

CELEBRATING OUR BOROUGH



Summer of Fun and
other free activities
over the holidays

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#LoveTowerHamlets
giving away All Points
East tickets

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ISSUE THIRTY-SEVEN // JUNE 2025



OUR EAST END



Love our rich history

Sir Ian McKellen unveils Siege of Sidney Street mural

LOVE
TOWER
HAMLETS

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Actor Sir Ian McKellen unveiled Frank Creber's new mural in Sidney Street. Credit: Whitechapel Stories

Actor unveils new mural celebrating Whitechapel

CELEBRATING OUR BOROUGH

A new mural celebrating the history and diversity of Whitechapel was unveiled by actor and East End local, Sir Ian McKellen.

The new Whitechapel Stories mural, on Sidney Street, was painted by Frank Creber after he was chosen by residents.

Project lead Jane Austin, and Vernon Hunte, chair of John's Place Tenants' and Residents' Association worked in partnership with Graham Barker from Walk East and staff



I am as excited as my neighbours to see the mural in Whitechapel

at Tower Hamlets Local History Library and Archives.

They ran history workshops for volunteers and a community heritage day to help shape the mural's narrative. The artist worked with local school children and community groups to develop and refine the design. It was funded by the National Lottery Heritage Fund.

A commemorative booklet, Whitechapel Stories, has also been produced alongside the mural.

The booklet, available online and in print, shares the area's rich social history, from the 1911 Siege of Sidney Street to the anti-racism protests of 1970s.

Sir Ian co-owns The Grapes, a 500-year-old riverside pub in Limehouse, where photos of his Lord of the Rings castmates hang behind the bar.

He said: "I am as excited as my neighbours to see the mural in Whitechapel - a welcome addition to the lively culture of the area."

Artist Frank added: "To understand the essence of Whitechapel is to see its people and buildings woven together through time."

Vernon Hunte, Chair, John's Place Tenants' and Residents' Association, said: "Countless friendships blossomed as we worked with the community and local schools to bring the mural images to life."

"This mural is a tribute to the creativity and resilience of our community."

"It grew out of the friendships formed during the pandemic and the stories shared by residents and neighbours."

"Whitechapel's rich history reflects the challenges faced by each generation - and shows how, time and again, communities come together to overcome them."

Read the booklet at whitechapelstories.org

A message from your Mayor

After this glorious spring, we're looking forward to a packed programme of free activities for residents to enjoy this summer.



Our Summer of Fun will celebrate our borough's vibrant community, rich history, and exciting future, and marks the launch of our new Love Tower Hamlets campaign.

From iconic landmarks like the Tower of London and Tower Bridge to our world-famous markets, street art, and a cultural and culinary identity shaped by centuries of migration - earning us the title 'Curry Capital' - Tower Hamlets is a place like no other.

Tower Hamlets truly offers the best of London in one borough, and, above all, we are defined by a spirit of inclusion, unity, and hope - a diverse community working together to build a better future for everyone who lives, works, and visits here.

This celebratory summer programme is a fantastic opportunity for young people, alongside the Holiday Activities and Food programme running throughout the summer holidays. We're excited to welcome back the much-loved In the Neighbourhood festival in Victoria Park, offering free events and entertainment.

In time for summer, we've opened the 'People's Spa' - one of the only council-operated spas in the country and one of the most affordable in London - at Be Well the Spa.

Finally, congratulations to everyone who has won a Civic Award or Women's Award, and thank you to all nominees for your invaluable contributions to our borough.

I hope you'll join me this summer in celebrating the people, places, and spirit that make Tower Hamlets so special.

Lutfur Rahman
Executive Mayor

Our East End is produced by:
Tower Hamlets Council

Editorial enquiries: 020 7364 4389

Email: communications@towerhamlets.gov.uk

Advertising enquiries: 020 7364 6005

Printed by: Reach Printing Services

Distributed by: London Letterbox Marketing

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New Love Tower Haml

CELEBRATING OUR BOROUGH

A new campaign has been launched by Tower Hamlets Council to celebrate everything that makes our borough unique, vibrant, and special.

Tower Hamlets stands at the heart of London's past and future. For centuries, the borough has been a gateway for those seeking new beginnings, welcoming immigrant communities and offering the best of London culture.

The Love Tower Hamlets campaign celebrates this distinctive character and the many reasons why people choose to live, work, study, create, and visit here.

The campaign showcases Tower Hamlets as "the best of London in one borough".

Only in Tower Hamlets can you experience everything from historic docklands to innovative startups, world-class galleries to vibrant street art. It highlights the unique heritage of migration, industry, activism, and resilience that has shaped the East End across generations.

The campaign will look at what makes our borough unique. This includes a heritage that began with Huguenot refugees, continued with Jewish refugees in the late 1800s, with Bangladeshis in the 1970s, and more recently with people from Somaliland and other places. It aims to remind the world of the borough's resilience and activism, from enduring the blitz to fighting for workers' rights during the Match Girls' Strike and facing down fascists at the Battle of Cable Street.

It will also be shining the spotlight on our culture, whether visual art at the Whitechapel Gallery and the ever-changing street art of Brick Lane, or performances at historic venues like Wilton's Music Hall.

The campaign proudly tells the Tower Hamlets investment story, as the third-largest contributor to the UK economy and home to world-leading companies and financial institutions.

The Love Tower Hamlets campaign invites you to explore hidden gems and famous landmarks alike, and to share your own experiences of our borough on social media using the hashtag #LoveTowerHamlets.

Join the council in celebrating and sharing what makes Tower Hamlets truly special.



ets campaign launches

Summer sizzlers

Enjoy these free or almost free ideas over the summer



Big screen Mario Kart, Canary Wharf

Join the free family gaming sessions where you can play Mario Kart or Just Dance on the big screen. Player numbers are limited and will be offered on a first-come, first-served basis. Family gaming sessions are aimed at children aged 5+ and their families. Runs on Saturdays and Sundays throughout June, July and August from 4pm.



Tots at the Docks, London Museum of Docklands

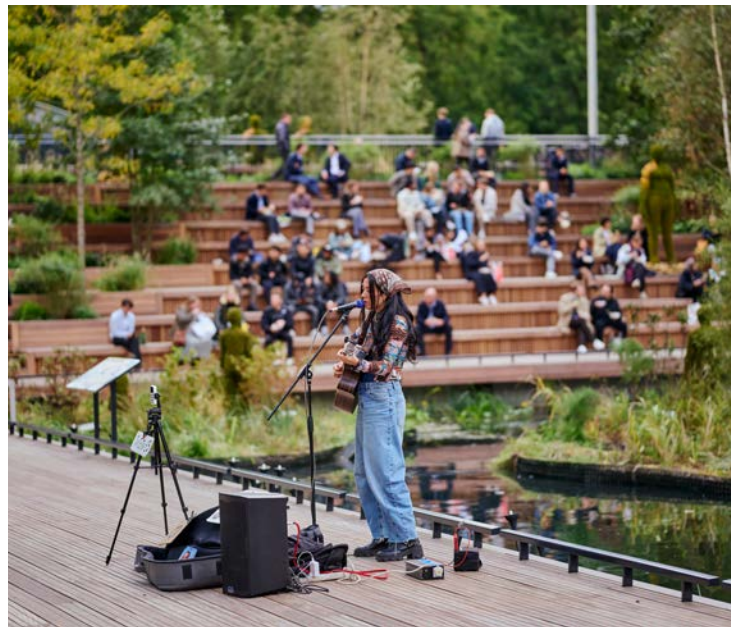
Dive deep in the river, stack cargo, put on a puppet show or build the tallest tower. Tots at the Docks is an unticketed, drop-in play session that takes place on the last Wednesday of the month from 10.30am to 2pm.



The Tower Remembers, the Tower of London

The Tower of London is marking the 80th anniversary of the end of the Second World War with a commemorative display of poppies. The display, inside the Tower walls, sees nearly 30,000 of the original poppies, made for the 2014 installation 'Blood Swept Lands and Seas of Red', return to the Tower, marking the sacrifices made during the Second World War.

Tower Hamlets residents can visit the Tower and see the display for £1.



Dockside sounds, Eden Dock, Canary Wharf

Canray Wharf is working with Busk in London to bring a host of new and emerging artists to Eden Dock.

You can discover these artists every Friday afternoon throughout the summer months. This is the perfect way to spend your lunch break or start your weekend, soaking up the sun and sounds at this unique waterside venue.

One of the reasons we Love Tower Hamlets is because of all the events, from marathons to free summer activities, in the borough. Read more over the next few pages



Activities include creating your own comic, drama sessions and much more

Tonnes of free summer holiday activities for all

LOVE TOWER HAMLETS

As the school summer holidays draw near, council teams are planning tonnes of free and exciting activities for children and families to look forward to as part of the council's annual Summer of Fun programme.

Parks, Young Tower Hamlets, Children and Family Hubs, Idea Stores, sports and physical activity, and outdoor education teams are planning a host of activities including sports, adventure play, arts and crafts, boating, fishing, pond dipping, scavenger hunts, model boating, kite making, bee explorations, edible garden eats, outdoor theatre shows, family fun days and much more.

While regular sessions such as story times, art club and LEGO clubs will continue during the school summer holidays, Idea Stores are also planning other fun summer events.

Join author Terrie Chilvers, who will introduce you to her book, *Snails of the Unexpected*. An interactive mollusc and bug quiz that reveals very unexpected facts about mini beasts is part of the workshop.

Youngsters are invited to join comic book creator Kev F Sutherland's comic book workshop and create their own characters, comic strip page, and their own mini-comic to take-away.

The Drama Geezers will be performing their family show, *Now That's What I Call a Story!* Experience an enchanting journey as a young boy embarks on a thrilling adventure, encountering captivating characters, intriguing places, and magical creatures. Who will cross his path, and where will his travels lead him? It's all up to the audience. Join The Drama Geezers for this interactive storytelling extravaganza, where you will take the reins in crafting a brand-new tale.

Those who love a book challenge

can look out for the Summer of Fun Reading Challenge, the new-look literary adventure trail this summer holiday.

Young people between the ages of 11 and 18 can learn creative skills by signing up to a Summer Art and Design Academy delivered by A Team Arts Education.

Taking inspiration from the River Thames, participants will explore the theme 'liquid history' and creatively unravel its history and significance into helping Tower Hamlets become a major trading centre, while also tackling the global and environmental

crisis.

Working with partners including McQueen, the Kings Foundation, London Museum Docklands, Tower of London and Whitechapel Art Gallery, each programme lasts for six days.

All sessions take place at The Brady Arts and Community Centre in Whitechapel.

- For up-to-date information about all the activities taking place this summer, visit the council's activities page at www.towerhamlets.gov.uk/summerevents





In the Neighbourhood features free activities for all the family, and top artists will be performing at All Points East

Music and free community festivals return to Vicky Park

LOVE TOWER HAMLETS

Top London music festival All Points East and free community festival In the Neighbourhood are returning to Vicky park this year over the summer holidays.

Major headliners for All Points East, from 15 to 24 August, include Barry Can't Swim, Raye, and the Maccabees.

In between the two festival weekends, All Points East festival organisers will host community festival In the Neighbourhood from Monday 18 August to Thursday 21 August, in partnership with Tower Hamlets Council.

The mid-week programme offers free entry and free activities for residents and visitors. It includes live music, creative workshops, dance, theatre, sports and wellbeing,

family activities and loads more.

Last summer, In the Neighbourhood partnered with more local organisations than ever before to put on a jam-packed entertainment line-up attended by more than 10,000 visitors.

All Points East and In the Neighbourhood, amongst other festivals, are a fantastic showcase for the rich and diverse culture of Tower Hamlets, which is being celebrated

with the #LoveTowerHamlets hashtag.

Residents are encouraged to keep an eye on the council website, social media channels and newsletters for a chance to win a pair of VIP All Points East festival tickets as part of this celebration of our community's unique history and culture.

• Visit www.allpointseastfestival.com/in-the-neighbourhood



A marathon effort



The London Marathon brought electric energy to Tower Hamlets on Sunday 27 April, with an impressive 9.5 miles winding through our streets - more than any other borough.

Our Love Tower Hamlets team distributed maps along Rainbow Row in Limehouse, showing the borough's many attractions and hidden gems.

They were accompanied by Be Well members, who promoted council leisure facilities and offered complimentary gym passes to inspired onlookers.

The community support and turnout showed yet again why Tower Hamlets remains at the heart of the marathon, just one more way that our residents show pride in their borough. Find out more and join the conversation using the hashtag #LoveTowerHamlets.



Inaugural SXSW London Music Festival

Music fans dived into international music scenes, co-curated by world-class and cutting-edge pioneers, as multiple venues in Tower Hamlets hosted the inaugural SXSW London Music Festival from 2 to 7 June.

A launchpad for emerging artists and a platform for discovery, the festival also gave audiences a

chance to experience multi-genre live showcases, industry meetups and networking opportunities.

Genres including R&B, reggae, dancehall, Afrobeats, classical, queer, diasporic electronic, community clubbing music and many more were showcased across the festival.

Ahead of the festival, Adem Holness, Head of Music for SXSW London, said: "One of the things I love most about London is that you can step out of any tube station and find yourself in a distinct community. That's exactly how I want our festival to feel."

"Each of our music venues will

be a gateway into a different international new music scene.

"We're collaborating with the most exciting pioneers in underground music movements to present the future of music from their unique perspectives, and I'm beyond excited by the artists they've chosen to platform."

New LIDO Festival showcases our borough's rich culture



LIDO Festival, the newest addition to London's summer calendar, arrived in Victoria Park at the weekend (6-7 June) and continues next weekend (13-15 June).

The festival is a fantastic showcase for our borough's rich and diverse culture, which we are celebrating with our #LoveTowerHamlets hashtag.

Named after Victoria Park's historic Lido Field, the festival also features In the Neighbourhood, a free-to-enter community programme of weekday activities from Monday 9 to Thursday 12 June.

Run in partnership with Tower Hamlets Council, In the Neighbourhood includes live music and entertainment, sports and wellbeing, a tea dance for older residents, arts and crafts workshops, children's theatre, plus street food, bars and much more.

As a new festival in Tower Hamlets, LIDO brings substantial benefits to the local area, including improvements to Victoria Park.

Echoing the success of AEG's neighbouring festival, All Points East, which contributed £4.5m to the local economy, and £43.6m to the wider London economy in 2024, LIDO similarly engages local suppliers, employs local staff, and boosts local spending on accommodation, food, and entertainment.

Beyond the music, LIDO is committed to making a positive impact on the local community.

A key part of this commitment is LIDO's ongoing partnership with East London Arts and Music (ELAM), providing students with hands-on experience in the

creative industry including offering students the chance to perform, as well as vocational opportunities in festival production, technology, and the wider music industry.

Jim King, CEO of European Festivals at AEG Presents, said: "Taking place at Victoria Park, one of our favourite locations in the heart of London's creative districts, LIDO Festival allows us to push our ambitions further in working with young people within the industry and those who aspire to be."

"Most excitingly, this centres on a new generation of artists, whether they're headlining or performing for the first time."

"The vision of supporting the artists' journey further develops as we program each day directly with the headliner."

"This delivers a show that fans know has the artists' musical soul embedded throughout."

"This is one of the most exciting aspects of Lido Festival, knowing that everyone on the bill means something to the headliner closing out the show."

Cllr Kamrul Hussain, Cabinet Member for Culture and Recreation, said: "This new festival, at our multi award-winning Victoria Park, provides more opportunities for residents to benefit from cultural events, increases expenditure in and boosts our local economy through visits to the borough and generates more income to support council services including the upkeep of our parks and open spaces."

"We are pleased to work with AEG to ensure that community benefits are at the heart of the new LIDO Festival."

• For more information about the LIDO and In the Neighbourhood festivals, visit lidofestival.co.uk/in-the-neighbourhood.



London Grammar, above, who are headlining at LIDO, and, below, the In the Neighbourhood festival last year





The council was named winner of the 'Best Local Healthy Food Advertising Policy' award at the Children's Food Awards

Healthy eating initiatives

HEALTHIER LIVES

Tower Hamlets Council has been recognised for its efforts to tackle childhood obesity and promote healthier lifestyles.

The council was named the winner of the 'Best Local Healthy Food Advertising Policy' award at the Children's Food Awards, hosted by Sustain's Children's Food Summit on Tuesday 25 February at the Abbey Centre in Westminster.

The awards are run by the Children's Food Campaign at Sustain, a national alliance working to transform the food system and improve public health.

Tower Hamlets Council received

praise for its Healthier Food Advertising Policy, launched in May 2023, which restricts advertisements for foods high in fat, salt and sugar (HFSS) on council-owned spaces and within council-run advertising contracts.

The policy was introduced as part of the borough's wider efforts to improve the health of residents, particularly children.

Research shows that regular exposure to unhealthy food advertising influences children's eating habits, increasing their preference for HFSS products and contributing to overeating.

The council has taken a range of measures to address the issue, including:

- Providing free school meals for all primary and secondary school pupils
- Operating the Food for Health award scheme, which encourages local food businesses to offer healthier choices
- Redistributing more than 20,000 meals a month through the Food Hub with support of organisations such as The Felix Project
- Introducing planning restrictions to limit new hot food takeaways near schools
- Launching fruit and vegetable voucher schemes to support low-income families.

Cllr Maium Talukdar, Deputy Mayor and Cabinet Member for

Education, Youth and Lifelong Learning, said: "Removing junk-food advertising is a huge step towards improving our environment, but we know there are still big challenges ahead.

"We'd like to thank all of our staff and partners who helped bring this policy to life, and we'll continue to work with local businesses to make it a success."

Judges commended the council's leadership and the tangible impact of its initiatives. Tower Hamlets Council joins a growing number of London boroughs taking action to limit junk food marketing and support residents in making healthier choices.

Keep active this summer

With longer days and warmer weather, summer is the perfect time for residents to get moving and enjoy the outdoors.

And there are plenty of free and low-cost ways to stay active across the borough.

Parks and open spaces: Tower Hamlets boasts more than 120 parks and green spaces, including Victoria Park, Mile End Park, and Bartlett Park. These are ideal for walking, jogging, cycling, or

relaxing with family and friends. Many parks also have outdoor gyms and marked trails. **Find out more:** towerhamlets.gov.uk/parks

Free sports activities: The council and local organisations offer free or low-cost exercise classes throughout the summer. Look out for community yoga, Zumba, and bootcamp sessions in local parks, often organised through Our Parks or Be Well leisure centres. **Find out more:** ourparks.org.uk/borough/

tower-hamlets

Swimming and leisure centres: The Be Well leisure centres offer a variety of activities and swimming, with discounted rates for residents. Try swimming, gym workouts, or group classes at Mile End Park Leisure Centre or Poplar Baths. There are also many girls and women only sessions. **Visit** be-well.org.uk/

Family fun: School holidays bring extra family-friendly activities, including summer sports camps,

guided nature walks, and cycling events. Many are free or discounted for residents. **See more on the council website**

Active travel: Summer is also a great time to walk or cycle more. The council supports cycle training for all ages and has hire schemes, where you can rent bikes and 'try before you buy'. **Find out more about the schemes on offer at** towerhamlets.gov.uk/cycling

Oldest spa reopens for everyone

INVESTING IN SERVICES

The oldest spa in London at the historic York Hall has officially reopened following a half a million pound renovation by Tower Hamlets Council.

It is one of the last remaining traditional Turkish baths in London.

Newly branded Be Well the Spa, it's one of the only council-operated spas in the country and offers some of the most affordable prices in London.

Profits will go back into services for residents.

This newly transformed spa provides a modern and relaxing environment, while retaining its historic features.

The spa also offers innovative treatments such as HydraFacial and

Elemis therapies, as well as state-of-the-art amenities including a brand-new infrared sauna, making it one of the first council-owned spas in the country to feature this technology.

The York Hall spa is joint oldest in London, along with Porchester Spa, which both opened in 1929.

Cllr Mohammed Kamrul Hussain, Cabinet Member for Culture and Recreation, said: "At a time when many leisure centres and swimming pools across the country are sadly closing, Tower Hamlets is bucking that trend by investing in and expanding access to leisure services, including this state-of-the-art spa.

"Bringing the leisure services in-house is a vital step in addressing longstanding health inequalities in our borough, enabling us to make leisure and sports more affordable

and accessible, and also wellness through the 'People's Spa'.

"We're also making leisure more accessible by offering discounted memberships for public sector workers, students, older adults, those with disabilities, and those receiving benefits."

Insourcing the service has enabled the council to enhance health and wellbeing in the community at more affordable prices, and to introduce new schemes to further expand access, such as free swimming for all women and girls aged 16 and over, and all men aged 55 and over, groups which are less physically active in the borough.

From just £32.50, non-member guests can enjoy the thermal spa experience which includes three hot rooms, two aroma steam rooms, a traditional sauna, infrared sauna, ice

fountain, monsoon shower, plunge pool, hammam, and a relaxation lounge.

Treatments start at £30, with options like Theragun muscle relief, stress relief massages, paraffin therapy, a coffee full-body scrub, a Dead Sea mineral mud cocoon for £35, and Elemis pro-radiance facials for £45.

Be Well The Spa offers a far wider range of concession rates than other London spas, including discounts for public sector workers, older adults, those with disabilities, students and corporates.

The spa was closed for renovations after the seven leisure centres in the borough, including York Hall, were brought in-house following the end of Tower Hamlets Council's contract with GLL in May 2024.

• See more at be-well.org.uk



The official opening of Be Well The Spa, in 1929, top left, and in 2025, top right. The inside of the spa from 1929, bottom left, and current, bottom right

Be Well activity and membership price freeze

The price of membership and activities at Be Well leisure centres has been frozen for the next financial year.

To support local communities, this freeze applies to all users within the borough.

While leisure centres across

the country are closing, Tower Hamlets is continuing to invest in its leisure services.

This move is aimed at keeping services affordable and accessible for all residents, particularly at a time when access to physical and mental health support is

increasingly vital.

This is in addition to existing initiatives, including free swimming for women and girls aged 16 and over, and for men aged 55 and over. These targeted offerings are designed to remove barriers and encourage greater participation in

regular physical activity.

New programmes are also being introduced to support residents with long-term health conditions and disabilities, further expanding access to inclusive and tailored services.

• Visit be-well.org.uk



Playground Proms Pop-up for everyone

There will be music, dance, theatre, comedy and audience participation in Victoria Park on Saturday 21 June, marking the apex of Playground Proms, a week of workshops in primary schools throughout Tower Hamlets.

The Playground Proms initiative takes classical music workshops directly to schools for performances outdoors.

Children from the local schools who visited the park during the week will be there, along with friends and family but everyone is welcome to the fun, free community event in Victoria Park.

There's no need to book - just turn up to the west side of the park and enjoy the show which starts at 3pm

• Visit www.playgroundproms.net



There will be a range of music, from big bands to show tunes for toddlers, every Sunday at the Vicky Park bandstand

Musical Sundays return to park

CELEBRATING OUR BOROUGH

Vicky Park's bandstand is set to liven up your summer Sundays with free live music performances.

The free family afternoons of live music sessions on the famous bandstand will take place from 1pm to 5pm every Sunday from 29 June until 27 July.

Music will include samba, brass band, big bands, choirs and much more. Baby Broadway will also be bringing show tunes for toddlers.

The season kicks off with the Pride Picnic and there is a special concert to celebrate Victoria Park's 180th birthday on 13 July.

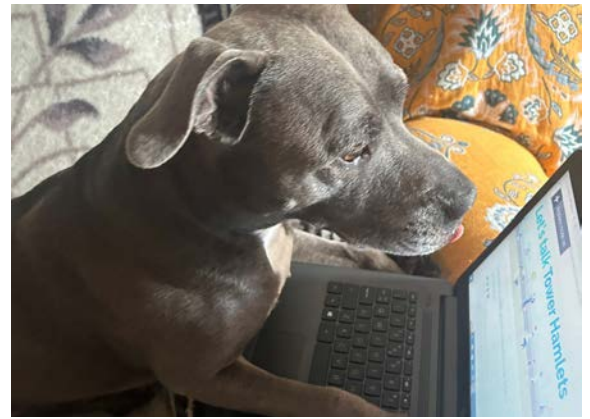
Organised by community group Victoria Park Friends in partnership

with Tower Hamlets Council, the bandstand season also features community choir Sing Tower Hamlets, London Music Hall Choir which sings original choral arrangements of songs from the golden age of the music halls, and Sauhda, bringing classical and semi classical music to the open-air-stage.

Richard Desmond, Chair of Victoria Park Friends, said: "Our bandstand days bring the park community together.

"Most people hear music across the park and come to us serendipitously, but many join us regularly, building the friendships that create Victoria Park's unique community." **Check out the full line up at www.victoriaparkfriends.london**





Left to right - Marta, Chloe, Rosie, Culchie, Benji and Oscar during the consultation process. The ban on dogs being off lead in all public spaces was not introduced due to the consultation responses

New measures for dog owners supported by local groups

COUNCIL NEWS

New measures to promote responsible dog ownership are now in place across the borough to ensure everyone can enjoy the borough's outdoor spaces safely and comfortably.

The Public Spaces Protection Order (PSPO) was brought in after an extensive consultation with residents, in which a majority of those who participated approved of the new rules around dog fouling, dogs on leads on streets and pathways, and dogs being excluded

from all gated children's areas. Not following any of these rules may result in a fine.

All dogs trained to assist a person with a disability will be exempt from these restrictions.

All dogs will still be allowed to play off-lead freely in all parks and green spaces in the borough.

The council started consulting on the PSPO in Tower Hamlets in 2024 in response to enquiries regarding the council's policy on dangerous dogs in the borough and following several high-profile incidents involving dogs in public spaces in London.

There were 2,267 responses to the consultation from local residents and the wider community, including animal welfare organisations, such as the RSPCA, Battersea Dogs and Cats Home, The Kennel Club, and the East London Dog Community.

Bernadette Moriarty, from East London Dog Community, said: "This proposal strikes a fair compromise that prioritises public safety for all while ensuring families with dogs can still enjoy ungated children's play areas together in a respectful and responsible way, and that responsible dog owners and their dogs are not unfairly punished."

From 1 October 2025:

- owners must clean up after their dogs in public spaces.
- all dog walkers must, if asked by an authorised officer, put, and keep, dogs on a lead for a period of time.
- dogs will be excluded from gated children's play areas and sport areas.
- dogs will be required to be on leads near roads, pavements and communal areas on estates.
- a maximum of four dogs can be walked at a time, unless they have a professional dog walker licence.

Apply now for school clothes grant

Families can now apply for school clothing grants for children starting primary and secondary schools from this September.

Tower Hamlets Council has put aside £1m a year to help those dealing with the ongoing cost-of-living pressures.

The improved school clothing grants will allow families with household incomes of up to £50,350 to claim £50 per child entering primary school at Reception

year, and £150 per child entering secondary school at Year 7. The new funding is expected to provide up to 7,000 families each year with extra support to buy their child's school clothing and uniforms.

Parents can make an application from when they are notified of their child's school placement until 30 September that year for a child aged 4 and starting reception, or a child aged 11 and transferring from primary to secondary school.

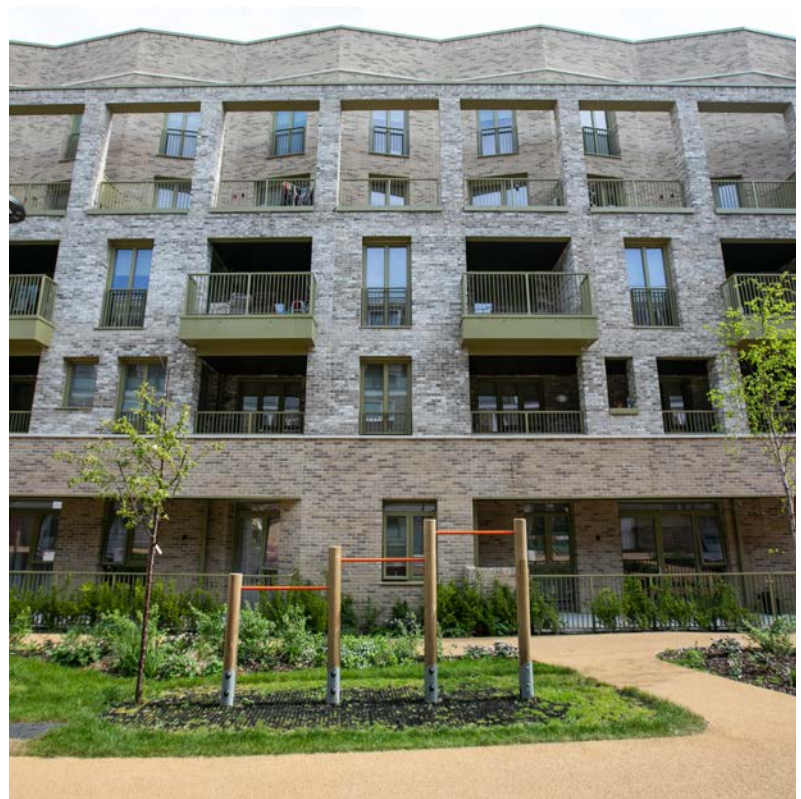
Parents/careers will be contacted by the council with details of the scheme and invited to make an application. However, all local families with a child starting school who feel that they may meet the criteria are encouraged to find out more and to consider making a claim.

• **Full details on the application process, including who can apply, what proof of income is required and the form itself, is available at www.towerhamlets.gov.uk/SCG**





Resident Esme with Executive Mayor Lutfur Rahman at the development in Wickford Street



'New home has improved my life'

HOUSING

A total of 33 new homes have been completed across two sites in Bethnal Green, delivered by Tower Hamlets Council.

The development was completed in two stages, with 18 new homes completed in August 2024 and now fully occupied. The second site was completed in March 2025 and has been redeveloped into 15 new homes, along with new office and

community spaces.

As part of the Bancroft development, the council has delivered 14 family-sized homes and four fully wheelchair-accessible homes.

The fully accessible homes are allocated through Project 120, a scheme that helps ensure accessible homes secured through planning are matched with disabled residents in Tower Hamlets.

The council works with housing teams, occupational therapists and

development partners, including housing associations and private developers, to design new-build wheel-chair accessible homes to meet the individual residents' needs. These homes often include features like level access, hoists and adapted bathrooms.

Esme moved into her new home, which is accessible, with her family in August 2024.

Esme said: "Since moving into my new fully adapted home, my life has significantly improved.

"For me, the biggest difference has been that for the first time in four years I didn't get seriously sick after my immunotherapy treatment that I have every six months to manage my chronic illness. This was because I was able to safely isolate in my home and had my own accessible bathroom after treatment. This has saved me a lengthy stay in hospital, and I was able to spend my time with my family instead of taking up a hospital bed unnecessarily."

Council taking action to better housing

Tower Hamlets Council is taking action to improve housing management services.

The council brought Tower Hamlets Homes in house in 2023 and conducted external reviews on how the service was meeting regulations.

As a result of this, the council self-referred to the Regulator of Social Housing (RSH).

The regulator carried out an inspection and graded the council at C3.

More than half of local authorities nationwide have received a C3

rating. In London, this includes Tower Hamlets, Wandsworth, Hackney and Southwark.

The council is already taking steps to improve, with a Regulatory Improvement Plan approved at cabinet in November 2022.

The council is committed to

making sure residents' homes are safe.

The regulator also noted positive practice, including partnership working, strong community engagement, a fair lettings process, and improvements in complaint handling.

Community fun days for everyone

The council is holding community fun days on estates across the borough.

Everyone is welcome to come along, connect with others, and meet the people who work for the council to find out what they do to help your neighbourhood. You

can meet people from teams like housing, caretaking, anti-social behaviour, and others who help look after your estate.

There will be stalls, fun activities for children, and much more.

These events are free and open to all families.

- 29 July from 2.30pm to 6pm at Shandy Park, E1
- 5 August from 2.30pm to 6pm at Pennyfields Park, E14
- 12 August from 2.30pm to 6pm at Collingwood Estate Play Area, E1
- 14 August from 2.30pm to 6pm at

Ring House Play Area, E1

- 19 August from 2.30pm to 6pm at Brodick House Green, E3
- 26th August from 2.30pm to 6pm at Roman Road Market Square, E2
- Please check details before attending: towerhamlets.gov.uk/News_events/Events/Events.aspx

£3.17m to make houses more energy efficient

Tower Hamlets Council is set to transform 122 of the borough's least energy-efficient homes through a £3.17 million retrofit programme.

This initiative aims to alleviate the financial strain of high energy bills on residents, improve living conditions, and contribute to the council's goal of achieving a net-zero borough by 2045.

The project is funded through an £800,000 grant from the central government's Warm Homes: Social Housing Fund, with the council contributing an additional £2.3 million.

The funding will support a range

of energy efficiency measures, including insulation, draught-proofing, double-glazing, solar panels and heat pumps, tailored to each home's specific needs.

In addition to energy efficiency upgrades, the council will undertake necessary external works to ensure that each home is safe and comfortable for its residents. This will also increase the number of homes that are meeting Decent Homes standards.

Cllr Kabir Ahmed, Cabinet Member for Regeneration, Inclusive Development and Housebuilding, said: "We are focused on providing

our residents with the well-maintained homes they deserve.

"This initiative is another way we will improve housing stock while at the same time tackle rising fuel costs for those who need it most.

"We know there is more work to do to ensure everyone in the borough has a safe and warm home and we are committed to achieving it."

Cllr Shafi Ahmed, Cabinet Member for Environment and the Climate Emergency, added: "By investing in improved energy efficiency, we are not only reducing fuel bills for our residents but

also taking a crucial step towards our goal of becoming a net-zero borough.

"We are dedicated to making Tower Hamlets a greener, more sustainable place to live."

Residents seeking support to make their homes more energy-efficient and save money on bills are encouraged to explore the Home Energy Advice programme, run by Bromley by Bow Centre and funded by Tower Hamlets Council.

• For more information, visit: www.bbbc.org.uk/services/energy/



More than 1,500 new homes are being built along with new community facilities

Demolition marks milestone in Blackwall Reach regeneration

The last building at Robin Hood Gardens has been demolished, marking a key milestone in the regeneration scheme.

A partnership between Tower Hamlets Council, Sanctuary and the Greater London Authority will

see more than 1,500 new homes built at Blackwall Reach for local people, of which more than 500 will be available to rent as part of the council's commitment to social housing provision.

To date, more than 600 homes

have been created, of which 214 were allocated for social rent.

The scheme is also providing new homes, shops, open space and other infrastructure. The Millennium Green has been retained and revitalised to provide a landscaped

green space for all to enjoy, including a playground. Children from the nearby Woolmore Primary School are already making use of the playground outside of school hours, and the school has welcomed the improvement to local play facilities.

Pub fined for noisy music

A pub which was causing a nuisance to local residents by playing music too loudly has been fined £20,000 after being taken to court by Tower Hamlets Council.

A resident living near to the Dockers' Inn, in Wapping, complained to the council several times about the loud pop music with a heavy bass which was being played from the venue. Officers

from the Environmental Protection Noise Team confirmed the music from the venue was too loud.

Despite several letters and visits from Tower Hamlets Council's Environmental Protection Noise and Licensing Teams and an Environmental Protection Act 1990 legal notice being served on the pub operators, the loud music continued.

The council's Environmental Protection (Noise) Team took the company operating the pub, Dockers Inn Ltd, to court on 21 January 2025 and they were convicted in their absence for noise nuisance.

Sentencing took place on 18 February and the company was fined £17,000 and told to pay a victim surcharge of £2,000 and costs of £1,299.

To report excessive noise, contact the noise response service on 0207 364 5000 or email environmental.protection@towerhamlets.gov.uk.

The Environmental Protection Noise Team is available to respond from 9am to 5pm Monday to Friday or the Out of Hours Noise Response Service is in operation on Thursday to Sunday evenings from 8pm to 3.30am.

38 arrests cleaning up Whitechapel

SAFER COMMUNITIES

Met officers charged four suspected drug dealers as part of work to tackle serious and organised crime in Whitechapel.

The men were arrested on Wednesday 19 March as part of an investigation into drug supply around Altab Ali Park. They have been charged and await a trial in Spring next year. Officers also recovered Class A drugs.

Detective Superintendent Vicky Tunstall, the Met's neighbourhood policing lead for Tower Hamlets, said: "Tackling drug supply is a priority for us as we know it's often

linked to other offences such as robbery and violent crime. By taking targeted action, we aim to reduce offending and improve the quality of life for residents, businesses, and visitors.

"This operation followed months of planning by local officers, who have been listening to people in Whitechapel to understand what matters most to them.

"Across the Met, we are focused on tackling the crimes that matter most to communities to reduce offending and improve neighbourhoods."

The work with Tower Hamlets Council is helping to counter gang activity using a range of tactics, such as police and council enforcement

officer patrols, as well as engagement with community members and local businesses. The Met and the council also held a joint event at Altab Ali Park to update the community on the work taking place.

Targeted action has led to a significant reduction in violent crime and drug offences, including seven drug lines shut down, 38 arrests, 134 stop and searches, neighbourhood crime down by 60 per cent, knife crime down by 20 per cent, offences involving violence down by 32 per cent and £500k of illicit cash seized.

Cllr Abu Talha Chowdhury, Cabinet Member for Safer Communities, said: "Improving

community safety is one of the main concerns expressed to us by many residents, which is why we're investing £8m to make our borough a safer space.

"Our Anti-Crime Task Force provides a new collaborative community safety model for us to work in partnership with the police to address these issues.

"This work aims not only to tackle organised crime around Altab Ali Park but also to ensure this remains a space residents can enjoy.

"Thanks to the collaborative efforts of the police, council-funded police officers and Tower Hamlets Enforcement officers, we are already beginning to see positive results."



The crackdown took part in Altab Ali Park in March with police and council officers



Remembering nail bomb victims

A remembrance event took place to remember those killed in a series of nail bomb attacks 26 years ago.

In April 1999, three people were killed and 140 were injured in the attacks in Brixton, Brick Lane and

Soho.

Every year, charity 17-24-30 organises a remembrance event, where three candles are lit to represent those who lost their lives and the three communities of Lambeth, Tower Hamlets and

Westminster which were affected.

Mark Healey, founder of the charity 17-24-30, was joined by Cllr Saied Ahmed, the council's Hate Crime Team, No Place for Hate Champions and

community members on Brick Lane at this year's remembrance event.

Tower Hamlets Council is dedicated to eradicating hate crimes.

• For more information on what the council is doing, visit towerhamlets.gov.uk/NPFH

Nuisance illegal street market stopped by THEOs and police

Tower Hamlets Council has successfully cracked down on an illegal street market which had been causing a number of issues for local residents.

A large number of people had been gathering in Fieldgate Street, with unlicensed street trading causing noise nuisance, traffic congestion and littering during the Ramadan period.

After receiving complaints from residents, a Public Spaces Protection Order was put in place, giving Tower Hamlets Enforcement Officers (THEOs) and council-funded police officers greater powers to tackle the issues.

Tower Hamlets Enforcement Officers (THEOs) conducted 1,044 hours of uniformed patrols, during which they issued 125 verbal warnings, 7 anti-social behaviour warnings, 8 fixed penalty notices, and seized 2 e-bikes. They also engaged with around 4,000 individuals.

Meanwhile, Civil Enforcement Officers issued 1,329 penalty charge notices for parking violations.

They observed a notable reduction

in the misuse of Blue Badges, with only 12 vehicles displaying lost or stolen badges, all of which were issued fines. All suspected cases of Blue Badge misuse have been referred to the fraud team for further investigation and potential legal action.

Due to the regular patrols and enforcement action, the illegal market was completely prevented from taking place this year, ensuring the street remained clear and accessible.

Officers also played a key role in preventing illegal parking, reducing congestion, and maintaining a peaceful environment for worshippers at East London Mosque, as well as for residents and businesses in the area.

The impact of these efforts has been widely acknowledged, with positive feedback from the community appreciating the cleaner, safer, and more orderly atmosphere.

Junaid Ahmed, CEO of East London Mosque and the London Muslim Centre, said: "The East London Mosque is grateful to Tower



The illegal street market was prevented from happening this year

Hamlets Council for their continued support during Ramadan.

"With 20,000 daily visitors to the mosque during that period, the improved safety measures had a noticeable and positive impact on our community.

"The reduction in congestion, improved traffic flow, and the

peaceful atmosphere allowed our congregation to focus on their prayers without the disturbances and challenges of previous years.

"The efforts to prevent unauthorised trading also helped create a cleaner, safer space for both worshippers and the wider community."

Two private landlords fined for overcrowding two-bed flat

COUNCIL NEWS

Two private landlords have been fined more than £90,000 for renting out their two-bedroom flat to as many as 23 people.

Tower Hamlets Council prosecuted Sofina Begum, 52, and Aminur Rahman, 55, who owned the fourth-floor flat in Maddocks House. The property was licenced for three people from two households.

The pair were sentenced on

Thursday 6 February 2025 at Snaresbrook Crown Court, following their convictions in November 2023 before Thames Magistrates' Court.

The council successfully obtained a court order to recover money made from illegal activities.

Sofina Begum was ordered to pay a fine of £10,000 and £2,000 in prosecution costs as well as the victim surcharge of £2,000. She was also told to pay a confiscation order of £78,049.

Aminur Rahman was ordered to

pay a fine of £2,000 and the victim surcharge of £800.

The landlords had previously pleaded guilty to a total of nine charges brought under the Housing Act 2004, including allowing the premises to become overcrowded, failing to comply with licensing conditions, not conducting required inspections, lacking a valid gas safety certificate, and failing to provide the council with requested documentation.

Tenant Mizanur Rahman, 41, died in a fire at the flat in Shadwell on

5 March 2023, caused by a faulty lithium-ion e-bike battery which was charging at the time.

Tower Hamlets Council has made it a priority to clamp down on rogue landlords operating in the borough.

In October 2023, the council approved plans to renew an additional licensing scheme for houses in multiple occupation, and extend it to previously excluded areas, including Weavers, Whitechapel, and Spitalfields and Banglatown.

These new rules came into force on 1 April 2024 for five years.

Five letting agents prosecuted

Five individuals have been hit with a range of sentences in one of the longest and most complex Trading Standards prosecutions in the UK.

Tower Hamlets Council successfully prosecuted five letting agents who targeted young people and newcomers to the UK.

The letting agents relied on a variety of unfair and illegal letting practices, including failing to securely protect or refusing to return tenants' deposits, placing misleading advertisements on platforms such as Spareroom, and issuing licenses to occupy

instead of assured shorthold tenancy agreements in an effort to deny tenants their legal rights, such as protection from eviction without a court order.

They also regularly engaged in the practice of "bait and switch" advertising of rooms, where they

would advertise nice rooms, only to offer much worse accommodation after the tenant had agreed and paid a deposit, and, in some cases, had recently arrived with a suitcase in hand to move into the originally agreed property.

More on the council's website.



Events took place at libraries, parks and the Tower Hamlets Local History Library and Archive

Victory in Europe day celebrated

Tea dances, street parties, and history sessions took place to commemorate VE Day 80, the 80th anniversary of the end of World War Two in Europe.

Events took place across council venues including Bethnal Green Library, Tower Hamlets Local History Library and Archives, Victoria Park and the Art Pavillion

in Mile End Park.

A 1940s themed tea dance at Victoria Park featured music, singing, food and raffle prizes was enjoyed by residents.

Rose Walker, who attended, said, "We all really enjoyed and appreciated everything and we were so pleased to be there with everyone to celebrate VE Day."



A total of 13 people were awarded at the ceremony for their hard work and dedication

Local heroes thanked at Civic Awards

COUNCIL NEWS

The outstanding service and achievements of those who live, work and study in the borough were celebrated at this year's Tower Hamlets Civic Awards.

This year marked a significant 25th anniversary milestone for the event. In total, 13 people were awarded across six categories at the

ceremony in April at the Mile End Ecology Pavilion.

They were chosen by a cross-party panel, chaired by the then Speaker of the Council, Cllr Saif Uddin Khaled, and including representatives from across the community.

The former Speaker of the council, Cllr Saif Uddin Khaled, said: "Congratulations to all our winners and those nominated.

"The fact that the awards have

continued for a quarter of a century is testament to all those who do so much to improve and enrich the lives of others in Tower Hamlets.

"This is our opportunity to demonstrate our sincere thanks and appreciation for all that they do."

The ceremony was also an opportunity to highlight the work of the two charities that the Speaker chose to support during his term of office.

The Sick Children's Trust provides a 'home from home' environment for families who have a sick child in hospital, with dedicated staff who support families when they really need it.

Osmani Trust is a youth and community organisation, offering a wide range of education, employment, health and sporting initiatives tailored to the needs of the community.

Meet two of this year's Civic Award winners:



Valerie Arnold has served Langdon Park School as a cook for 43 years and has not missed a day, providing decades' long professional service, where generations of parents remember Valerie from their days at school.

Valerie supported the community with food parcels to distribute to families during Covid, and more recently implemented the universal free school meals service.

Valerie does everything with dedication, care and love.



Ismail Islam is the first Muslim England Athletics London Councillor.

Part of Victoria Park Harriers and Tower Hamlets Athletics Club since age of 11, he also went on to become the youngest England Athletics London Councillor and a voice for younger generations.

Ismail is an athlete, coach and field judge, contributing to improved pathways for athletes and the development of coaches.

He has earned the trust and respect from coaches, committee members and athletes, and also demonstrates his work ethic by balancing his role at a school while also volunteering in the community.



Lots of events took place to mark Foster Care Fortnight which aims to raise awareness of the importance of foster caring

Could you make a difference to the life of a young person?

ACCELERATE EDUCATION

Foster carers from Tower Hamlets were celebrated during the national Foster Care Fortnight.

They are the unsung heroes of our communities, opening their hearts and homes to children who need stability, safety and care.

As part of the fortnight, which takes place in May, Tower Hamlets Council's Foster Care Team visited

community centres, mosques, Idea Stores and other community buildings to share information about fostering.

The borough's foster carers also featured on the council's social media channels, talking about the benefits of being a foster carer for the carers and the young people they support.

Have you ever thought about fostering?

Fostering could fit into your life

more easily than you think.

Whether you're single, in a relationship, civil partnership, married, divorced, working, retired, a homeowner or renting, the council welcomes people from all backgrounds who have the compassion and commitment to make a difference.

As a foster carer, you'll receive full training and ongoing support, a competitive financial allowance, and a 50 per cent discount on your

council tax.

But more than that, you'll gain the reward of knowing you've helped a child feel safe, supported, and valued.

There's no such thing as a 'typical' foster carer, just people like you, ready to make a difference.

• Find out more information about fostering in Tower Hamlets by visiting localcommunityfostering.co.uk

Care leavers complete research project



Mohammed, right, receiving his award at the town hall

Four care leavers from Tower Hamlets have completed the Citizen Science Academy programme with University College London (UCL).

Each care leaver conducted in-depth community-based research on topics that personally inspired them.

Mohammed Rahman completed the course after being referred by the Tower Hamlets Through Care Service's Education, Training, and Employment Team.

Mohammed researched the emotional wellbeing of young people and the role social workers play in their lives. He conducted interviews and collected qualitative data.

He said: "My research wasn't just part of the project, it touched on something personal.

"I didn't think I was academic, but once I connected the topic to my own experience as a care leaver, everything started to click.

"This experience has changed the way I see myself and what I'm capable of. It's given me skills, confidence, and a clear direction to where I want to go. After completing my research, I was pleased to find out that I'd secured a paid internship with UCL. I'm proud of what the care leavers and I have achieved, and I'm really excited for what's next."

• For more information and to view Mohammed's final project visit www.youngtowerhamlets.org.uk/support-and-wellbeing/care-leavers-citizen-science-programme

Youth centre offers free activities

More than 300 young people celebrated the opening of a new youth centre.

The Bethnal Green Youth Centre opened in April with a special event and activities including boxing and basketball as well as games and activities like table tennis, arts and crafts, PS5 gaming and much more.

The new youth centre will offer free activities and sessions to young people aged 11-19, or up to 25 for young people with Special Educational Needs and Disabilities (SEND).

Bethnal Green Youth Centre will bring Tower Hamlets closer to its goal of having a youth centre in each of its 20 wards.

Cllr Maium Talukdar, Deputy Mayor and Cabinet Member for Education, Youth and Lifelong Learning, said: "I'm extremely pleased to see another youth centre opening in Tower Hamlets.

"It's a pleasure to see so many young people and families using the facilities.

"Our youth centres are hubs for young people to learn new skills, feel inspired and do the best they



The youth centre will give young people the chance to learn new skills and get support and advice

can. As someone who grew up in Tower Hamlets and started out as a youth worker, I know firsthand

how important these spaces are for young people."

• For more information on

the youth centres and the activities available, visit youngtowerhamlets.org

Young Mayor represents at Youth Parliament

The Tower Hamlets Young Mayor and Deputy Young Mayor joined the UK Youth Parliament as elected representatives of Tower Hamlets.

Young Mayor Fetuma Hassan and Deputy Young Mayor Iffat Bhuiyan joined the 395 elected members of youth parliament in the House of Commons where they debated five key motions put forward by members of their constituencies.

After the debate, the two motions that will be brought to parliament were that "16- and 17-year-olds

should be allowed to vote in all elections and referendums, accompanied with more political education throughout school", and "To establish period dignity, there should be free, accessible, good quality period products available in public spaces for everyone".

• To hear more about the debates and our elected members for youth parliament visit: www.youngtowerhamlets.org.uk/get-involved/young-mayor-of-tower-hamlets



The Young Mayor and Deputy Young Mayor in the House of Commons

98% of primary school children get preferred place

A total of 98 per cent of children due to start primary school in September have been offered a place at one of their preferred primary schools in Tower Hamlets - consistent with figures from last year.

Tower Hamlets Council received 2,918 applications to primary schools this year, with 97.6 per cent securing a place at one of their top three preferences.

Also, 92.3 per cent secured a place

at their first preference school, the same figure as 2024-25, and above the London average of 87.9 per cent.

A very small percentage of children (2.1 per cent) did not receive an offer at a preferred school, but have been offered a nearby alternative.

There are also enough places remaining at schools across the borough to accommodate new arrivals to the area.

Cllr Maium Talukdar, Deputy Mayor of Tower Hamlets and Cabinet Member for Education, Youth and Lifelong Learning, said: "I'm pleased that once again the vast majority of families have been offered a place at one of their preferred primary schools. The consistency of our school offers for primary school children year on year reflect the continued hard work of our admissions team and

local schools to ensure every child has the best possible start to their education journey.

"We understand how important this day is for parents and carers, and we're committed to supporting all families through the process."

• Further advice and support for families about the school application process is available at www.towerhamlets.gov.uk/SchoolAdmissions



There were 140 nominations across seven categories at the Tower Hamlets Women's Awards

Borough's inspiring women celebrated at awards ceremony

CELEBRATING OUR BOROUGH

More than 250 women from all walks of life came together at the Tower Hamlets Women's Awards to celebrate and recognise the contribution women make in society.

The council received more than 140 nominations and seven awards were handed out at the event in April.

Sarah Withers picked up the award for Best Advocate of the Year.

Motivated by her own experience as a survivor of domestic abuse and a disabled single mother, she runs a coaching programme supporting women to access leadership roles in male-dominated spaces and advocates for women's health rights and stronger protections against gender-based violence.

She said: "I am really proud to have won this award and it really does mean a lot. I will continue to work with the community to safeguard women's rights and ensure our voices are heard."

Mabel Chan scooped the prize for Best Volunteer of the Year.

Mabel has 25 years of youth work experience and delivers summer camp activities, half term sports provision and after school clubs, with a keen interest in championing girls' football.

Mabel said: "It is important to break down barriers in sports and give girls equal access to activities so they can choose their own path."

"I love working with young people and look forward to inspiring more female sports coaches, footballers and youth workers from the borough."

Sixteen-year-old Maira Khatun

was awarded Outstanding Young Person of the Year.

Maira has overcome many personal challenges to achieve her Duke of Edinburgh Bronze Award, Jack Petchey Award and the Safer Neighbourhood Award.

She currently serves as a police cadet and has been involved in fundraising initiatives such as the London Winter Run, and has raised awareness on important issues such as reducing violence against women and girls and youth knife crime.

Maira said: "I am so shocked to have won and grateful for this recognition."

"I love the community work I do and being of service to others. Being a police cadet is such a great experience. I am looking forward to doing my silver DofE award and would encourage all young people to take part in the scheme."

The winners were:

Women's Advocate of the Year: Sarah Withers. Highly commended: Farah Benis

Extraordinary Female Carer: Hajira Bibi. Highly commended: Afifa Rahman

Female Volunteer of the Year: Mabel Chan. Highly commended: Halima Mohammed and Amel Daoud

Female Business Excellence: Terri-Lynne Brennan. Highly commended: Ozge Aygunoglu and Alison Cormack

Women's Group of The Year: Cycle Sisters Tower Hamlets Volunteers. Highly commended: Family Group Experts

Outstanding Young Female: Maira Khatun. Highly commended: Salena Miah

Special Recognition Mayor's Awards: Dr Marta Patyjewicz



Two coveted architecture awards for Town Hall

Tower Hamlets Town Hall has scooped two prestigious honours at the Royal Institute of British Architects (RIBA) London Awards.

Located in the former Royal London Hospital building on Whitechapel Road, the new Town Hall was the overall winner for London being named RIBA

London Building of the Year.

The building also won a RIBA London Award.

The RIBA London Building of the Year Award is one of five special awards and is given to a project that exemplifies outstanding design and contribution to the built environment.

Thousands benefit from warm hubs and support

COST OF LIVING

Tens of thousands of visits were recorded at the boroughs' six warm hubs during the winter, where staff served up hundreds of cups of tea, coffee, and healthy snacks daily, as the cost-of-living crisis continues.

Warm hubs were used by councils across the UK to help those impacted by the rising cost of living to access warm, safe and comfortable environments in their communities, especially during periods of extreme cold weather.

Tower Hamlets Council hosted six warm hubs at Idea Stores and libraries from December to 31 March.

The council, in partnership with Queen Mary University, provided 479 hours of volunteer support and 2,750 energy packs were distributed to residents. The energy packs contained hats, gloves, scarves, blankets and flasks.

The council also set aside nearly £1m for the Tower Hamlets Winter Fuel Payment scheme supported by the Household Support Fund.

Launched in December, the scheme has benefitted 4,194 residents who received a one-off

Warm Hubs & Winter Fuel Payment Facts



4,194

Residents received a Winter Fuel Payment of £175



1,000's

of cups of tea and coffee



2,750

Warm Packs distributed to our most vulnerable residents



479

hours of volunteering



1,288

hours of warm hubs in Idea Stores



100's

of conversations



payment of £175.

Cllr Saied Ahmed, Cabinet Member for Cost of Living and Resources, said: "With 50,000 pensioners across the country reportedly at risk of being pushed into fuel poverty this year, we are prioritising support for elderly residents.

"We are also keen to support older people to live independently and will be providing free homecare to qualifying residents. We are one of only two councils in the country to

be doing this."

Tower Hamlets Council is also supporting families through the cost-of-living crisis by being the first council in the country to provide universal free school meals to all secondary school pupils and the first to restore the Education Maintenance Allowance.

The council is introducing a free school uniform grant which will benefit up to 21,000 pupils over the next three years.

Pensioners can also receive up to

£3,900 a year through Pension Credit.

Currently, £17m worth of Pension Credit benefit is going unclaimed in Tower Hamlets.

- To claim, call the Pension Credit helpline on 0800 99 1234 or apply online at www.gov.uk/pension-credit
- Find out more about the support and services the council offers at towerhamlets.gov.uk/costofliving or call 0207 364 5040.

Free activity clubs and meals over holidays

Thousands of Tower Hamlets children and young people who are eligible for and claiming income or benefits-related free school meals will be able to access a free place at a government-funded holiday activities and food (HAF) club over the summer holidays.

HAF clubs across the borough allow children the opportunity to socialise with other children and enjoy lots of activities including sports and games, art, music, drama, and day trips.

All HAF clubs provide a nutritious meal each day.

Clubs can also engage with parents and carers to offer specialist help and support including information and access to health, employment, education and other services.

Last summer, 33 local providers delivered HAF schemes from 61 locations across the borough,



Activities include sports, games, art, music and drama, and come with a free meal

reaching more than 3,500 children and providing more than 50,000 meals.

Events for HAF will be publicised via schools, the council website,

newsletters and social media channels before the start of the summer holidays.

- If you believe your child may be eligible for income or benefits-

related free school meals but are not claiming, you can claim through www.towerhamlets.gov.uk/freeschoolmeals or your child's school.



There were lots of employers at the fair, including Home Office, the Met Police, NHS and the council

1,000 job seekers get help and advice at career fair

JOBS AND SKILLS

Nearly 1,000 job seekers in Tower Hamlets received expert careers advice at a public sector careers and jobs fair in April held at Tower Hamlets Town Hall.

The event connected residents with employment and training opportunities across government, healthcare, education, emergency services and other public sector industries.

Attendees explored a wide range of career pathways, engaged with professionals, and learned how to access jobs, apprenticeships, and local training programmes.

Employers in attendance included the Home Office, Department for Work and Pensions, NHS, Met Police and several Tower Hamlets Council departments.

Cllr Musthak Ahmed, Cabinet Member for Jobs, Enterprise, Skills and Growth, said: "We are committed to supporting our

residents to achieve their career goals.

"Events like this are vital for opening doors to meaningful employment and building a stronger, more inclusive local workforce.

"The public sector offers a broad range of rewarding careers, and we want to ensure that our residents are aware of these opportunities and feel supported to pursue them.

"Through fairs like this, we're not only providing practical advice and connections, but also helping to

inspire confidence and ambition."

The fair was split into three sessions, including a dedicated quiet session in the morning for residents who are neurodivergent, have a learning disability or are on the autism spectrum.

Tower Hamlets Council regularly hosts careers fairs across different sectors to help residents access training and employment.

• To stay informed about upcoming events, visit towerhamlets.gov.uk/workpath

Community gardens get upgrade

Fourteen community gardens across council housing estates have been upgraded following a £230,000 investment.

Cllr Abdul Wahid, Cabinet Member for Customer Service, Equalities, and Social Inclusion, officially re-opened the Rupali Community Food Garden on the Clichy Estate in Stepney in April, following its recent refurbishment, alongside local residents and council officers.

He said: "It's clear how much enjoyment and fulfilment this space brings to the local community.

"For some residents, this is the only time they come out, and it provides a valuable opportunity to

meet others in a safe and welcoming environment, which is incredibly important for their health and wellbeing."

There are 37 community food gardens on council housing estates. Cranbrook was the first community food garden to be set up in 2009.

They are regularly used by as many as 4,000 residents, all of whom live in flats without a garden. Last year more than six tonnes of fruit and vegetables were grown in these gardens.

• If you are a resident on a council estate and would like to set up a community garden, email communitypartnerships@towerhamlets.gov.uk



Six tonnes of fruit and veg was produced from the gardens last year

Support after your result days

Are you getting your GCSE, A-level, BTEC or T-level results this August? Not sure what to do next? Young Workpath is here to support you every step of the way.

Young Workpath is a Tower Hamlets Council service that offers free, expert careers advice and guidance to young people aged 13-19, or up to 25 if you have a special educational need or disability (SEND).

Whether you're celebrating or feeling unsure about your results, Young Workpath careers advisers will be able to help you understand your options, from further education and training to apprenticeships or getting into work.

- For more information or to book a session, visit www.towerhamlets.gov.uk/youngworkpath, email youngworkpath@towerhamlets.gov.uk, or call 020 7364 1401.

When and where to get support:

Results day drop-in sessions

From 2pm to 4.30pm at Young WorkPath Centre at Idea Store Watney Market, 260 Commercial Road, E1 2FB on Thursday 14 August and Thursday 21 August.

In-school support

Advisors will also be available in local schools and colleges on the morning of results days.

Phone or video appointments

Prefer to speak from home? Careers interviews are also available over the phone or by video call. Call 0800 3581 2410 for free. The Young WorkPath team expects a high demand during results days, so please be patient.

Creating a more inclusive borough



The commission wants to hear from you to inform its work reducing inequalities that women face in health, safety, employment, and community leadership

COUNCIL NEWS

A Women's Commission has been launched to reduce inequalities women face at work, in public life, social settings and within their families.

While progress has been made, women in Tower Hamlets, and nationally, continue to face unequal outcomes compared to their male counterparts. For example, Census

2021 data shows that a woman's healthy life expectancy is 7.5 years shorter than a man's healthy life expectancy in Tower Hamlets.

The council, working with key partners, wants to create a stronger, fairer, and more inclusive borough where gender inequalities are actively addressed, and our workforce reflects the diverse community we serve.

The commission will be holding a series of engagement sessions

over the summer asking residents to help develop actions to support better outcomes for all women.

Manzila Uddin, Chair of the Women's Commission, said: "We, as commissioners, want to hear women's views and we respect all women, from every walk of life in our borough. We are committed to ensuring that your experiences are brought forward with clarity and conviction, and that your voices are represented authentically.

"Please get involved and work with us to deliver change for women in Tower Hamlets."

To directly inform the work and recommendations, you can get involved through in-person interviews, an online questionnaire and community workshops.

- To take part or find out more email womenscommission@towerhamlets.gov.uk or visit www.towerhamlets.gov.uk/womenscommission

£3.3m for climate emergency and sustainability initiatives

CLEAN AND GREEN

The council is investing £3.3 million to address the climate emergency and continue to develop sustainability initiatives.

The funding is part of the council's commitment to achieve net zero carbon emissions and create a greener, more climate-resilient community.

As part of the budget for 2025/2026, this £3.3 million investment will support a variety of projects, including:

- The installation of additional solar panels across council buildings
- The installation of LED lighting across council buildings, which will reduce energy consumption and lower carbon emissions
- The installation of energy-efficient floodlighting at Mile End Leisure Centre
- 1,000 new trees planted in 2025 to increase green spaces, improve air quality, and enhance biodiversity across the borough
- An innovative food waste pilot project at the Town Hall, turning food waste into compostable soil on site which can then be used by the council or made available to community organisations to use for growing and planting
- Encouraging the reuse and recycling of deconstructed materials from construction sites to minimise waste and result in significant carbon savings.

Cllr Shafi Ahmed, Cabinet Member for Environment and the Climate Emergency, said: "This investment is a crucial step in our journey towards a sustainable future.

By prioritising climate action, we are not only protecting our environment for the future but also improving the quality of life for our residents now.

"Planting trees, creating more renewable energy sources to power buildings around the borough, and striving to decrease the impact of waste by increasing our involvement in the circular economy are all essential ways to take urgent action on carbon emissions."

- You can find out more about the council's work to improve sustainability and be more green at towerhamlets.gov.uk/climate

Become a Street Leader

Sign up to be a Street Leader and help create cleaner streets, greener parks and a brighter Tower Hamlets for everyone.

You can take part in council-run events, or organise your own. The council will lend equipment, arrange collections and help spread the word.

Every active Street Leader will receive a reward as a thank you for volunteering. You can volunteer as much or as little as you want.

- Email teamec@towerhamlets.gov.uk or visit www.towerhamlets.gov.uk/streetleaders



Street Leaders organise events or take part in council-run ones

Tree City of the World for fourth year

Tower Hamlets has been recognised as a 'Tree City of the World' for the fourth year in a row by the Food and Agriculture Organization of the United Nations and the Arbor Day Foundation.

Since its initial recognition in 2022, the council has planted 4,000 trees, including 600 last year.

It has worked with partner Trees for Cities, which regularly hosts tree-planting and tree maintenance events across the borough, and has recently hosted several successful planting events in Stepney Green Park and Belgrave Open Space, with

20 new trees planted in February 2025.

Cllr Shafi Ahmed, Cabinet Member for Environment and the Climate Emergency, said: "It is an honour to, once again, be amongst the 210 recognised 'Tree Cities' from across 24 different countries.

"We are ambitious in our tree-planting and greening work and are dedicated to continuously increasing the number of trees on our streets, in our parks, and across our housing estates because trees are essential to a cleaner, greener borough."



Some of the new trees that have been planted

Life sciences cluster a step closer

COUNCIL NEWS

Plans to make Whitechapel a leader in life sciences are closer to becoming a reality as plans to redevelop the site of a disused two-storey office building were approved.

The existing building at 100 Cavell Street will be demolished to make way for a new building ranging from five to nine storeys, including a Knowledge Centre, laboratories and affordable workspaces.

Members of the Strategic Planning Committee approved the application, subject to planning conditions and obligations. This application follows permission for a world class life sciences cluster on vacant plots next to the Royal London Hospital, granted in October 2024.

This scheme will provide 9,475 sqm of purpose-built accommodation, for disciplines such as biology, genetics, cell biology and neuro-biology. Life sciences work involves cutting-edge research into new medicines and treatments,

which could contribute to improved health outcomes world-wide.

Plans also include affordable workspace with a discount of up to 50 per cent for local people to support the need for space for small and medium-sized enterprises in the research, technology and medical sector for life sciences.

A Knowledge Centre will be built on the ground floor and used for seminars, education and exhibitions related to science, technology and engineering. This will be free to use at evenings and weekends by local community groups for science, technology, engineering, and maths (STEM) activities.

Subject to the agreement, applicants will also fund £200,000 worth of community STEM activities and make contributions worth £300,000 towards the council's Education Maintenance Allowance, and £300,000 towards the council's University Bursary Award, specifically for Tower Hamlets students studying STEM subjects.



An artist's impression of how the new building could look

New Speaker and Deputy Speaker appointed



The new Speaker

The borough's new Speaker and Deputy have been confirmed following the council's Annual General Meeting (AGM).

Cllr Suluk Ahmed, who is a councillor for the Spitalfields & Banglatown ward and had previously served as Deputy Speaker, was elected as Speaker. The new Deputy Speaker is Cllr Bellal Uddin, who represents Blackwall & Cubitt Town ward on the council.

The Speaker will attend civic and ceremonial functions as the borough's First Citizen and act as an ambassador across the borough, celebrating achievement

and success. His additional duties include chairing meetings of the council and receiving important visitors to the borough.

The new Speaker said: "I am truly grateful for the trust you have placed in me to serve as an ambassador and the first citizen. Tower Hamlets is where I grew up and have now spent nearly 50 years in this wonderful borough. My late father was a tailor who dedicated his life to the garment trade in Brick Lane, his story is one of many that reflects the hard-working spirit of our community.

"We are proud of our multicultural

community, a borough recognised and celebrated for its diversity, resilience and unity. I look forward to the year ahead with hope, humility and a deep sense of duty to the people of Tower Hamlets."

The Speaker will be supporting charities that support young people with special education needs and disabilities, and people experiencing homelessness and sleeping rough.

He also welcomes the opportunity to attend events from all sections of the community, who can email speaker@towerhamlets.gov.uk to send an invitation.

Variety of events to commemorate Altab Ali Day

A ceremony of commemoration took place at Altab Ali Park on Sunday 4 May on the 47th anniversary of the murder of Altab Ali who was killed in a racially motivated attack in 1978.

Altab Ali was a garment worker who walking home from Brick Lane to Wapping when he was attacked.

Altab Ali Day events hosted by the council included the commemoration ceremony at Altab Ali Park in Whitechapel, with tributes and a poetry recital.

Cllr Kamrul Hussain, Cabinet

Member for Culture and Recreation, and Cllr Abdul Wahid, Cabinet Member for Equalities and Social Inclusion, were amongst those who paid tribute on behalf of the council.

Representatives from the High Commission of Bangladesh, the Altab Ali Foundation, Altab Ali Trust, Stand Up To Racism, the Metropolitan Police, and Jewish Socialist Group also laid wreaths on the Shaheed Minar (Martyrs Monument) at the park. Other events included a photography exhibition and a panel talk.



Wreaths were laid in Altab Ali Park

Do something amazing by becoming a foster carer



Local children need loving and supportive foster carers now.

People of all different backgrounds can foster. Tower Hamlets Council offers carers lots of support including fantastic training opportunities and financial support of up to **£850 per week** (per child depending on age).

Call: 020 8496 3437
www.fosteringtowerhamlets.co.uk



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We aim to take students out of their comfort zone so they become resilient in the pursuit of knowledge and understanding.



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We understand the importance of developing a broad range of transferable skills alongside excellent academic outcomes.



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ENROLMENT DAY THURSDAY 21ST AUGUST 2025

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 ✉ mail@mulberrystepneygreen.org
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Part of the
Mulberry
 Schools Trust



There were lots of activities for young people to enjoy including sports, music and arts and craft

Something for everyone at fun day

COUNCIL NEWS

More than 300 local residents came together for a vibrant Family Fun Day celebrating community, wellbeing and inclusion.

Be Well's fun day at John Orwell Sports Centre on 6 April was designed with families in mind, especially young people.

There was a wide range of free activities to encourage movement and creativity.

From hockey, football, badminton,

and junior gym sessions to bouncy castles, arts and crafts, and even music bus lessons, there was something for everyone. SEND sessions ensured the day was inclusive and accessible for children with additional needs. Guests enjoyed cupcakes, goody bags, and a warm community atmosphere.

The family fun day promoted both physical and mental health while introducing residents to Be Well's facilities and programmes.

- **Keep an eye on the council's channels for future events.**



Fun and sports at community sports festival



Cheer on our young athletes at the sport festival

Queen Elizabeth Olympic Park is set to welcome thousands for a full day of sport, celebration and community as the London Youth Games (LYG) community sport festival returns on Sunday 6 July.

The free day brings Londoners together to support their boroughs, try out new sports and celebrate grassroots sport and community spirit.

Families, friends and spectators can join in the festival atmosphere at the Copper Box Arena.

Attendees will be able to cheer on young athletes in high-energy volleyball, basketball and netball

finals inside the iconic venue.

Outside the Copper Box Arena, the festival will continue with taster sessions, challenges, and inclusive activities for all ages creating a festival atmosphere.

Alongside the main events at the Copper Box Arena, festival goers can also visit the iconic Lee Valley Hockey & Tennis Centre, which provides the chance to watch girls' hockey teams and talented tennis players at the LYG Finals.

- **Spaces are limited. Register now to join the festival: [LYG-community-sport-festival.eventbrite.co.uk](https://www.lyg-community-sport-festival.eventbrite.co.uk)**

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MONDAY 9 - THURSDAY 12 JUNE**

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FREE ENTRY



LOVE
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HAMLETS

Bengalis in the East End



Above left: Unity demonstration in 1993, Ansar Ullah. Above right: First Baishaki Mela 1998, Mahmoud A Rauf. Bottom, right: Federation of Bangladeshi Youth Organisations trip to Bradford in 1980s, Ansar Ullah

HISTORY

Bengali presence in Tower Hamlets can be traced back to the mid-17th century with the founding of the East India Company.

Its eastbound voyages set out from the London Docks here in Tower Hamlets, and so began the colonisation of the Indian subcontinent on behalf of Britain. In 1657 the East India Company built a chapel for its officers in Poplar which survives today as St Matthias Community Centre.

Most Bengalis who arrived in East End were 'Lascars', seafarers working on board the ships of the East India Company and other mercantile trade routes around the world. In the 18th century, the East End dockside neighbourhoods provided a range of private lodgings and institutional Sailors' Homes to accommodate Lascars and other colonial seafarers.

During the two World Wars in the 20th century, the merchant navy's workforce was diverted to the Royal Navy. Seamen from countries colonised by Britain were asked to take up the resulting vacancies in the merchant fleet, which led to another significant inward migration of seafarers and dock workers to the East End and other port cities.

Then, after the Second World War, the British government advertised the availability of paid work in the post-war rebuilding project. Tens of thousands of migrants from across its empire took up the call. During this period of mass migration,

incomers were often drawn to settle in neighbourhoods which offered a degree of familiarity. In the case of Bengali migrants (mainly from Sylhet), many joined older seafaring relatives in the cheap, bomb-damaged East End.

A third wave of Bengali immigration took place in the 1970s soon after the Bangladesh Liberation War. Formally known as East Pakistan after the partition of India in 1947, and administered by West Pakistan 1,000 miles to its east, Bangladesh gained its independence in 1971 after a bloody nine-month battle.

Unfortunately, like many other migrant groups in England at the time, the Bengali community also faced many hardships. From racial injustice, appalling housing conditions and employment discrimination, Bengalis were forced to politically mobilise to fight for their basic rights. As a result, there is a long legacy of anti-racist and housing rights movements in the East End that is dominated by the Bengali community from mid-70s onwards.

Finding work was not easy and many joined the 'rag trade' following in the footsteps of their Jewish counterparts. Those who could not work in the borough's makeshift factories had the option of becoming home machinists. This allowed many Bengali women to earn a living while also staying at home with childcare duties.

People travel from all over the world to research the history of Bengali people in Tower Hamlets



using the rare and unique materials at Tower Hamlets Local History Library & Archives, part of the council's Idea Store and libraries service. Visit the archive on Bancroft Road to browse the most extensive collection of Bengali East End materials. Highlights include:

- Oral history interviews with Mohammed Osman Gani, Farrukh Dhondy and Rafique Ullah, who were involved in the anti-racist and housing activism of the 1970s
- Interview transcripts and research materials compiled by Caroline Adams for her 1987 book *Across Seven Seas and Thirteen Rivers: Life stories of pioneer Sylhetti settlers in Britain*
- Archives of Avenues Unlimited and Spitalfields Project - important

community development projects in the 1970s

- Pamphlets, photographs and press cuttings documenting the activities of cultural and women's organisations such as Nari Samity
- Records of the Bangladesh Youth League and Progressive Youth Organisation
- Locally published Bangla newspapers such as Janomot, Deshbarta, Surma and Notun Din

Access to the archive is free and you don't need an appointment during Reading Room opening times.

- Visit ideastore.co.uk/local-history

Experience variety of live art

Different types of live art will be explored at Whitechapel Gallery this summer.

The London Open Live aims to highlight the vitality and importance of live art practices by offering a platform for artists to present new and recent work.

The 13-week programme will showcase artists from different generations who will look at a wide range of concepts, including testing the limits of the body under endurance, investigating gender constructs, exploring the texture of verbal and non-verbal language and imagining new worlds.

The participating artists are Devika Bilimoria, Season Butler, Shaun Caton, Helen Davison, Tim Etchells, Plastique Fantastique, Helena Goldwater, i.as.in.we, William Mackrell, Nando Messias, Will Pegna, Roshana Rubin Mayhew, Mahsa Salali, Aaron Williamson and Joshua Woolford.

Performances will take place Thursday to Sunday this summer, until 7 September at Whitechapel Gallery.

An accompanying film programme will be presented in the Zilkha Auditorium & Studio featuring Babeworld, Rita Evans,



Aaron Williamson's Slangon. Photo: Mitch Maker

Rosie Gibbens, Adrian Lee, Lynn Lu, Jonas Lund and Sweatmother.

Performances include Aaron Williamson's Slangon (2025) on 2 and 3 August, 12-5pm each day.

Slangon is an open invitation to The London Open Live visitors to co-create a non-verbal artificial sign language.

Artist Aaron Williamson is a deaf bilingual signer/speaker

and will work one-to-one with visitors to translate a single word of their choice into Slangon. Abstract gestures, whistling, stamping, anything that is non-verbal is encouraged. Having physically invented their 'word', participants are invited to record it direct to camera for inclusion in the 'Slangon Introductory Vocabulary Video' that will form a legacy artwork.

A BSL interpreter will be present.

In brief

The Taming of the Shrew: Shakespeare in the Squares

Shakespeare in the Squares has announced its annual return with The Taming of the Shrew, Shakespeare's comedy battle of wits, wills and wild romance with toe-tapping pop classics.

Shakespeare in the Squares is a not-for-profit touring theatre company that stages a new Shakespeare play across London for one night in each venue every summer.

The Taming of the Shrew will be staged in Tredegar Square, Mile End, E3, at 7pm on Friday 20 June.

Bring your picnic, sunglasses and participatory spirit.

For tickets and further information, visit shakespeareinthesquares.co.uk/venue/tredegar-square-e3



Coldfire Community Festival

A community festival will take place to commemorate the legacy of Thomas Crosbie through the arts and sport, his passions.

Thomas Kareem Crosbie, aka PACE, sadly took his own life on 15 September 2016, aged 27.

He is described by his family as being a creative, sensitive and deep-thinking individual, who cared greatly about his family, friends and community.

Alongside celebrating his memory, Coldfire Community Festival aims to raise awareness of mental health issues affecting young people and support their general wellbeing by providing information and opportunities for creative expression.

The festival will take place from 12pm to 7pm on Saturday 5 July in Wennington Green, Mile End Park. It will feature spoken word, live music and dance performances, pilates, meditation and wellbeing, workshops, interactive sessions, listening tent, stalls and more.

Find out more at www.pacecoldfire.com/coldfirefestival

Explore new working store

The V&A's new working store and visitor attraction, V&A East Storehouse, opened its doors to the public for the first time on 31 May, as part of East Bank in Queen Elizabeth Olympic Park.

The unique collection offers access to the world's leading collection of art, design and performance.

Exhibitions include six large-scale objects such as a section of the now-demolished Poplar housing estate, Robin Hood Gardens, and Frank Lloyd Wright's 1930s Kaufmann Office, the only Frank Lloyd Wright interior outside of the US.

It also features more than 100 mini displays, exploring why items are collected and how they are cared for, conserved and displayed.

V&A East Storehouse will also have a series of newly commissioned works and performances inspired by the collection, and live and participatory events, spotlighting a



Exhibitions include a section of the now demolished Robin Hood Gardens

range of creatives from Turner Prize-winning artist Jasleen Kaur to east London-based design studio, playbody, and artists Adam Moore, Abbas

Zahedi, and more.

V&A East Storehouse opens 10am-6pm, seven-days-a-week, with late night openings every Thursday and Saturday to 10pm.

Literature

Saudha International Literature Festival

This festival showcases art and beauty of imagination.

With languages from different cultural heritages, the festival features talks, readings and performances.

The book *Godzilla and the Song Bird* by acclaimed British Asian fictionist Manzu Islam will be launched during the festival.

Saturday 14 June, 5.30pm
The Kobi Nazrul Centre, 30 Hanbury Street, Spitalfields E1 6QR

Book free tickets at www.saudha.org. Supported by Tower Hamlets Council.

Classes

Open studios



Open Studio

Arts and education charity Bow Arts will be hosting the 30th anniversary edition of their annual artist's open studios event. The two-day arts festival is a rare chance to step inside more than 100 working studios and meet the artists shaping London's creative scene.

Engage with the longstanding artistic community of more than 100 talented painters, sculptors, theatre makers, product designers, performers, jewellers, fashion designers, illustrators and more, as well as pay homage to the artistic legacy in the borough stretching back beyond Bow Arts' 30 years.

20 June 6pm to 9pm

21 June 11am to 4pm

Bow Arts, 181-3 Bow Road, E3 2SJ
www.bowarts.org

Introduction to Gel Plate Printing

Gel (or Gelli) plate printing is a technique that uses a flexible, gelatin-like plate to create unique prints. The prints are made with water-based acrylics which dry quickly and so allow for building up multiple layers. You will explore a variety of techniques including using stencils and masks, mark making with found materials and stamps, and transfers

using wax crayons and charcoal. £8 per two-hour class. No need to book, just turn up.

Tuesday evenings until 17 June
The Brady Arts and Community Centre, 192-196 Hanbury Street, Whitechapel, E1 5HU

Exhibitions

Painting Matters 1 and 2

The Essential School of Painting (ESOP) present two end of year exhibitions of students' work. View the work created by artists on Painting, Painting the Contemporary Figure, Painting Personal Projects, and Developing your Fine Art practice courses.

Art Matters 1: 19 to 22 June, daily, 11am to 6pm.

Art Matters 2: 26 to 29 June, daily, 11am to 6pm

The Art Pavilion, Clinton Road, Mile End Park, E3 4QY
theessentialschoolofpainting.com

Visions

Visions in the Nunnery has launched its 2025 open call with the announcement of Rosie Gibbens and Onyeka Igwe as lead artists. Inviting submissions from across the world, Visions is Bow Arts' biennial showcase of international moving image and performance art and will run from October at the charity's Nunnery Gallery.

Call for entries until 20 June
Programme 1: 4 October to 9 November

Programme 2: 15 November to 21 December
Nunnery Gallery, Bow Arts, 181 Bow Road, E3 2SJ
Admission: Free.

Opening hours: Tues to Sun, 10am to 4pm

Contact: 020 8980 7774 or email nunnery@bowarts.com

Botanicals



Art 4 U2

Art 4 U2 students present a range of botanically inspired works from their studies of leaves and flowers at art classes at The Brady Arts Centre. **Mon to Sat until 28 June**
The Brady Arts and Community Centre, 192-196 Hanbury Street,

Whitechapel, E1 5HU

Shadwell Printmakers

The exhibition showcases work created throughout the year during classes and workshops run by Idea Store Learning at Shadwell Print Studio.

Mon to Sat, 5 July to Friday 30 August

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



Shadwell Print Makers

Archive of Weird Memories

An evolving display by artist Tan Wang-Ward. Drawing on materials from the collections, Tan amplifies echoes of everyday life in and around historic Limehouse. Using generative AI and interactive installations, the space outside the Reading Room transforms into a living "memory lane" where past and present collide, overlap, and reshape each other. The exhibition reflects on how we remember - and what we forget - and asks what it takes to keep imagining alternative futures.

Until 22 August

Tower Hamlets Local History Library and Archives, 277 Bancroft Road, Stepney E1 4QD

20 Years of The Bubble Club



Bubble Club

The Bubble Club is a non-profit learning disability arts programme based in East London since 2005. They produce high-quality, accessible night club experiences at top venues around the city. They also run Bub Hub, a creative arts programme for learning disabled adults.

Visual artwork produced at Bub Hub will be featured in the exhibition, alongside photographs and archive material celebrating the last 20 years of the Bubble Club.

Mon to Sat, 5 - 27 September
The Brady Arts and Community

Centre, 192-196 Hanbury Street, Whitechapel, E1 5HU
www.bubbleclub.org/bub-hub

Popcorn!

Popcorn! is a new participatory exhibition by artist Jenny Pengilly inviting audiences of all ages to explore the sonic world through our voices, bodies, and props.

Popcorn! is inspired by Foley artists - sound designers who produce the sounds we hear in films, television programmes and video games that can't be recorded live on set. They often use surprising objects and inventive methods such as bubble wrap in place of popcorn, shaking leather gloves to mimic flapping wings, and snapping celery to replicate the sound of breaking bones.

Until 21 September

Opening times: Tuesday to Sunday, 11am to 6pm; Thursdays, 11am to 9pm
Gallery 7, Whitechapel Gallery, 77-82 Whitechapel High Street, E1 7QX

Free

www.whitechapelgallery.org

Tel: (0) 20 7522 7888



Popcorn

Comedy

Short Films

Eight award-winning films from eight award-winning directors.

28 June

Genesis Cinema, 93-95 Mile End Road, E1 4UJ

<https://www.eventbrite.com/e/best-of-british-comedy-short-films-genesis-cinema-tickets-1290203807319>

Music

Spitalfields Music Festival

Bringing together national and international artists from a range of different disciplines, styles, traditions and artforms, Spitalfields Music Festival 2025 will present nine unique concerts.

1 to 9 July

Various East London venues

Tickets: From £15 - £50

www.spitalfieldsmusic.org.uk

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Sirajul Islam
(Labour)

crr.sirajul.islam@towerhamlets.gov.uk
07931 708 308



Ahmodul Kabir (Aspire)

ahmodul.kabir@towerhamlets.gov.uk



Rebaka Sultana
(Labour)

rebaka.sultana@towerhamlets.gov.uk
07808 275552

BETHNAL GREEN WEST



Musthak Ahmed
(Aspire)

musthak.ahmed@towerhamlets.gov.uk
07723 622204



Abu Chowdhury
(Aspire)

abu.chowdhury@towerhamlets.gov.uk
07951 125543



Amin Rahman
(Aspire)

amin.rahman@towerhamlets.gov.uk
07949 006520

BLACKWALL & CUBITT TOWN



Ahmodur Khan
(Aspire)

ahmodur.khan@towerhamlets.gov.uk



Abdul Malik
(Aspire)

abdul.malik3@towerhamlets.gov.uk



Bellal Uddin
(Aspire)

bellal.uddin@towerhamlets.gov.uk

BOW EAST



Amina Ali
(Labour)

amina.ali@towerhamlets.gov.uk



Abdi Mohamed
(Labour)

Marc Francis (Labour)



crr.marc.francis@towerhamlets.gov.uk
07973 815272

BOW WEST



Asma Begum
(Labour)

crr.asmak.begum@towerhamlets.gov.uk
07946 292712



Nathalie Bienfait
(Green)

nathalie.bienfait@towerhamlets.gov.uk
07414 154959

BROMLEY NORTH



Saif Uddin Khaled
(Independent)

saif.khaled@towerhamlets.gov.uk



Abdul Mannan
(Aspire)

abdul.mannan@towerhamlets.gov.uk
07956 436642

BROMLEY SOUTH



Bodrul Choudhury
(Aspire)

bodrul.choudhury@towerhamlets.gov.uk



Shubo Hussain
(Labour)

shubo.hussain@towerhamlets.gov.uk
07539 225660

CANARY WHARF



Saied Ahmed
(Aspire)

saied.ahmed@towerhamlets.gov.uk



Maium Talukdar
(Aspire)

maium.talukdar@towerhamlets.gov.uk
07983 798791

ISLAND GARDENS



Mufeedah Bustin
(Labour)

mufeedah.bustin@towerhamlets.gov.uk
07759 905377



Peter Golds
(Conservative)

councillorpetergoldsg@gmail.com
020 7364 4830

LANSBURY



Ohid Ahmed
(Independent)

ohid.ahmed@towerhamlets.gov.uk
07984 424 913



Jahed Choudhury
(Independent)

jahed.choudhury@towerhamlets.gov.uk
07782 259443



Iqbal Hossain
(Aspire)

iqbal.hossain@towerhamlets.gov.uk

IVE, 5 INDEPENDENT

Tower Hamlets Council has a system of governance in which the elected mayor, **Lutfur Rahman** (Aspire, right), has personal responsibility and executive powers. Mayor Rahman 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 Maium Talukdar, Statutory Deputy Mayor and Cabinet Member for Education, Youth and Lifelong Learning
- Cllr Saied Ahmed, Resources and the Cost of Living
- Cllr Kabir Ahmed, Regeneration, Inclusive Development and Housebuilding
- Cllr Abu Talha Chowdhury, Safer Communities
- Cllr Shafi Ahmed, Environment and the Climate Emergency
- Cllr Sabina Akhtar, Health, Wellbeing and Social Care
- Cllr Musthak Ahmed, Jobs, Enterprise, Skills and Growth
- Cllr Bodrul Choudhury, Customer Services, Equalities and Social Inclusion
- Cllr Kamrul Hussain, Culture and Recreation

LIMEHOUSE



James King
(Labour)

james.king@towerhamlets.
gov.uk
07736 371160

MILE END



Leelu
Ahmed
(Labour)

leelu.ahmed@
towerhamlets.gov.uk



Mohammad
Chowdhury
(Labour)

mohammad.chowdhury@
towerhamlets.gov.uk
07877 471838



Sabina Khan
(Aspire)

sabina.khan@
towerhamlets.gov.uk

POPLAR



Gulam
Kibria
Choudhury
(Aspire)

gulam.k.choudhury@
towerhamlets.gov.uk
07846 659941

SHADWELL



Ana Miah
(Aspire)

ana.miah@towerhamlets.
gov.uk



Harun Miah
(Aspire)

harunmiahcllr@outlook.
com
07949 051 295

SPITALFIELDS &
BANGLATOWN



Suluk
Ahmed
(Aspire)

suluk.ahmed@
towerhamlets.gov.uk
07956 830783



Kabir
Hussain
(Independent)

kabir.hussain@
towerhamlets.gov.uk
07828 424124

ST DUNSTAN'S



Maisha
Begum
(Labour)

maisha.begum@
towerhamlets.gov.uk
07535 288572



Ayas Miah
(Independent)

cllr.ayas.miah@
towerhamlets.gov.uk
07961 566066

ST KATHERINE'S
& WAPPING



Amy
Lee
(Labour)

amy.lee@towerhamlets.
gov.uk
07845 708627



Abdal
Ullah
(Labour)

abdal.ullah@towerhamlets.
gov.uk
07956 124264

STEPNEY GREEN



Sabina
Akhtar
(Aspire)

sabina.akhtar@
towerhamlets.gov.uk
07961 792965



Abdul Wahid
(Aspire)

abdul.wahid@
towerhamlets.gov.uk
07383 458289

WEAVERS



Kabir
Ahmed
(Aspire)

kabir.ahmed2@
towerhamlets.gov.uk
07572 609 549



Asma Islam
(Labour)

asma.islam@towerhamlets.
gov.uk
07538 325176

WHITECHAPEL



Faroque
Ahmed
(Labour)

faroque.ahmed@
towerhamlets.gov.uk
07956 972328



Shafi Ahmed
(Aspire)

shafi.ahmed@
towerhamlets.gov.uk
07956 959764

Kamrul Hussain
(Aspire)



kamrul.
hussain@
towerhamlets.gov.uk

সামার ফানঃ সব বয়সের জন্য বিনামূল্যে গ্রীষ্মকালীন আয়োজন

Tonnes of free summer holiday activities for all - page 6



HARMONY BENGALI & SOMALI NEWS

গ্রীষ্মকালীন ছুটি বারার কমবয়সীরা যাতে উপভোগ করতে পারে সে লক্ষ্যে টাওয়ার হ্যামলেটস কাউন্সিল এ বছর নিয়ে এসেছে নানা রকমের আকর্ষণীয় আয়োজন। এতে যেমন রয়েছে শেখার সুযোগ, তেমনি রয়েছে কল্পনার জগতে হারিয়ে যাওয়ার আনন্দ।

শিশু-কিশোরদের জন্য সবচেয়ে আকর্ষণীয় আয়োজন হচ্ছে, ছয় দিনব্যাপী 'চিত্রকলা ও নকশা একাডেমি'। ১১ থেকে ১৮ বছর বয়সী কিশোর-কিশোরীরা

এই কার্যক্রমে অংশগ্রহণ করে রংতুলি, নকশা ও সৃজনশীল দক্ষতা শেখার সুযোগ পাবে। একই সঙ্গে তারা জানতে পারবে থেমসের ইতিহাস। থেমস নদী কীভাবে টাওয়ার হ্যামলেটসকে একটি গুরুত্বপূর্ণ বাণিজ্যকেন্দ্রে পরিণত করেছিল এবং কীভাবে পরিবেশগত সংকটের সঙ্গে এটি যুক্ত তা শিশুদের কাছে উপস্থাপন করা হবে। এই একাডেমির কার্যক্রম পরিচালনায় সহযোগিতা করছে আলেকজান্ডার ম্যাককুইন, কিংস ফাউন্ডেশন, লন্ডন ডকল্যান্ডস জাদুঘর, টাওয়ার অব লন্ডন এবং হোয়াইটচ্যাপেল আর্ট গ্যালারি। সব আয়োজন অনুষ্ঠিত হবে ব্র্যাডি আর্টস এন্ড

কমিউনিটি সেন্টার। এছাড়াও আইডিয়া স্টরগুলোতে নিয়মিত হওয়া গল্প পাঠ, আঁকাঁকি ও খেলনা তৈরি চালু থাকবে। এছাড়াও সঙ্গে থাকবে গ্রীষ্মকালীন বিশেষ আয়োজন।

ছোটদের বই পড়ায় আগ্রহী করে তুলতে লেখিকা টেরি চিলভার্স নিয়ে আসছেন তাঁর জনপ্রিয় বই 'স্টেইলস অব দ্য আনএক্সপেক্টেড'। এখানে থাকছে এক মজার কুইজ যেখানে শিশুরা জানতে পারবে শামুক ও পোকামাকড় নিয়ে চমকপ্রদ তথ্য। এছাড়া, কাটুন বই নির্মাণ কর্মশালায় কিশোররা নিজের হাতে চরিত্র তৈরি করতে পারবে।

এছাড়া পরিবারের সবাই মিলে উপভোগ করতে পারবে নাট্যদল 'ড্রামা গিয়ারস'-এর পরিবেশনা 'এখন থেকে শুরু হোক গল্প!' - যেখানে দর্শকরাই এক রূপকথার অভিযান পাবে। আর শিশুরা পাবে এক জাদুকরী অভিজ্ঞতা, যা ছুটিকে করে তুলবে আরও রঙিন ও কাল্পনিক।

অন্যদিকে বইপ্রেমী শিশুদের জন্য থাকছে লিটারারি অ্যাডভেঞ্চার ট্রেইল। যেখানে বই পড়া ও খেলাধুলার মাধ্যমে ছুটির দিনগুলো হয়ে উঠবে রোমাঞ্চকর।

সবচেয়ে আপডেট তথ্য ও অংশগ্রহণের বিস্তারিত জানতে দেখুনঃ www.towerhamlets.gov.uk

টাওয়ার হ্যামলেটসে কুকুর মালিকদের জন্য চালু হলো নতুন নিয়ম

New measures for dog owners supported by local groups - page 13

টাওয়ার হ্যামলেটস কাউন্সিল কুকুর মালিকদের জন্য নতুন কিছু বিধি চালু করেছে, যাতে বারার সবাই নিরাপদে ও আরামে উন্মুক্ত স্থানগুলো ব্যবহার করতে পারেন। পাবলিক স্পেস প্রোটেকশন অর্ডার (PSPO) নামে এই নতুন ব্যবস্থাগুলো স্থানীয় বাসিন্দাদের সঙ্গে ব্যাপক আলোচনার পর কার্যকর করা হয়েছে।

এই নিয়মগুলোর মধ্যে রয়েছেঃ

- রাস্তা ও ফুটপাথে কুকুরকে ল্যাশে বা দড়িতে বেঁধে রাখা বাধ্যতামূলক।
- কুকুরের মল পরিষ্কার না করলে জরিমানা।
- গোটযুক্ত শিশুদের খেলার এলাকায় কুকুর নিষিদ্ধ।

তবে, সব পার্ক ও সবুজ এলাকায় কুকুর দড়িবাঁধা ছাড়া খেলার অনুমতি থাকবে। এসব নিয়ম ভঙ্গ করলে মালিকদের জরিমানা গুনতে হতে পারে। তবে, প্রতিবন্ধী ব্যক্তিদের সহায়তাকারী কুকুরের ক্ষেত্রে বিধিনিষেধ শিথিল থাকবে।

এই সিদ্ধান্ত নেওয়ার পেছনে রয়েছে সম্প্রতি লন্ডনের কিছু প্রকাশ্য স্থানে কুকুর-সংক্রান্ত অপ্রীতিকর ঘটনা এবং বাসিন্দাদের উদ্বেগ। কাউন্সিলের সঙ্গে আলোচনায় ২,২৬৭ জন বাসিন্দা ও প্রাণী কল্যাণ সংস্থা (যেমন RSPCA,

ব্যটারসি ডগস অ্যান্ড ক্যাটস হোম) অংশ নেয়। ইস্ট লন্ডন ডগ কমিউনিটির বার্নার্ডেট মোরিয়ানি বলেন, "প্রাথমিক প্রস্তাব অনেক বেশি নিয়ন্ত্রণমূলক মনে হলেও, শেষ পর্যন্ত একটি ভারসাম্যপূর্ণ সমাধান পাওয়া গেছে। আমরা পার্কে কুকুরদের ল্যাশ বা দড়িবাঁধা ছাড়া ঘোরার অনুমতি ও শিশুদের খেলার জায়গা সুরক্ষিত রাখার সিদ্ধান্তকে স্বাগত জানাই। তবে, 'নির্দেশনা অনুযায়ী ল্যাশ বাঁধা' এবং পেশাদার কুকুর হাঁকানোর লাইসেন্স কীভাবে বাস্তবায়িত হয়, তা দেখতে হবে।"

কাউন্সিলের এনভায়রনমেন্ট এন্ড ক্লাইমেট ইমার্জেন্সি বিষয়ক কেবিনেট মেম্বর কাউন্সিলর শফি আহমেদ বলেন, "বেশিরভাগ কুকুর মালিকই দায়িত্বশীল, এবং তাদের কুকুর পরিবারের সদস্যের মতো। নতুন নিয়মগুলো সব বয়সের বাসিন্দাদের নিরাপত্তা নিশ্চিত করবে, আবার কুকুর মালিকরাও যেন উন্মুক্ত স্থান উপভোগ করতে পারেন, সেটাও দেখবে। আগামী কয়েক মাস আমরা বাসিন্দাদের সঙ্গে কাজ করে এই নিয়মগুলো সঠিকভাবে বাস্তবায়ন করব।" কাউন্সিল আগামী কয়েক মাস নিয়মগুলো নিয়ে সচেতনতা বাড়াতে ও প্রয়োজনীয় সাইনবোর্ড স্থাপন করতে কাজ করবে।

নতুন স্পিকার এবং ডেপুটি স্পিকার নির্বাচিত



Newly elected Speaker Cllr Suluk Ahmed shares joyful moment with family and Mayor Lutfur Rahman (far left).

New Speaker and Deputy Speaker appointed - page 27

কাউন্সিলের বার্ষিক সাধারণ সভায় (এজিএম) বারার নতুন স্পিকার এবং ডেপুটি স্পিকার নির্বাচিত করা হয়েছে।

স্পিটালফিল্ড এন্ড বাংলাটাউন ওয়ার্ডের কাউন্সিলর সুলুক আহমেদ বারার নতুন স্পিকার নির্বাচিত হয়েছেন। তিনি এর আগে ডেপুটি স্পিকারের দায়িত্বে ছিলেন।

নতুন ডেপুটি স্পিকার হয়েছেন কাউন্সিলর বেলাল উদ্দিন। তিনি ব্র্যাকওয়েল এন্ড কিউবিট টাউন ওয়ার্ডের কাউন্সিলর।

স্পিকার হলেন বারার প্রথম নাগরিক বা ফার্স্ট সিটিজেন। একজন দূত বা এম্বেসেডর হিসেবে তিনি পুরো বারায় যে কোনো ধরনের নাগরিক সভা-সমাবেশ এবং সামাজিক অনুষ্ঠানে যোগ দেবেন। যেকোনো সাফল্য এবং অর্জনের উদ্‌যাপন করবেন তিনি। এর বাইরে কাউন্সিল মিটিংয়ে সভাপতিত্ব বা পরিচালনা করা

এবং বাইরে থেকে কোনো অতিথি বারা সফরে আসলে তাকে স্বাগত জানানোও স্পিকারের দায়িত্ব।

নতুন স্পিকার বলেছেন, "আপনার বিশ্বাস করে আমাকে বারার প্রথম নাগরিক এবং দূত হিসেবে দায়িত্ব পালনের সুযোগ দিয়েছেন এ জন্যে আমি সবার প্রতি কৃতজ্ঞ। টাওয়ার হ্যামলেটসে আমি বড় হয়েছি। চমৎকার এই বারাতে আমি প্রায় ৫০ বছর কাটিয়েছি। আমাদের আজকের এই সফল কমিউনিটি গড়ার পেছনে যাদের কঠিন এবং কর্মময় জীবনের ত্যাগ রয়েছে তিনি তাদেরই একজন।"

তিনি আরও বলেন, "আমাদের বহুজাতিক কমিউনিটির জন্যে আমরা গর্বিত, এই বারা তার বৈচিত্র্য, স্বীকৃতিশীলতা এবং ঐক্যের জন্য স্বীকৃত এবং প্রশংসিত।

বারার যে কোনো এলাকায় যে কোনো ধরনের অনুষ্ঠানে অংশ গ্রহণের আমন্ত্রণ বা সুযোগকে স্বাগত জানিয়েছেন তিনি। আপনারা যেকোনো অনুষ্ঠানের জন্যে speakers@towerhamlets.gov.uk এই এড্রেসে ইমেইল করতে পারেন।

টাওয়ার হ্যামলেটসে লিঙ্গ বিভেদ দূর করতে নারীর অংশগ্রহণ জরুরিঃ জরিপে অংশ নিন

Creating a more inclusive borough - page 25

টাওয়ার হ্যামলেটস কাউন্সিলের উইমেনস কমিশন নারীদের স্বাস্থ্য, নিরাপত্তা, কর্মসংস্থান ও নেতৃত্বের মতো গুরুত্বপূর্ণ বিষয়ে মতামত জানার জন্য একটি জরিপ চালু করেছে। যেখানে টাওয়ার হ্যামলেটসে বসবাসকারী বা কর্মরত সব নারী তাদের জীবনের অভিজ্ঞতা ও মতামত জানাতে পারবেন। এই জরিপের তথ্যগুলো গোপন রাখা হবে এবং ভবিষ্যতে লিঙ্গ বৈষম্য দূর করতে সুপারিশ ও পদক্ষেপ গ্রহণে তা ব্যবহার করা হবে।

এই জরিপের মাধ্যমে নারীরা চাইলে যেকোনো একটি বা একাধিক বিষয়ে কথা বলতে পারবেন। অংশগ্রহণ বাধ্যতামূলক নয়, বরং স্বতঃস্ফূর্ত মত প্রকাশের সুযোগ। জরিপে অংশ নেওয়া সকলেই একটি ড্রুতে অন্তর্ভুক্ত হবেন, যেখানে পাঁচজন বিজয়ীর প্রত্যেকে পাবেন ২০ পাউন্ড মূল্যের ভাউচার।

এ প্রসঙ্গে উইমেনস কমিশনের চেয়ারপারসন মনজিলা উদ্দিন বলেন, "আমরা, কমিশনার হিসেবে, আমাদের বারার সব স্তরের নারীদের সম্মান করি এবং তাদের মতামত শুনতে চাই। আপনার অভিজ্ঞতাগুলো স্পষ্টতা ও দৃঢ়তার সাথে উপস্থাপন করা হবে এবং আপনার কণ্ঠস্বর সঠিকভাবে প্রতিনিধিত্ব করা হবে - এটা নিশ্চিত করতে আমরা প্রতিশ্রুতিবদ্ধ।"



তিনি এই জরিপে অংশ নিতে এবং টাওয়ার হ্যামলেটসের নারীদের জন্য পরিবর্তন আনতে উইমেনস কমিশনের সাথে একসাথে কাজ করতে বারার নারীদের প্রতি আহ্বান জানান।

টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লুৎফুর রহমান এ প্রসঙ্গে বলেন, "আমাদের বারাতে লিঙ্গ বৈষম্য মোকাবেলা করা একটি অগ্রাধিকার এবং আমরা সকল পটভূমির নারীদের জন্য একটি সমতাপূর্ণ টাওয়ার হ্যামলেটস গড়ে তুলতে প্রতিশ্রুতিবদ্ধ। উইমেনস কমিশন নারীদের বাস্তব জীবন-অভিজ্ঞতা বোঝার জন্য সম্প্রদায়ের সাথে কাজ করছে এবং প্রয়োজনীয় সহযোগিতা ও সহায়তা প্রদান করছে।"

তিনি বলেন, "টাওয়ার হ্যামলেটসের বাসিন্দা বা কর্মজীবী নারী হিসেবে, আপনার অভিজ্ঞতা ভবিষ্যৎ পরিকল্পনার

অবিচ্ছেদ্য অংশ। জরিপে আপনার মতামত ও অভিজ্ঞতা শেয়ার করুন - অর্থহীন পরিবর্তন নিশ্চিত করতে আপনার কণ্ঠস্বর অত্যন্ত গুরুত্বপূর্ণ।"

এই জরিপে অংশ নিতে অনলাইনে ভিজিট করতে হবে- talk.towerhamlets.gov.uk/womens-commission

এদিকে যারা অনলাইনে অংশ নিতে পারবেন না, তারা কাগজে ছাপানো কপি বা অনুবাদকৃত কপি অনুপ্রার্থন করতে পারবেন। এজন্য ইমেইল করতে হবে: womenscommission@towerhamlets.gov.uk

জরিপটি চলবে আগামী ৩০ জুন পর্যন্ত। অংশগ্রহণকারীদের অভিমত ও অভিজ্ঞতা ভবিষ্যতের পরিবর্তনের ভিত্তি হিসেবে কাজ করবে বলে আশা প্রকাশ করেছে উইমেনস কমিশন।

উষ্ণ হাব ও সহায়তা থেকে হাজারো মানুষ উপকৃত

Thousands benefit from warm hubs and support - page 23

খাদ্য ও জীবনযাত্রার ব্যয় বৃদ্ধির কারণে শীতকালে বারার ছয়টি উষ্ণ হাবে এসেছিলেন হাজারো মানুষ এবং কর্মীরা প্রতিদিন পরিবেশন করেন শতাধিক কাপ চা, কফি এবং স্বাস্থ্যকর ন্যূনতম।

যুক্তরাজ্যের বিভিন্ন কাউন্সিল জীবনযাত্রার ব্যয় বৃদ্ধিতে প্রভাবিত মানুষের জন্য উষ্ণ, নিরাপদ ও আরামদায়ক পরিবেশ নিশ্চিত করতে, বিশেষত তীব্র শীতের সময়, ‘ওয়ার্ম হাব’ চালু করে।

টাওয়ার হ্যামলেটস কাউন্সিল ডিসেম্বর থেকে ৩১ মার্চ পর্যন্ত বারার আইডিয়া স্টোর এবং লাইব্রেরিতে ছয়টি উষ্ণ হাব পরিচালনা করেছিলো। কুইন মেরি ইউনিভার্সিটির সাথে অংশীদারিত্বে, কাউন্সিল ৪৭৯ ঘণ্টার স্বেচ্ছাসেবক সহায়তা প্রদান করে এবং বাসিন্দাদের মধ্যে ২,৭৫০টি এনার্জি প্যাক বিতরণ করে। এসব এনার্জি প্যাকগুলিতে ছিল টুপি, গ্লাভস, স্কার্ফ, কশল এবং ফ্লাস্ক।

পেনশনভোগী জ্ঞান দারিদ্র্যের ঝুঁকিতে রয়েছেন বলে জানা গেছে, তাই আমরা বয়স্ক বাসিন্দাদের সহায়তাকে অগ্রাধিকার দিচ্ছি। আমরা বয়স্ক লোকজনদের স্বাধীনভাবে বসবাসে সহায়তা করতে আগ্রহী এবং যোগ্য বাসিন্দাদের বিনামূল্যে হোম কেয়ার সেবা প্রদান করছি। দেশের মাত্র দুটি কাউন্সিলের মধ্যে আমরা একটি যারা এটি করছি।”

জীবনযাত্রার ব্যয় সংকটের মুখোমুখি হওয়া পরিবারগুলিকে সহায়তা করতে দেশের প্রথম কাউন্সিল হিসেবে টাওয়ার হ্যামলেটস কাউন্সিল বারার সকল মাধ্যমিক স্কুলের শিক্ষার্থীদের জন্য ফ্রি স্কুল মিল এবং প্রথম কাউন্সিল হিসেবে এডুকেশন মেইনটেন্যান্স অ্যালাউন্স পুনর্বহাল করেছে। কাউন্সিল বিনামূল্যে স্কুল ইউনিফর্ম গ্র্যান্ট চালু করেছে, যার ফলে আগামী তিন বছরে ২১,০০০ শিক্ষার্থী উপকৃত হবে। পেনশনভোগীরাও পেনশন ক্রেডিটের মাধ্যমে বছরে ৩,৯০০ পাউন্ড পর্যন্ত পেতে পারেন। উল্লেখ্য, বর্তমানে টাওয়ার হ্যামলেটসে প্রায় ১৭ মিলিয়ন পাউন্ডের সমপরিমাণ পেনশন ক্রেডিট বেনিফিট দাবি করা হয়নি।



এছাড়া কাউন্সিল হাউসহোল্ড সাপোর্ট ফান্ডের সহায়তায় টাওয়ার হ্যামলেটস ইউইটার ফ্যুয়েল পেমেট স্কিমের জন্য প্রায় ১০ লক্ষ পাউন্ড বরাদ্দ করেছে। ডিসেম্বরে চালু হওয়া এই স্কিমের আওতায় ৪,১৯৪ জন বাসিন্দা এককালীন ১৭৫ পাউন্ড পেয়েছেন।

কস্ট অফ লিভিং অ্যান্ড রিসোর্সেস এর ক্যাবিনেট মেম্বর কাউন্সিলর সাঈদ আহমেদ বলেন, “সারা দেশে এই বছর ৫০,০০০

দাবি করতে ফোন করুন পেনশন ক্রেডিট হেল্পলাইনে ০৮০০ ৯৯ ১২৩৪ নম্বরে বা অনলাইনে আবেদন করুন www.gov.uk/pension-credit। কাউন্সিলের সহায়তা ও সেবা সম্পর্কে জানতে ভিজিট করুন towerhamlets.gov.uk/costofliving বা ফোন করুন ০২০৭ ৩৬৪ ৫০৪০ নম্বরে।

সাশ্রয়ী মূল্যের দু’টি ব্যাডমিন্টন মেম্বারশিপ প্যাকেজ চালু করলো ‘বি ওয়েল’

Be Well launches affordable badminton memberships for locals



টাওয়ার হ্যামলেটস কাউন্সিলের লেইজার সার্ভিস ‘বি-ওয়েল’ স্থানীয় বাসিন্দাদের জন্য ব্যাডমিন্টন খেলার আরও সহজলভ্য করতে দু’টি নতুন মেম্বারশিপ স্কিম চালু করেছে। নতুন এই ব্যবস্থায় খেলোয়াড়রা আগের তুলনায় উল্লেখযোগ্য পরিমাণ সাশ্রয় করতে পারবেন।

মাসিক প্যাকেজঃ ৪৯ পাউন্ডে ৮টি সেশন (প্রতি সেশন ৬.১৩ পাউন্ড) বার্ষিক প্যাকেজঃ ২৯৯ পাউন্ডে ৫০টি সেশন (প্রতি সেশন মাত্র ৫.৯৮ পাউন্ড) বর্তমান পে-অ্যান্ড-প্লে রেটের (প্রতি সেশন ১৭.২৫ পাউন্ড/৬০ মিনিট) তুলনায় এটি উল্লেখযোগ্য সাশ্রয়।

নতুন মেম্বারশিপে কোর্ট বুকিং জটিলতা দূর করে স্বচ্ছতা আনা হয়েছে। এখন থেকে খেলোয়াড়দের ফটো আইডি প্রদর্শন বাধ্যতামূলক।

২ জুন হোয়াইটচ্যাপেল স্পোর্টস সেন্টারে ব্যাডমিন্টন খেলোয়াড়, কাউন্সিলর ও কেবিনেট মেম্বর এবং কাউন্সিলের পদস্থ

কর্মকর্তাদের সাথে নিয়ে আনুষ্ঠানিকভাবে নতুন এই মেম্বারশীপ প্যাকেজ চালু করেন ডেপুটি মেয়র এবং এডুকেশন, ইয়ুথ এন্ড লাইফলং লার্নিং বিষয়ক লিড মেম্বর, কাউন্সিলর মাইয়ুম তালুকদার এবং কালচার অ্যান্ড রিক্রিয়েশন বিষয়ক কেবিনেট মেম্বর কাউন্সিলর মোহাম্মদ কামরুল হোসেন।

কাউন্সিলর মোহাম্মদ কামরুল হাসান বলেন, “এটি আমাদের ফিটনেস-ফর-অল উদ্যোগের অংশ। আমরা চাই প্রতিটি বাসিন্দাই যেন স্বাস্থ্যকর জীবনযাপন করতে পারেন।”

ডেপুটি মেয়র কাউন্সিলর মাইয়ুম তালুকদার বলেন, “খেলোয়াড় শ্রদ্ধাশীলক সুস্থতারই নয়, সামাজিক সম্প্রীতিরও মাধ্যম। নতুন এই প্যাকেজ সেই লক্ষ্যেই কাজ করবে।”

বি ওয়েল-এর হেড অফ লেইজার অপারেশনস, সায়মন জোনস বলেন, “ব্যাডমিন্টন শুধু খেলার আনন্দের জায়গা

নয় - এটি স্বাস্থ্যের জন্য অত্যন্ত কার্যকর একটি ব্যায়াম। এই নতুন মেম্বারশীপ প্রোগ্রামের মাধ্যমে আমরা আরও বেশি মানুষকে খেলাধুলায় যুক্ত করতে চাই, যাতে সকলে একসঙ্গে স্বাস্থ্যকর এবং সংযুক্ত একটি জীবনযাপন করতে পারেন।”

রুকাইয়া খাতুন নামে একজন নিয়মিত খেলোয়াড় বলেন, “এখন নিয়মিত খেলা আমার জন্য আরও সহজ হবে। প্রতি সপ্তাহে দুইবার খেলার জন্য মাসে মাত্র ১২ পাউন্ডের মতো খরচ হবে।”

স্থানীয় বাসিন্দা এবং নিয়মিত ব্যাডমিন্টন খেলোয়াড় দিদারুল আলম মজুমদার বলেন, “সাশ্রয়ী মেম্বারশিপে এখন সহজেই কোর্ট বুক করতে পারছি।”

অগ্রহীররা বিস্তারিত জানতে ভিজিট করতে পারেনঃ be-well.org.uk/new-badminton-memberships অথবা ফোন করতে পারেন ০২০ ৭৩৬৪ ৭৩৬৪ নম্বরে।

লেজার সেন্টারের ‘ফি’ ফ্রিজ করলো কাউন্সিল

Be Well activity and membership price freeze - p 11

নিত্যপ্রয়োজনীয় জিনিসের দাম ও বিদ্যুৎ বিল বাড়ায় দেশ জুড়েই জীবনযাত্রার ব্যয় বৃদ্ধি পেয়েছে। উচ্চ মূল্যের জীবন-যাত্রার ব্যয়ের কারণে গোটা দেশের অনেক পরিবার এখন রয়েছে আর্থিক চাপে। দেশ জুড়ে যখন অনেক পরিবার জীবন-যাপনের ব্যয় নিয়ন্ত্রনে হিমশিম খাচ্ছেন তখন টাওয়ার হ্যামলেটস কাউন্সিল ঘোষণা দিয়েছে তারা ২০২৫-২৬ অর্থবছরে ‘বি ওয়েল’ লেজার সেন্টারের কোনও সদস্যপদ বা কার্যক্রমের জন্য ফি বাড়াবে না।

আর এই সিদ্ধান্তটি বারা জুড়ে সকল বাসিন্দার জন্য প্রযোজ্য হবে। যাতে সবাই বিশেষ করে স্বল্প আয়ের মানুষরা যারা আর্থিকভাবে সমস্যার মধ্য দিয়ে যাচ্ছেন, স্বল্প ব্যয়ে বিনামূল্যে স্বাস্থ্য ও সুস্থতা কার্যক্রমে অংশ নিতে পারেন।

কাউন্সিল বলছে, দেশে যেখানে অনেক লেজার সেন্টার আর্থিক সংকটে বন্ধ হয়ে যাচ্ছে, সেখানে টাওয়ার হ্যামলেটস ভিন্ন পথ বেছে নিয়েছে। তারা পরিষেবা চালু রেখে আরও বেশি মানুষের জন্য সহজলভ্য ও অন্তর্ভুক্তিমূলক করে তোলার কাজ করছে। এই ঘোষণার পাশাপাশি ১৬ বছর বা তার বেশি বয়সী নারীদের ও ৫৫ বছরের বেশি বয়সী পুরুষদের জন্য বিনামূল্যে সাঁতার কাটার সুযোগ আগের



মতোই চালু থাকবে।

তাছাড়া, দীর্ঘমেয়াদি অসুস্থতা বা প্রতিবন্ধকতা রয়েছে এমন বাসিন্দাদের জন্যও নতুন কার্যক্রম চালু করা হচ্ছে। এসব প্রোগ্রাম তাদের শারীরিক সক্ষমতা ও প্রয়োজনের কথা মাথায় রেখে সাজানো হবে, যাতে সবাই নিজ নিজ অবস্থান থেকে স্বাস্থ্যকর জীবনযাপন করতে পারেন।

টাওয়ার হ্যামলেটস কাউন্সিলের পক্ষ থেকে জানানো হয়েছে, এই বিনিয়োগ কেবল ভবিষ্যতের কথা নয়-এটি এখনকার মানুষের জন্য। স্বাস্থ্যসেবা সবার জন্য উন্মুক্ত রাখতে আমরা অঙ্গীকারবদ্ধ।

আরও তথ্য জানতে ভিজিট করুনঃ www.towerhamlets.gov.uk

‘স্ট্রিট লিডার’ হোন

Become a Street Leader - page 26

নিজের এলাকা পরিচ্ছন্ন ও বসবাসযোগ্য রাখতে সরাসরি ভূমিকা রাখতে চান? তাহলে আপনার জন্যই টাওয়ার হ্যামলেটস কাউন্সিল চালু করেছে ‘স্ট্রিট লিডার’ প্রকল্প। এই প্রকল্পে অংশ নিয়ে বাসিন্দারা নিজেদের রাস্তা, পার্ক ও আশপাশের এলাকা আরও পরিষ্কার, নিরাপদ ও সুন্দর রাখতে কাজ করতে পারবেন। যারা স্ট্রিট লিডার হবেন, তারা চাইলে নিজে উদ্যোগ নিয়ে পরিচ্ছন্নতার কাজ করতে পারবেন অথবা কাউন্সিল আয়োজিত বিভিন্ন ইভেন্টে অংশ নিতে পারবেন। কাউন্সিল থেকে সরবরাহ করা হবে প্রয়োজনীয় সরঞ্জাম ও সাপোর্ট, যেমন- হাত গ্লাভস, ব্যাগ, এবং পরিষ্কারের সামগ্রী। এছাড়া, যারা নিয়মিত স্বেচ্ছাসেবক হিসেবে কাজ করবেন, তাদের জন্য থাকছে পুরস্কার জেতার সুযোগ। যারা এই প্রকল্পে অংশ নিতে চান, তারা ইমেইল করতে পারেন teameac@towerhamlets.gov.uk ঠিকানায়। বিস্তারিত জানতে ভিজিট করুন www.towerhamlets.gov.uk/streetleaders

সবুজ ভবিষ্যৎ গড়তে ৩.৩ মিলিয়ন পাউন্ডের প্রকল্প

£3.3m project to build greener future - page 26

টেকসই ভবিষ্যৎ গড়তে ও জলবায়ু পরিবর্তন মোকাবেলায় টাওয়ার হ্যামলেটস কাউন্সিল ২০২৫-২৬ অর্থবছরের বাজেটে ৩ দশমিক ৩ মিলিয়ন পাউন্ড বিনিয়োগের ঘোষণা দিয়েছে। এই বরাদ্দ বরাবর সবুজায়ন বাড়াতে গাছ লাগানো, সৌর প্যানেল বসানো এবং কার্বন নিঃসরণ হ্রাসসহ পরিবেশবান্ধব নানান কাজে ব্যবহার করা হবে।

বিনিয়োগের একটি বড় অংশ ব্যয় হবে বিভিন্ন কাউন্সিল ভবনে অতিরিক্ত সোলার প্যানেল ও এলইডি লাইটিং স্থাপনে, যাতে বিদ্যুৎ কম খরচ হয় এবং কার্বন নিঃসরণ কমে। মাইল এন্ড লেজার সেন্টারে বসানো হবে বিদ্যুৎ সাশ্রয়ী ফ্লাডলাইট।

এছাড়া ২০২৫ সালের মধ্যে টাওয়ার হ্যামলেটস জুড়ে ১ হাজারটি নতুন গাছ রোপণ করার পরিকল্পনা রয়েছে কাউন্সিলের, যা বাতাসের মান উন্নয়ন এবং জীববৈচিত্র্য বৃদ্ধিতে সহায়তা করবে।

অন্যদিকে উদ্ভাবনী এক প্রকল্প হিসেবে টাউন হলে চালু করা হচ্ছে ফুড ওয়েস্ট

কম্পোস্ট প্রক্রিয়া। যেখানে স্থানীয়ভাবে খাবারের উচ্ছিষ্ট বর্জ্য থেকে তৈরি করা হবে সার। এই সার ব্যবহার করা হবে কাউন্সিল পরিচালিত গাছপালা ও বাগানগুলোতে। পাশাপাশি কমিউনিটি সংগঠনগুলোকেও তা সরবরাহ করা হবে।

একই সাথে নির্মাণকাজে যে উপকরণ থেকে বর্জ্য তৈরি হয়, সেগুলোর পুনর্ব্যবহার উৎসাহিত করা হবে যেন অপচয় কমে এবং কার্বন নিঃসরণ হ্রাস পায়।

এনভায়রনমেন্ট এন্ড ক্লাইমেট ইমার্জেন্সি বিষয়ক কেবিনেট মেম্বর কাউন্সিলর শাফি আহমেদ এই বিনিয়োগে গৃহীত উদ্যোগ ও পদক্ষেপগুলো টাওয়ার হ্যামলেটসের নেট জিরো কার্বন লক্ষ্য পূরণে গুরুত্বপূর্ণ ভূমিকা রাখবে বলে আশাবাদ ব্যক্ত করেন।

এই বিষয়ে আরও জানতে ভিজিট করুনঃ www.towerhamlets.gov.uk/climate

Waxyaabo badan oo bilaash ah oo lagu sameeyo degmada xagaagan

HARMONY SOMALI NEWS

Dhammaan qabanqaabiyayaasha bandhiga bari ee Points waxay martigelin doonaan xaflad bulsho oo Xaafadda laga bilaabo Isniinta 18ka Agoosto ilaa Khamiista 21ka Agoosto, iyadoo lala kaashanayo Golaha Tower Hamlets.

Barnaamijka bartamaha todobaadku wuxuu bixiyaa gelitaan bilaash ah iyo waxqabadyo bilaash ah dadka deggan iyo booqdayaasha. Waxaa ka mid ah muusig toos ah, aqoon-is-weydaarsiyo hal-abuur leh, qoob-ka-ciyaarka, masraxa, ciyaaraha iyo fayaqabka, hawlaha qoyska iyo adeegyo kale oo badan.

• **Booqo** www.allpointseastfestival.com/in-the-neighbourhood

Vicky Park's bandstand waxa loo dejiyay inuu kor u qaado Maalmaha Axadaha xagaaga oo leh bandhig faneed toos ah oo bilaash ah.

Galabta qoyska ee bilaashka ah ee fadhigada muusiga tooska ah ee tarabuunka caanka ah waxay ka dhici doonaan 1pm ilaa 5pm Axad kasta laga bilaabo 29ka Juun ilaa 27 Luulyo.

Muusiga waxa ku jiri doona samba, kooxda naxaasta ah, guutooyinka waaweyn, hooballada iyo qaar kale oo badan. Baby Broadway ayaa sidoo kale u keeni doonta heeso bandhiga socod baradka.

• **Ka eeg khadka buuxa ee** www.victoriaparkfriends.london

Marka fasaxa xagaaga ee dugsigu soo dhawaado, kooxaha koonsilku waxay qorsheynayaan hawlo



badan oo bilaash ah oo xiiso leh oo loogu talagalay carruurta iyo qoysaska si ay u sugaan qayb ka mid ah barnaamijka xagaaga ee madadaalada ee golaha sanadlaha ah.

Jardiinooyinka, Dhallinta Tower Hamlets, Xarumaha Carruurta iyo Qoyska, Dukaamada Fikradaha, ciyaaraha iyo dhaqdhaqaaqa jirka, iyo kooxaha waxbarashada debadda ayaa qorsheynaya hawlo badan oo ay ka mid yihiin ciyaaraha, ciyaarta tacaburka, farshaxanka iyo farshaxanka, doonista, kalluumeysiga, quusitaanka balliyada, ugaarsiga qashinka, doomaha moodalka, samaynta qaniinyada, sahaminta shinni, beero la cuno, beero la cuno, bandhigyada masraxa bannaanka

oo aad u badan.

• **Si aad u hesho macluumaad cusub oo ku saabsan dhammaan hawlaha dhacaya xagaagan, booqo bogga hawlaha golaha ee** www.towerhamlets.gov.uk/summerevents

Kumanaan ka mid ah carruurta iyo dhalinyarada Tower Hamlets ee u qalma oo sheeganaya dakhli ama dheefo cunto dugsiga oo bilaash ah ayaa awoodi doona inay helaan meel bilaash ah oo ay dawladdu maalgeliso hawlaha fasaxyada iyo cuntada (HAF) ee fasaxyada xagaaga.

Naadiyada HAF ee degmada oo dhan waxay u ogolaadaan carruurta fursad ay kula xiriiraan carruurta kale oo ay ku raaxaystaan dhaqdhaqaaqyo badan oo ay ku

jiraan ciyaaraha iyo ciyaaraha, farshaxanka, muusiga iyo riwaayadaha, iyo safar maalmeedka.

Dhammaan naadiyada HAF sidoo kale waxay bixiyaan cunto nafaqo leh maalin kasta.

Dhacdooyinka HAF waxa lagu baahin doonaa dugsiyada, mareegaha golaha deegaanka, wargaysyada iyo kanaalada baraha bulshada ka hor inta aanay bilaaban fasaxa xagaaga.

• **Haddii aad aaminsantahay in ilmahaagu u qalmi karo dakhliga ama dheefaha la xidhiidha cuntada bilaashka ah ee dugsiga laakiin laga yaabo in aanu codsanayn, markaa waxaad ka dalban kartaa** www.towerhamlets.gov.uk/freeschoolmeals ama dugsiga ilmahaaga.

Tallaabooyin cusub oo loogu talagalay milkiilayaasha eyda

Tallaabooyin cusub oo lagu horumarinayo lahaanshiyaha eeyga mas'uulka ka ah ayaa hadda ka jira degmada oo dhan si loo hubiyo in qof walba uu ugu raaxaysan karo meelaha bannaanka ee degmada si ammaan ah oo raaxo leh.

Tallaabooyinka soo socda ayaa la soo bandhigi doonaa dayrtan:

Mamnuucida wax-ka-qabashada eyda: mulkiilayaashu waa inay ku nadiifiyaan eygooda meelaha caamka ah.

Eyga ku jira hogaanka: halka eeyaha loo ogolaan doono inay si xor ah u ciyaaraan, dhammaan eyda lugaynaya waa in, haddii uu waydiiyo sarkaalka idman (tusaale, sarkaalka fulinta Tower Hamlets),

geliya, oo haya, eyga hogaanka muddo wakhti ah. Tan waa in loo adeegsadaa xaaladaha ay ka mid yihiin qofka lugeynaya oo awoodi waayay inuu xakameeyo eyga.

Eyaha ayaa laga saari doonaa meelaha carruurta lagu ciyaarsiiyo ee albaabbada loo laabay iyo goobaha ciyaaraha.

Eyaha waxaa looga baahan doonaa inay joogaan dariiqyada u dhow waddooyinka, laamiyada iyo meelaha la wadaago ee guryaha.

Ey-socodka waxaa loo ogolaan doonaa in ay socdaan ugu badnaan afar ey hal mar, ilaa aysan haysan shatiga socodka eyga oo uu koonsilku bixiyo.



USEFUL INFORMATION SERVICES AND CONTACTS

Advice

Account 3 (welfare and debt advice)

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

Age UK East London

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

Bromley by Bow Centre

St Leonard's Street, E3.
020 8709 9700

Carers Centre Tower Hamlets

21 Brayford Square, E1
OSG
enquiries@ccth.org.uk
www.ccth.org.uk
020 7790 1765

Citizens Advice Bureau

32 Greateorex 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

Careers

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

Young WorkPath/Tower Hamlets Careers Service

Employment and Skills
Centre, 55 Upper Bank
Street, E14.
youngworkpath@towerhamlets.gov.uk

Council

Town Hall

160 Whitechapel Road,
London, E1 1BJ.
www.towerhamlets.gov.uk
General enquiries
020 7364 5000

Debt

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

Toynbee Hall Advice

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

Health & wellbeing

Alzheimer's Society

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

BYM Bangladesh Youth Movement Women's Centre of Excellence

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

East London Parkinson's Support Group

hello@parkinsons.org.uk
0808 800 0303

Free home fire safety advice

08000 284428

Health hotline

020 7364 5016

Healthwatch Tower Hamlets

Mile End Hospital, Ban-
croft Road, E1.
0800 145 5343
info@healthwatchtowerhamlets.co.uk
www.healthwatchtowerhamlets.co.uk

LinkAge Plus

Toynbee Hall, Commercial
Street, E1.
020 7392 2913

Reset

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

Safe East (under-19s)

compass.towerhamletsypwhs@nhs.net
020 3954 0091

Stop Smoking services

www.quitrightth.org
020 7882 8230

Tower Hamlets

Advocacy Real
020 7001 2170
hello@real.org.uk

Housing

Choice-based lettings and housing advice

Phone: 020 7364 7474
Homelessness services
Phone: 020 7364 7474
Out of hours: 020 7364 4079

Homeseekers

www.thhs.org.uk

Housing services, including repairs

Phone: 020 7364 5015
Freephone: 0800 376 1637

Idea Stores and libraries

Bow

Gladstone Place, E3.

Canary Wharf

Churchill Place, E14.

Chrisp Street

Vesey Path, E14.

Whitechapel

321 Whitechapel Road, E1.

Local History Library and Archives

277 Bancroft Road, E1
localhistory@towerhamlets.gov.uk
Visit www.ideastore.co.uk/home

Leisure centres

John Orwell Sports Centre

Tench Street, Wapping, E1.
0207 364 5100

Mile End Park Leisure Centre and Stadium

190 Burdett Road, E3.
0207 364 5100

Poplar Baths

170 East India Dock Road,
0207 364 5100

Tiller Leisure Centre

Tiller Road, Isle of Dogs
E14. 0207 364 5100

Whitechapel Sports Centre

55 Durward Street, E1.
0207 364 5100

York Hall Leisure Centre

5-15 Old Ford Road, E2.
0207 364 5100

For the latest information and updates, including details of opening hours or temporary closures, visit www.towerhamlets.gov.uk or be-well.org.uk

Parent & child

Family Information Service

30 Greateorex 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

Report it

Anti-fraud (housing and tenancy related fraud)

0800 528 0294

Childline

0800 1111

Domestic Violence Team

0800 279 5434

Environmental

Protection (Noise) Team
020 7364 5000

Haven Whitechapel (sexual assault referral centre)

020 3299 6900 /
020 3299 1599

Karma Nirvana (honour-based abuse helpline)

0800 5999 247

Men's Advice Helpline

0808 8010 327

National LGBT domestic abuse helpline (Galop)

0800 999 5428 /
0300 999 5428

Non-emergency crimes 101 Textphone

18001 101

NSPCC Child Protection Helpline

0800 800 5000

Respect (for perpetrators)

0808 802 4040

Rights of Women

020 7251 6577

Samaritans

116 123

Shelter

0808 800 4444

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

020 7364 7474

Victim Support Tower Hamlets

0808 168 9291 /
0808 168 9111

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🌐 www.mulberrylondondock.org

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