলো তাদের পরিবার, পরিজন, বন্ধ-বান্ধব ও বৃহত্তর কমিউনিটির সাথে শেয়ার করবেন। কোভিড-১৯ কমিউনিটি চ্যাম্পিয়ন হতে সাইন আপ করতে এবং এ্যাপারে আরো তথ্য জানতে ভিজিট করুন: [www.towerhamlet.gov.uk/covidchampions](http://www.towerhamlet.gov.uk/covidchampions)



# এনএইচএস টেস্ট এন্ড ট্রেস - আমাদের সেরা প্রতিরক্ষা

## NHS Test and Trace – page 6

অন্যদের কাছ থেকে নিরাপদ দূরত্ব বজায় রাখা, নিয়মিত হাত ধোয়া, মুখ ঢেকে রাখা এবং সবচেয়ে গুরুত্বপূর্ণ টেস্টিং এবং কন্টাক্ট ট্রেসিং অর্থাৎ পরীক্ষা ও আক্রান্ত ব্যক্তির সংস্পর্শে আসাদের সনাক্তকরণের মাধ্যমে আমরা কোভিড-১৯ এর সংক্রমণ ছড়িয়ে পড়া রোধ করতে পারি। এনএইচএস টেস্ট এন্ড ট্রেসিং কর্মসূচির আওতায় এটা করা হবে।

### টেস্ট বুক করুন

যদি আপনার মধ্যে কোভিড-১৯ এর কোন লক্ষণ বা উপসর্গ, যেমন খুব বেশি জ্বর, নতুন করে অথবা ক্রমাগত কাশি, কিংবা স্বাদগ্রাহের স্বাভাবিক অনুভূতিতে পরিবর্তন আসে বা কমে যায়, তাহলে সাথে সাথে সেক্ষ-আইসোলেট অর্থাৎ সবার কাছ থেকে বিচ্ছিন্ন হোন এবং ফ্লি টেস্ট বুক করুন। [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) ওয়েবসাইটে গিয়ে অনলাইনে অথবা ১১৯ নাম্বারে কল করে সহজেই টেস্ট বুক করা যাবে।

বারার বিলিংসগেইট ফিশ মার্কেটের কাছে একটি আন্ডারগ্রাউন্ড টেস্টিং ইউনিট পরিচালনা করা হচ্ছে, যেখানে এপয়েন্টমেন্টের ভিত্তিতে টেস্ট করা হয়। এছাড়া পার্শ্ববর্তী বরাণ্ডলোতেও টেস্টিং ইউনিট রয়েছে। তাই, আপনি যখন বুক করবেন, তখন সেগুলোও বিবেচনায় রাখতে পারেন। বুকিংয়ের সময় আপনার নিকটবর্তী লকেশন বা ইউনিট অফার করা হবে। টেস্টিং ইউনিটে যাওয়ার আগে আপনাকে অবশ্যই বুক করতে হবে।

৫ বছরের কম বয়সী বাচ্চাদের টেস্ট করার আগে তাদের ক্লিনিক্যাল এসেসমেন্ট করতে হবে। জিপি অথবা ১১১ নাম্বারে এনএইচএস-কে ফোন করে এটা করা যাবে।

### যোগাযোগের তথ্য বিনিময়

কারো কোভিড-১৯ এর টেস্টের ফল পজিটিভ হলো, এনএইচএস টেস্ট এন্ড ট্রেস এর পক্ষ থেকে ইমেইল, টেক্সট ম্যাসেজ অথবা ফোনে যোগাযোগ করা হবে। 'NHStracing' থেকে আসবে টেক্সট ম্যাসেজ এবং কল আসবে ০৩০০ ০১৩৫০০০ নাম্বার থেকে।

সাম্প্রতিক সময়ে কারা কারা আপনার খুব কাছাকাছি এসেছিলেন, তাদের চিহ্নিত করতে এনএইচএস তাদের ডিটেইলস জানতে চাইবে। এরপর তাদেরকেও সেক্ষ-আইসোলেটে থাকার পরামর্শ দেয়া হবে এবং কোভিড-১৯ এর লক্ষণ দেখা যায় কি না, সেব্যাপারে সতর্ক থাকার জন্য বলা হবে।

এনএইচএস টেস্ট এন্ড ট্রেসের সাথে শেয়ার করা সকল তথ্য নিরাপদ রাখা হবে এবং আপনার পরিচয় কোন অবস্থাতেই কারো সাথে শেয়ার করা হবে না।

### সেক্ষ-আইসোলেটিং বা স্ব-বিচ্ছিন্ন থাকা

যদি আপনার কোভিড-১৯ এর পরীক্ষার ফল পজিটিভ হয় তাহলে আপনাকে যেদিন থেকে উপসর্গ দেখা দিয়েছে, সেদিন থেকে পরবর্তী ১০ দিন পর্যন্ত অথবা কোন উপসর্গ দেখা না গেলে যেদিন আপনি টেস্ট করাবেন, সেদিন থেকে সেক্ষ-আইসোলেট অর্থাৎ স্ব-বিচ্ছিন্ন অবস্থায় থাকতে বলা হবে।

যদি আপনি এমন কারো সাথে বসবাস করেন, যার টেস্ট রেজাল্ট পজিটিভ হয়েছে, তাহলে আপনাকে ১৪ দিনের জন্য সেক্ষ-আইসোলেট হতে হবে।

যদি আপনাকে জানানো হয় যে, সাম্প্রতিক সময়ে আপনি এমন কারো সংস্পর্শে এসেছিলেন যার টেস্ট রেজাল্ট পজিটিভ হয়েছে (যিনি আপনার পরিবারের নন), তাহলে তাদের সাথে সর্বশেষ সংস্পর্শে আসার দিন থেকে পরবর্তী ১৪ দিনের জন্য আপনাকে সেক্ষ-আইসোলেট থাকতে হবে এবং উপসর্গের ব্যাপারে সতর্ক নজর রাখতে হবে। যদি আপনার মধ্যে কোভিড-১৯ এর কোন লক্ষণ বা উপসর্গ দেখা দিতে শুরু করে, তাহলে সাথে সাথে আপনাকে অবশ্যই টেস্ট বুক করতে হবে।

যদি আপনার টেস্ট রেজাল্ট নেগেটিভ হয়, অর্থাৎ পরীক্ষায় আপনার কোভিড-১৯ হয়নি বলে প্রমাণিত হয়, তারপরও আপনাকে সেক্ষ-আইসোলেটে থাকা অব্যাহত রাখতে হবে। কারণ এই জীবাণু দৈহিকের মধ্যে থেকে যেতে পারে।

### প্রত্যেকেরই সহযোগিতা দরকার

গণ স্বাস্থ্য বিষয়ক পরামর্শ যথাযথভাবে অনুসরণ করার মাধ্যমে এবং উপসর্গ দেখা দেয়ার সাথে সাথে টেস্ট করানোর মাধ্যমে আপনিও কোভিড-১৯ এর সংক্রমণ সীমিত করতে সাহায্য করতে পারেন। টেস্টিং বা পরীক্ষা শুধু আপনাকেই সুরক্ষিত করবে না, এর ফলে আপনার পরিবার, বন্ধুবান্ধব এবং বৃহত্তর কমিউনিটিরও সুরক্ষা নিশ্চিত হবে।

এনএইচএস টেস্ট এন্ড ট্রেস, সেক্ষ-আইসোলেশন এবং বিভিন্ন সহায়তামূলক সেবা সম্পর্কে বিস্তারিত জানতে ভিজিট করুন: [www.towerhamlets.gov.uk/testandtrace](http://www.towerhamlets.gov.uk/testandtrace)



## রেস্টুরেন্টের ব্যবসা বাড়তে ও পদচারীদের সুবিধার্থে ব্রিক লেনে যান চলাচল বন্ধ Pavement dining to give Brick Lane businesses a boost – Page 15

রেস্টুরেন্ট ক্যাফেতে খেতে আসা লোকজন বাইরের পরিবেশে বসে খাবার খেতে পারেন এবং এখানে আসা লোকজন যাতে নিরাপদে হাটতে পারেন, সেজন্য ব্রিক লেনের কিছু অংশে যান চলাচল সাময়িক সময়ের জন্য বন্ধ রাখা হয়েছে।

স্থানীয় খাবার-দাবারের প্রতিষ্ঠানগুলোর ব্যবসা বাড়তে সময়োপযোগী পদক্ষেপ হিসেবে বারার সবচেয়ে জনপ্রিয় রাস্তা ব্রিক লেন আগামী ১০ সপ্তাহে যানবাহন চলাচল বন্ধ থাকবে।

এ প্রসঙ্গে মেয়র জন বিগস বলেন, ব্যবসা প্রতিষ্ঠানের কর্মী ও ক্রেতাদের সুরক্ষায় প্রয়োজনীয় নির্দেশিকা মেনে ইস্ট এন্ডের ব্যবসাগুলো ধীরে ধীরে স্বাভাবিক অবস্থায় ফিরে আসাটা দুর্দান্ত খবর। আউটডোর সিটিং, প্রাকৃতিক পরিবেশ এবং পদচারীদের জন্য ব্রিক লেনে জায়গা করে দেয়ার ফলে বাসিন্দা এবং এখানে আগত লোকজন স্থানীয় দোকানপাট, মার্কেট ও ব্যবসায়গুলোকে সহযোগিতা করতে আগ্রহবোধ করবেন বলে আমরা আশা করছি।

লকডাউন উঠে যাওয়ার পর ব্রিক লেনের রেস্টুরেন্টগুলো কোভিড-১৯ এর সুরক্ষামূলক সকল নির্দেশিকা যথাযথভাবে অনুসরণ করা সত্ত্বেও কাষ্টমারদের ফিরে আসার হার অনেক কম। এই পরিবর্তনের ফলে খাবারের জন্য বিখ্যাত এই এলাকায় প্রাণচাঞ্চল্য আবার ফিরে আসবে এবং রেস্টুরেন্ট, ক্যাফে ও দোকানপাটগুলোর ব্যবসা বৃদ্ধি পাবে বলে আশা করা হচ্ছে।

কাউন্সিলের কেবিনেট মেম্বার ফর ওয়ার্ক এন্ড ইকোনোমিক গ্রোথ, কাউন্সিলর মতিন উজ্জ-জামান বলেন, দারুণ স্বাদের খাবার ও পানীয়ের পাশাপাশি জনপ্রিয় স্ট্রিট আর্ট ও মার্কেটের সমার্থক হচ্ছে ব্রিক লেন। আগের যেকোন সময়ের চেয়ে এখন বেশি সহযোগিতা দরকার স্থানীয় ব্যবসা বাণিজ্যের। এই পরিবর্তন আনতে পেরে আমি খুবই সন্তুষ্ট। রাস্তার পাশে যাদের খাবারের দোকান রয়েছে, সেই সকল রেস্টুরেন্ট বা ক্যাফের মালিকদেরকে রাস্তা বন্ধের এই সুবিধাকে কাজে লাগাতে আজই পেডমেন্ট লাইসেন্সের জন্য আবেদন করতে আমি অনুরোধ করছি।

# ফ্লু ভ্যাকসিন এখনই নিন

## Get the flu vaccine as winter approaches – page 7

শীতকাল কড়া নাড়ছে দরোজায় - ফ্লু'র মওসুমও সমাগত প্রায়। তাই, ফ্লুতে আক্রান্ত হওয়ার ঝুঁকির মধ্যে রয়েছেন যারা, তাদের এখনই ফ্লু ভ্যাকসিন বা টিকা নেয়ার ব্যাপারে চিন্তাভাবনা শুরু করে দেয়া উচিত।

ফ্লু স্বাস্থ্যের ওপর মারাত্মক প্রভাব ফেলতে পারে এবং প্রতি বছরই লোকেরা দুঃখজনকভাবে মারা যায়। নিজেকে সুরক্ষিত রাখতে এক নম্বর উপায় হচ্ছে ফ্লু ভ্যাকসিন নেওয়া এবং আপনার জিপি কিংবা ফার্মেসিতে গিয়ে আপনি খুব সহজে ও অতি দ্রুততার সাথেই এই টিকা নিতে পারেন।

এ বছর, সরকার যুক্তরাজ্যের ইতিহাসে সবচেয়ে ব্যাপক ফ্লু'র টিকাদান কর্মসূচি গ্রহণ করেছে। আগের চেয়ে অনেক বেশি লোক এবার বিনামূল্যে এই টিকা পাবেন, এদের মধ্যে রয়েছেনঃ

- কোভিড-১৯ মহামারীর সবচেয়ে ব্যাপক প্রাদুর্ভাবের সময় যাদেরকে শিডিং অবস্থায় থাকার পরামর্শ দেওয়া হয়েছিলো তারা এবং তাদের পরিবারের সদস্যবৃন্দ।
- ইয়ার সেভেন পর্যন্ত সকল স্কুলগামী শিক্ষার্থী।
- ২ ও ৩ বছর বয়সী সকল শিশু।
- ৬৫ বছরের বেশি বয়সী লোকেরা, গর্ভবতী মহিলা এবং যাদের পূর্ব-বিদ্যমান শারীরিক জটিলতা রয়েছে।
- ৫০ থেকে ৬৫ বছর বয়সী লোকেরা - যারা টিকা পাবেন বছরের শেষ নাগাদ।
- আবারও বয়সী নার্সিং হোমে বসবাসকারী প্রত্যেককে এবং প্রবীণ অথবা ডিজেবল লোকদের পরিচর্যা নিয়োজিত সকল কেয়ারার।

জরুরী পরিচর্যা সেবার ওপর থেকে শীতকালীন চাপ কমানোর পরিকল্পনার অংশ হিসেবেই এই বর্ধিত টিকাদান প্রকল্প গ্রহণ করা হয়েছে। ফ্লুর প্রাদুর্ভাব শুরু হওয়ার আগেই এই অটোম বা শরতকালীন সময়ের মধ্যেই ফ্লুর টিকা গ্রহণ করার জন্য এই টিকার পাওয়ার উপযোগী সকলকে আমরা অনুরোধ জানাচ্ছি। আপনার নিজেকে, আপনার পরিবার এবং আপনার কমিউনিটিকে সুরক্ষিত রাখুন। এ ব্যাপারে বিস্তারিত তথ্য জানতে ভিজিট করুন:

[www.nhs.uk/flu vaccine](http://www.nhs.uk/flu vaccine)

নতুন শিক্ষা বর্ষ শুরুর সময়কার অনুভূতির কথা কী মনে আছে? গ্রীষ্মকালের দীর্ঘ ছুটি শেষে সেটা ফিরে পেতে সবাই উদগ্রীব থাকে। নতুন জুতো জোড়া অধীর হয়ে থাকে পায়ের জন্য। পৃষ্ঠাগুলো পরিচ্ছন্ন এবং পেশিলগুলোকেও ধার দিয়ে তীক্ষ্ণ করে রাখা হয়। নিজেরদের সহপাঠী ও শিক্ষকদের মুখ্য করত টাটকা সব গল্পগুলো বলতে জিভগুলোর আর তর সয় না। হু, এবারও তার ব্যতিক্রম হবে না।

সরকার বলেছে, প্রতিটি বাচ্চাকে অবশ্যই ফিরে যেতে হবে স্কুলে এবং যখন আবার স্কুলগুলোর গেট খুলবে, তখন অনেক পরিবর্তন চোখে পড়বে। এগুলোকে প্রস্তুত করতে টিচিং স্টাফরা পুরো গ্রীষ্মকাল কঠোর পরিশ্রম করেছেন। দীর্ঘদিন ধরে শূণ্য পড়ে থাকা ক্লাসরুমগুলো আবার হাসি, আনন্দ ও উজ্জ্বল পূর্ণ হয়ে ওঠেছে - এমন পরিবেশের জন্য সবাই ছিলেন অপেক্ষমান।

### আমাদের স্কুলগুলো নিরাপদ স্থান

আবার স্কুলে ফিরে যাওয়ার ব্যাপারে আপনি কিংবা আপনার সন্তান উদ্বিগ্ন হতেই পারে। হওয়াটাই স্বাভাবিক। যদি কোন বিষয়ে আপনার মধ্যে উদ্বেগ থাকে, তাহলে আপনি আপনার বাচ্চার স্কুলের সাথে সরাসরি কথা বলতে পারেন, অথবা কাউন্সিলের ফ্যামিলি ইনফরমেশন সার্ভিসের সাথে সোমবার থেকে শুক্রবার সকাল ৯টা থেকে বিকাল ৫টা পর্যন্ত ০২০ ৭৩৬৪ ৬৪৯৫ নাম্বারে

# আজীবন হাসি এবং শিক্ষা Lifelong laughter and learning – Page 8

কল করে কথা বলতে পারেন।

### শিক্ষার সেরা জায়গা হচ্ছে স্কুল

স্কুলে ফিরে যাওয়ার অসংখ্য সুফলের মধ্যে রয়েছে, লেখাপড়ায় উপযুক্ত সহযোগিতা, ক্রটি, সক্রিয় থাকা এবং অন্য বাচ্চাদের সাথে মেলাশেখা। ইংল্যান্ডের টাফ মেডিক্যাল অফিসার ক্রিস উইটি সম্প্রতি বলেছেন, “সন্তানের বিকাশের জন্য শিক্ষা হচ্ছে সবচেয়ে জরুরি, তাই সেন্টেরের শিশুদের স্কুলে নিরাপদে ফিরিয়ে আনা আমাদের কাছে সবচেয়ে গুরুত্বপূর্ণ।”

### স্কুলে যে পদক্ষেপগুলো নেয়া হয়েছে

কোভিড-১৯ এর ঝুঁকি মোকাবেলায় গুরুত্বপূর্ণ পদক্ষেপসমূহ কার্যকর করা হয়েছে। এসব পদক্ষেপের ফলে স্কুলে, পরিবারগুলোর মধ্যে এবং পুরো টাওয়ার হ্যামলেটস জুড়ে সংক্রমণের বিস্তার সীমিত হবে। এরফলে শিক্ষার্থী ও স্টাফরা স্কুলে ফিরে আসতে আত্মবিশ্বাস ফিরে পাবেন।

আমরা স্কুলে বার বার হাত ধোয়া, ছোট ছোট দলে বিভক্ত করা, আরো উন্নত পরিষ্কার পরিচ্ছন্নতা নিশ্চিত করা এবং কেউ যদি অসুস্থতা বোধ করে, তাহলে যেন তারা নিজেরদের ঘরেই অবস্থান করে সেজন্য অনুরোধ করার মতো সহজ পরিবর্তনগুলো এনেছি। মনে রাখবেন, কোভিড-১৯ এর টেস্ট বিনামূল্যে করানো যায়। ১১৯ নাম্বারে কল করে অথবা [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) - এই ওয়েবসাইটে ভিজিট করে আপনি টেস্ট বুক করতে পারবেন। যদি আপনার বাচ্চার বয়স ৫ বছরের কম হয়, তাহলে আপনাকে ১১১ নাম্বারে কল করতে হবে।

বর্তমান প্রমাণাদি এটাও বলছে যে, শিশুদের ক্ষেত্রে কোভিড-১৯ এ আক্রান্ত হওয়া, তাদের মাধ্যমে এটা ছড়ানো কিংবা এতে আক্রান্ত হয়ে গুরুতর অসুস্থ হয়ে পড়ার প্রবণতা অনেক কম। স্কুলে যদি কারো মধ্যে কোন ধরনের লক্ষণ পাওয়া যায়, তাহলে তাকে ঘরে পাঠিয়ে দেয়া হবে এবং তাদের স্কুলে নিরাপদ প্রত্যাবর্তনের আগ পর্যন্ত ঘরে বসেই শিক্ষণ কার্যক্রম

চালিয়ে যেতে সহযোগিতা করা হবে। স্বাস্থ্য বিশেষজ্ঞরা ঝুঁকি মূল্যায়ন করবেন এবং স্কুলের তরফ থেকে প্রয়োজনীয় সকল ধরনের অতিরিক্ত পদক্ষেপ নেয়া হবে। প্রতিটি পদক্ষেপের লক্ষ্য হলে, সংক্রমণের ঝুঁকি যথাযথ ভাবে নিয়ন্ত্রণ করা এবং স্কুলের মধ্যে এবং আমাদের কমিউনিটে ভাইরাসের প্রাদুর্ভাব ছড়িয়ে পড়া বন্ধ করা।

স্কুলে আসা যাওয়ার ক্ষেত্রে যদি সম্ভব হয়, পাবলিক ট্রান্সপোর্ট বা গণ পরিবহন ব্যবহার এড়িয়ে চলার বিষয়টি দয়া করে ভুলে যাবেন না। সোশ্যাল ডিসটেন্সিং অর্থাৎ পরস্পর থেকে শারিরিক দূরত্ব বজায় রাখার স্বার্থে বাস ও ট্রেনের ধারণ ক্ষমতা সীমিত করা হয়েছে। স্কুলে যাওয়া আসার ক্ষেত্রে গণপরিবহনে ওভারক্রাউডিং বা চাপাচাপি করে অথবা দীর্ঘক্ষণ অপেক্ষা না করে পায়ে হেঁটে, সাইকেলে কিংবা স্কুটারের ব্যবহার হচ্ছে উত্তম উপায়।

সাইকেলে যারা স্কুলে যাওয়া করে, তারা টিএফএল এর ফ্রি অনলাইন সাইকেল স্কীল কোর্সে যোগ দিতে পারে। [cycle-skillonline.tfl.gov.uk](http://cycle-skillonline.tfl.gov.uk) - এই ওয়েবসাইটে গিয়ে কোর্সের টিপসগুলো পাওয়া যাবে এবং কোর্স সম্পন্নের পর বিনামূল্যে সানটান্ডার সাইকেল (যা বরিস বাইক হিসেবে পরিচিত) ব্যবহারের সুযোগ পাওয়া যাবে।

সর্বশেষ পরামর্শ, তথ্য ও সহায়তার জন্য [www.towerhamlets.gov.uk/backtoschool](http://www.towerhamlets.gov.uk/backtoschool) - ওয়েবসাইটে ভিজিট করুন।





The Slave Trade by artist George Morland, painted in 1791

# Slavery woven into the fabric of everyday life

## HISTORY

By **JOHN RENNIE**

For 107 years, Robert Milligan stood complacently back and surveyed his work. The West India Dock, opened in 1802, was the crowning glory of his business. For decades, Milligan had built his wealth on two pillars – the importing to England of West Indian produce including sugar, rum and coffee – and the bulk buying of slaves to be sold in Jamaica.

The only problem for Milligan and his fellow East End merchants was that a large share of the incoming goods were disappearing from the docks, purloined by poorly paid yet resourceful East Enders. The West India Dock was to be a secure facility, which would cut down on theft.

Slaves were dying on route from Africa to the West Indies, as they were transported in crowded and pestilential ships. More slaves were dying in the backbreaking work of the sugar

plantations, beaten by their masters and killed if they didn't toe the line. Abhorrent as it was, for Milligan and his cohorts though, such losses were acceptable. Africa, after all, had a seemingly limitless supply of people to be pressed into slavery. When Milligan died at his Hampstead home in 1809, father of eight and pillar of the community, he had interests in the Jamaican estates of Kellet's and Mammee Gully, which owned 526 slaves.

In 2020, as the Black Lives Matter movement swept from the United States around the world, the reckoning eventually came as people began to question such community pillars and just who was on those plinths that dot our city and what they'd done to earn their place. In June, the statue of Milligan was removed from West India Quay.

Of course, while without Milligan the West India Dock would never have happened, he hadn't built it at all. The money had come from the profits in the sugar trade, staffed and subsidised by slavery. Milligan had built his fortune on the triangular trade – empty



Statue of Robert Milligan being covered up



ships taking slaves from West Africa, crossing the ocean to the West Indies and the Americas, where they would be sold or simply put to work directly on the plantations, picking cotton and harvesting sugar cane. The work was strenuous, dirty and painful, guaranteed to bring no reward except continued possession and an early grave. The ships would then take the harvested sugar and plucked cotton back to England, where it would reach the cotton mills of Lancashire to be woven into garments. The sugar would be processed into sugars and syrups for a British palate now accustomed and delighted by sweet things.

Many of the finished goods would then be loaded back onto ships to be transported out to the new 'possessions' – the colonies of Africa and India and beyond. The ships, unloaded and empty, would then embark the next cargo of slaves and so the triangle was fed.

A brutally efficient system, which delighted the men such as Milligan who grew rich on its back and one which Britain was very slow to reject. The British trade in enslaved African people was ended in 1807 but slavery didn't end throughout the British empire until 1833. And then there was compensation to be paid – not to the freed slaves but to the slavers and plantation owners who had lost their free labour. The payouts began in 1837, more than 40,000 in total, with the government handing over around £20 million (the equivalent of billions at present values).

Most of the beneficiaries weren't as wealthy as Milligan. While the Scot 'owned' 526 Jamaican slaves, ownership was widespread and often seen as an investment opportunity among small business owners of individuals.

One such individual was Charles Matthias Sughrue, a shipowner born in Rotherhithe and living at 21 Stepney Green in 1851. He was awarded compensation as the owner of a single slave in St James, Jamaica. There is no statue erected for him.

Richard Thomas Healis, of 2 Barns Place, Mile End, was compensated for the loss of 14 slaves in Barbados, though he was unsuccessful in a second claim. Nonetheless, Healis walked away from the dirty trade with a cheque for £215 and 13 shillings.

Nor does history much remember the Reverend Evan James, curate of St Dunstan's Church, Stepney, who claimed for one-third of the compensation for the loss of the Great Pond estate in Jamaica.

Wills often give clues. When Robert Cleghorn, a merchant and planter of Stepney, died in 1824, he left land in Dagenham to his three mixed race sons, 'begotten by me on the body of Margaret Steel', a free mixed race woman back in St Kitts. At least he recognised his paternal duties.

Geddes Mackenzie Simpson, living in New Grove House, Bromley, in 1816, was a sugar broker of Tower Street in the City and a partner in the firm of Webster & Simpson. Simpson claimed for the loss of the Belle Vue estate in British Guiana, along with his creditors. His demand for £11,257 and 5 shillings was unsuccessful,

and the company was bankrupt in 1820.

Simpson wasn't alone. Many involved in the trade argued bitterly that abolition would destroy the economics of the business. To which, any humane person might argue that a firm dependent upon forced free labour to be economic is no sort of business at all. And that the sugar and cotton trades (to name just two) haven't disappeared in the two centuries since. Perhaps the slavers simply weren't very good at business.

What is certain is that slavery touched everything – the clothes we wore, the foods we ate, the wealth of the nation. University College London's project, Legacies of British Slave Ownership, estimates 10 - 20 per cent of Britain's wealthy have historical connections with the trade. Banks including Barclays and HSBC can trace their holdings back to the slave trade, so can Lloyds of London and the brewers Greene King. The Church of England had investments in slavery. And the very fabric of our country, the roads, docks, canals and cities, was woven with the money from the trade and to help it grow.

There are conflicting views on where Britain would have been without slavery. One view is that the UK only became as wealthy as it did because of forced, free labour. Another view is that slavery was not only evil, it wasn't even economically coherent – witness all those slavers who couldn't run a business without free labour. There is an argument that all slavery did was concentrate wealth in the hands of an incompetent elite. Perhaps, without slavery, we would have been richer yet and the wealth would have been spread for all to enjoy.

The problem for us modern day Londoners is slavery is so woven into the fabric of our city it's hard to know when to stop picking. Sir John Cass was a generous philanthropist and has given his name to numerous educational establishments in our borough and city but his generosity was funded by his



Photograph of a cotton plantation in the southern United States



Harvesting sugar cane in the West Indies

enthusiastic participation in the Atlantic slave trade. Thomas Guy endowed the hospital but he could do so because of his large share of the South Sea Company, which traded thousands of slaves. The much-loved Geffrye Museum changed its name to the Museum of the Home in 2019. The almshouses in which it lives were endowed by slave owner Sir Robert Geffrye.

Note how many of our slavers were knighted for their work. No surprises there, as slavery was in the very fabric of the British Empire. James II was

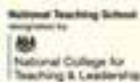
not above getting involved in trade and was the principal governor of the Royal African Company, as well as its largest shareholder. Historians say the company 'shipped more enslaved African women, men and children to the Americas than any other single institution during the entire period of the transatlantic slave trade'.

History sometimes looks a little like a house of cards. Change may start at the bottom but the results could reach right to the top.



Black Lives Matter protest in Trafalgar Square, London





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REED



**REED Education are delighted to announce we have been successfully appointed as the Managed Service Provider for Tower Hamlets Education Partnership (THEP) via the Crown Commercial Service framework (CCS).**

The contract is for the provision of supply Teachers and temporary staff in educational establishments across the London borough of Tower Hamlets. This service will support Early Years provisions, Primary, Secondary and Special Schools within the Borough and all types of roles from teaching, teaching assistants, tutors, cover supervisors to all non-classroom based positions.

This contract and partnership between Reed Education and the Tower Hamlets Education Partnership gives **greater transparency to supply staff, fair pay levels and encourages permanent opportunities** for suitable staff when the needs arise.

Due to the high demand for the start of the new Academic Year, we are recruiting candidates who have experience in various job roles:

- Teachers
- Intervention Tutors
- Teaching assistants / learning support assistants
- Cover supervisors / HLTA's
- Senior Leaders
- Pastoral roles

To register interest in joining the service please email [TowerHamlets.schools@reed.com](mailto:TowerHamlets.schools@reed.com) and a relevant consultant will call to discuss the opportunities available to you.





# Whatever it takes

## COUNCIL NEWS

The high and ongoing cost of dealing with Covid-19, as well as future uncertainty around local government funding, has placed a heavy financial burden on the council. This has led to Mayor Biggs, issuing a stark warning that unless the government sticks to its promise to do “whatever it takes” to support local councils, there will be some very tough funding decisions to be faced.

The serious financial situation was laid out at the most recent Cabinet meeting. Figures from the first four full months of lockdown (to July) show that due to increased essential spending and

loss of income, the council has had to spend £60 million more, and with the government only committing so far to provide £30m. This leaves a financial hole of £30m.

Mayor Biggs said: “As a council we have already faced a decade of government austerity. The stark reality is that on top of that we now face both increased costs and a reduction in income due to Covid-19, which has put a heavy burden on public services and finances that will last for years to come.”

We continue to make the case to the government to honour its funding pledge. Further detailed financial planning and cost saving work is taking place ahead of consultation with residents, businesses and local organisations later in the year.



## A blooming partnership



Wildflowers from the meadow in Swedenborg Gardens

Action to tackle high levels of antisocial behaviour on a small open space in Shadwell, has brought about surprising results.

Swedenborg Gardens was often used for large antisocial gatherings, causing noise, litter and other problems. In summer 2019, residents, local charity and community groups plus various council services – including parks, housing and safer neighbourhood teams – decided to come together to form the Swedenborg Partnership to work to improve the site.

Before lockdown, the partnership delivered a number of activities and events: bulb planting days; the removal of old seats and fencing from the open space; tackling unwanted gatherings; the creation of a colourful wild flower meadow, which attracts wildlife; and weekly ‘Nature and Us’ wildlife and ecology themed explorations.

Members of the partnership are keen to get back to the gardens to deliver more joint events as soon as they can. So keep your ear to the ground for news of what’s next.

## Check you’re up to date and registered to vote

Changes have been introduced to the way the electoral register is compiled. Residents are being asked to look out for a form in the post, which will list those who are registered to vote and information on how to vote if you’re a new resident. Where there are no changes residents may also receive an email to confirm that the details are correct.

The good news is that in most cases the process has been made simpler this year. That’s because the electoral register is being matched against government databases before the forms are posted to every property in the borough. Another positive change is that if all details are correct, you no longer need to respond.

If you do need to make changes, you can return the updated information either online – which is the recommended option – by post, text or telephone. The form sent to you will provide all the information you need to do this.

Remember that the register is revised every year so even if you or others at your property were registered to vote in last year’s General Election, if any details need to be amended you still need to respond.

As well as being a legal requirement, inclusion on the register is important because credit agencies check the names and addresses of people applying for credit cards, mobile phones and mortgages. It can also be used to carry



out identity checks and helps to tackle serious crimes such as fraud and money laundering. The revised register will be published on 1 December 2020.

Residents who need extra support to complete their form can contact the electoral services team by emailing [vote@towerhamlets.gov.uk](mailto:vote@towerhamlets.gov.uk)



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## LOCAL DEMOCRAT IN TOWER HAMLETS

Tower Hamlets Council has a system of governance in which the elected mayor, **John Biggs** (right), has personal responsibility and executive powers. Mayor Biggs is responsible for determining and delivering a wide range of policies and priorities. He is advised by his cabinet of councillors and by council officers.



### \* The members of the Cabinet are:

**Cllr Sirajul Islam** Deputy Mayor for Housing (Statutory Deputy Mayor)

**Cllr Rachel Blake** Deputy Mayor for Adults, Health & Wellbeing

**Cllr Asma Begum** Deputy Mayor for Community Safety, Youth and Equalities

**Cllr Danny Hassell** Children and Schools

**Cllr Sabina Akhtar** Culture, Arts & Brexit

**Cllr Asma Islam** Environment and Public Realm (job share)

**Cllr Dan Tomlinson** Environment and Public Realm (job share)

**Cllr Mufeedah Bustin** Planning and Social Inclusion (job share)

**Cllr Eve McQuillan** Planning and Social Inclusion (job share)

**Cllr Candida Ronald** Resources and the Voluntary Sector

**Cllr Motin Uz-Zaman** Work and Economic Growth

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# History takes a walk in the park

Visitors to the borough's parks will be able to learn about the nature, history and heritage of local areas, thanks to the installation of information panels in a

number of parks and open spaces as part of our parks' capital programme.

Visitors to Stepney Green will be able to read about Watt Tyler and the

Peasants' Revolt and Captain Cook who lived nearby.

Heritage and nature panels are due to be installed in Bartlett Park in Poplar

this autumn. We are also working in partnership with the Isle of Dogs History Trust to replace dilapidated panels on the island.

## Stepney Green

The green space in which you are standing has a varied history – colourful and diverse

This park was once common land, known as Mile End Green, part of the Manor of Stepney. During and after medieval times, common people had the right to use the land for livestock to graze and to collect wood and turf for fuel.

### The Peasants' Revolt



The Death of Wat Tyler at the hands of Walworth, Mayor of London, with Richard II looking on © The British Library Board (Royal 18 E. I. 1375)

The most famous event to have taken place in the area was the Peasants' Revolt of 1381. Wat Tyler led a group of peasants rebelling against the royal government. They were protesting at the newly imposed poll tax and demanding their liberty to work for employers of their choosing. There were uprisings across England, with the unrest focused on Essex and Kent. The rebels met with fourteen-year old King Richard II at Mile End Green. The King offered concessions and reforms but his promises were not fulfilled and, at an unruly meeting at Smithfield, Tyler was slain by the Kings' men. The rebellion lasted less than a month.

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### The Stepney Meeting House

In 1674 the Stepney Meeting House was built to serve a congregation of dissenters founded in 1644 during the English Civil War. It was the first non-conformist church in East London. Having been rebuilt as the Stepney Meeting House Congregational Church in 1862, the building was bombed in WWII. It was demolished in 1950, apart from the rear wall and a stone gate which can be seen on Garden Street, to the east of the football pitch.



The remains of the Baptist Chapel in 1969. London Metropolitan Archives, City of London (Collage: the London Picture Archive, ref 002767)

### Captain James Cook

Captain James Cook (1728-1779) is one of Britain's most celebrated explorers. He is famous for his voyages in the Pacific, his accurate mapping and his scientific approach to exploration. His voyages took him from Newfoundland and North America to New Zealand and Australia. From 1764 until his death Cook lived at Assembly Row, on Mile End Road, opposite where the Genesis cinema is today. A plaque to commemorate him can be found at the site.



Captain James Cook © National Maritime Museum, Greenwich, London

In the late 19th Century most of what is now the park was occupied by streets of terraced houses, owned by Clare College, Cambridge University. The buildings suffered severe bomb damage during WWII and were demolished at the end of the war.

### WWII, Housing and Henry Moore

Between 1958-64 London County Council built the Stifford Estate. The estate was next to the park and was home for 35 years to 'Draped Seated Woman 1957-58', a large bronze sculpture by Henry Moore, one of the most famous British artists of the 20th Century. The sculpture, which became known affectionately to locals as 'Old Flo', was moved to Yorkshire Sculpture Park in 1997 but returned to Tower Hamlets in 2017. The estate was demolished in 2000.



Image from 1963 film 'Sparrows Can't Sing' featuring EastEnders actress Barbara Windsor, seated on Moore's Draped Seated Woman, next to the Stifford Estate © Studiocanal Films Ltd

The area was landscaped as Stepney Green Park between 1989 and 1991 to look as we find it today.

### Worcester House

In 2011, archaeologists working on the Crossrail project, uncovered the remains of Worcester House, a manor house constructed by the Marquis of Worcester in 1597 and remains of several other important buildings. This discovery took place to the west of the Church of St Dunstan and All Saints and includes part of Stepney City Farm.



Artists impression of Worcester House, uncovered by Crossrail archaeologists. Image reproduced courtesy of Faith Vardy/MOLA



[www.towerhamlets.gov.uk/parks](http://www.towerhamlets.gov.uk/parks)  
f towerhamletsparks



## New information panel at Stepney Green

### Meetings

All meetings will be virtual. Dates and times may change. Agendas will be available online. For further information visit [www.towerhamlets.gov.uk/meetings](http://www.towerhamlets.gov.uk/meetings)

**Licensing Sub-Committee**  
Tuesday 15 September, 5.30pm

**Development Committee**  
Thursday 17 September, 6pm

**Overview and Scrutiny Committee**  
Monday 21 September, 6.30pm

**Cabinet**  
Wednesday 23 September, 5.30 pm

**Strategic Development Committee**  
Thursday 24 September, 6pm

**Children and Education Scrutiny Sub-Committee**  
Tuesday 29 September, 5.30pm

**Licensing Sub-Committee**  
Tuesday 29 September, 5.30pm

**Council**  
Wednesday 30 September, 7pm.

**General Purposes Committee**  
Tuesday 6 October, 6.30pm

**Development Committee**  
Thursday 8 October, 6.30pm

**Licensing Sub-Committee**  
Tuesday 13 October, 5.30pm

**Strategic Development Committee**  
Wednesday 14 October, 6.30pm

**Standards (Advisory) Committee**  
Thursday 15 October, 6pm

**Licensing Sub-Committee**  
Tuesday 20 October, 5.30pm

**Overview & Scrutiny Committee**  
Monday 26 October, 6.30pm

**Cabinet**  
Wednesday 28 October, 5.30pm

**Development Committee**  
Thursday 5 November, 6.30pm

**Licensing Sub-Committee**  
Tuesday 10 November, 5.30pm

**Council**  
Wednesday 18 November, 7pm

**Strategic Development Committee**  
Thursday 19 November, 6.30pm

**Cabinet**  
Wednesday 25 November, 5.30pm

**Licensing Sub-Committee**  
Tuesday 1 December, 5.30pm



[/towerhamletscouncil](https://www.facebook.com/towerhamletscouncil)



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



[www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)



## USEFUL INFORMATION SERVICES AND CONTACTS

### Council

#### Town Hall

Mulberry Place,  
5 Clove Crescent, E14 2BG.  
www.towerhamlets.gov.uk  
General enquiries  
020 7364 5000

**Covid-19 advice and support:** 020 7364 3030

### Housing

#### Repairs

0800 376 1637 ext 1

#### Housing advice

020 7364 3558

#### Homeless service

020 7364 7474  
Out of hours  
020 7364 4079

#### Choice-based lettings

020 7364 2826

#### Homeseekers

www.thhs.org.uk

#### Tower Hamlets Homes

020 7364 5015

### Report it

#### Non-emergency crimes

##### 101 Textphone

18001 101

#### Domestic Violence Team

0800 279 5434

#### Haven Whitechapel (sexual assault referral centre)

020 3299 6900 /  
020 3299 1599

#### Karma Nirvana (honour- based abuse helpline)

0800 5999 247

#### National LGBT domestic abuse helpline (Galop)

0800 999 5428 /  
0300 999 5428

#### Black Women's Health and Family Support

020 8980 3503

#### Rights of Women

020 7251 6577

#### Victim Support Tower Hamlets

0808 168 9291 /  
0808 168 9111

#### NSPCC Child Protection Helpline

0800 800 5000

#### Childline

0800 1111

#### Shelter

0808 800 4444

#### Respect (for perpetrators)

0808 802 4040

#### Men's Advice Helpline

0808 8010 327

#### Samaritans

116 123

#### Tower Hamlets Mediation Service (free service for council tenants and leaseholders)

020 7364 7474

#### Anti-fraud (housing and tenancy related fraud)

0800 528 0294

### Idea Stores and libraries

#### Bow

Gladstone Place, E3.

#### Chrisp Street

Vesey Path, E14.

#### Whitechapel

321 Whitechapel Road, E1.

#### Opening times:

We are operating reduced  
hours as a result of the  
pandemic.  
Mon to Fri, 10am - 6pm;  
Sat and Sun, 12 noon - 4pm.  
ideastore@towerhamlets.  
gov.uk  
www.ideastore.co.uk  
All other Idea Stores and  
libraries remain closed.  
We are working to reopen  
further locations as soon as  
we are able to do so.

Books, magazines,  
newspapers, music and  
films are available for  
download for online Idea  
Store members. Join for free  
www.ideastore.co.uk/home  
**Local History Library and  
Archives**  
localhistory@towerhamlets.  
gov.uk

### Careers

#### Young WorkPath/Tower Hamlets Careers Service

40-42 Watney Market, E1.  
020 7364 1401  
youngworkpath@  
towerhamlets.gov.uk

#### Adult education services

Shadwell Centre,  
455 The Highway, E1.  
020 7364 5665

#### WorkPath

Employment and  
Skills Centre,  
55 Upper Bank Street, E14.  
020 7364 3727  
workpath@towerhamlets.  
gov.uk

### Debt

#### Toynbee Hall Advice Service

28 Commercial Street, E1.  
020 7392 2953  
advice@toynbeehall.org.uk  
www.toynbeehall.org.uk

#### Fair Money Advice

18 Ashwin Street, E8.  
020 3475 8811  
www.fairfinance.org.uk

#### Island Advice Centre

Island House, Roserton  
Street Isle of Dogs, E14.  
020 7987 9379  
www.island-advice.org.uk

### Health & wellbeing

#### Health hotline

020 7364 5016

#### Reset

Tower Hamlets Drug and  
Alcohol Service  
183 Whitechapel Road, E1.  
020 3889 9510  
reset.towerhamlets@  
cgl.org.uk

#### Safe East (under-19s)

compass.towerhamlets  
yphws@nhs.net  
020 3954 0091

#### East London Parkinson's Support Group

hello@parkinsons.org.uk  
0808 800 0303

#### Alzheimer's Society

Robinson Centre, Mile End  
Hospital, Bancroft Road, E1.  
020 8121 5626

#### Tower Hamlets Advocacy Real

020 7001 2170  
hello@real.org.uk

#### Free home fire safety advice

08000 284428

#### LinkAge Plus

Toynbee Hall, Commercial  
Street, E1.  
020 7392 2914

#### Stop Smoking services

www.quitrightth.org  
020 7882 8230

#### Healthwatch Tower Hamlets

Mile End Hospital, Bancroft  
Road, E1.  
0800 145 5343  
info@healthwatchtower  
hamlets.co.uk  
www.healthwatchtower  
hamlets.co.uk

#### BYM Bangladesh Youth Movement Women's Centre of Excellence

Whitechapel Centre, Units 1  
& 2, Myrdle Street, E1.  
020 7377 8668  
www.bym.org.uk

### Advice

#### Account 3 (welfare and debt advice)

3 Birkbeck Street, E2.  
020 7739 7720  
www.account3.org.uk

#### Bangladesh Youth Movement

21-23 Henriques St, E1.  
020 7488 1831/2  
admin@bym.org.uk  
www.bym.org.uk

#### Bromley by Bow Centre

St Leonard's Street, E3.  
020 8709 9700

#### Citizens Advice Bureau

32 Greatorex Street, E1.  
020 7247 1050  
towerhamlets@eastendcab.  
org.uk  
www.eastendcab.org.uk

#### Island Advice Centre

Island House, Roserton  
Street, Isle of Dogs, E14.  
020 7987 9379  
www.island-advice.org.uk

#### Legal Advice Centre

University House,  
104 Roman Road, E2.  
020 8980 4205  
www.legaladvicecentre.  
london

#### Limehouse Project

789 Commercial Road, Unit  
2, St Anne Street, E14.  
020 7538 0075  
www.limehouseproject.  
org.uk

#### Praxis (New Residents) Immigration, benefits and general advice

Pott Street, E2.  
General Helpline:  
020 7729 7985  
Immigration advice:  
020 7749 7608  
www.praxis.org.uk

#### Tower Hamlets Community Advice Network

thcan@island-advice.org.uk  
www.thcan.org.uk

#### Tower Hamlets Law Centre

Unit 1, St Anne's Street, E14.  
020 7538 4909  
www.thlc.co.uk

#### Age UK East London for over 50's, their families and carers

82 Russia Lane, E2.  
Caxton Hall, Caxton Grove,  
E3.  
Royal London Hospital 14F  
Wards.  
info@ageukeastlondon.  
org.uk  
www.ageuk.org.uk/  
eastlondon  
020 8981 7124

### Leisure centres

#### John Orwell Sports Centre

Tench Street, Wapping, E1.  
020 7488 9421

#### Mile End Park Leisure Centre and Stadium

190 Burdett Road, E3.  
020 8709 4420

#### Poplar Baths

170 East India Dock Road,  
E14. 020 3795 0599

#### York Hall Leisure Centre

5-15 Old Ford Road, E2.  
020 8980 2243

#### Currently closed:

St George's Leisure Centre  
Tiller Leisure Centre  
Whitechapel Sports Centre

### Parent & child

#### Family Information Service

30 Greatorex Street, E1.  
fis@towerhamlets.gov.uk  
020 7364 6495

#### Multi-Agency Safeguarding Hub (MASH)

If a child is at risk of harm:  
020 7364 5006 (option 3,  
open Mon to Fri, 9am - 5pm)  
020 7364 4079 (out of  
hours emergency duty  
team)

#### Tower Hamlets National Childbirth Trust

0300 330 0700  
www.nct.org.uk

Check  
before you  
visit

Due to the pandemic,  
some services  
remain closed or may  
be operating with  
reduced hours or by  
appointment only.

# CALLING ALL TENANTS OF PRIVATE LANDLORDS!

## Can you have your rent repaid?

### PROPERTY LICENSING IS REQUIRED FOR 3 CATEGORIES OF ACCOMMODATION:

- Houses with five or more unrelated occupiers
- Houses, flats and apartments with three or more unrelated occupiers
- Houses, flats and apartments in three areas:
  - Whitechapel
  - Weavers
  - Spitalfields and Banglatown

If your home requires a property licence but doesn't have one you could have up to 12 months of your rent repaid under a rent repayment order.

**£100,000 has been repaid to tower hamlets tenants so far!**

#### 1. DOES YOUR HOME HAVE A LICENCE?

Search the Tower Hamlets HMO Public Register

#### 2. DOES YOUR HOME REQUIRE A LICENCE?

Visit [www.towerhamlets.gov.uk/licensingschemes](http://www.towerhamlets.gov.uk/licensingschemes)

#### 3. REPORT UNLICENSED HOMES

Contact us at [housinglicensing@towerhamlets.gov.uk](mailto:housinglicensing@towerhamlets.gov.uk)



Environmental Health and Trading Standards  
Tel: 020 7364 5008  
[housinglicensing@towerhamlets.gov.uk](mailto:housinglicensing@towerhamlets.gov.uk)