

CULTURE AND LEISURE



Be Well at our improved leisure centres

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COUNCIL NEWS



Free swimming announced in budget

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SAFER COMMUNITIES



£27,000 in illegal cigarettes and vapes seized

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ISSUE THIRTY-TWO // MARCH 2024



# OUR EAST END



## Award winning

Petticoat Lane Market praised for its speciality food



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More than 3,500 residents used the community gardens, like Poets Corner Garden, pictured above

# Community garden marks first birthday

## HOUSING

Stepney Community Food Garden is celebrating its first birthday this spring.

Members of the community food garden, on the Clichy Estate, are excited to experience another growing season after it was set up in May last year.

There are 37 community food gardens on council housing estates across Tower Hamlets which produced 15 tons of fruit and veg last year. More than 3,500 residents use the gardens regularly.

Cranbrook was the first community food garden to be set up in 2009. The newest one is Collingwood Community Centre which is now open.

Shahanara Akhtar, Community Partnerships Officer, said: "I've helped set up several community food gardens and it's always such a pleasure to see how much enjoyment they bring.

"We try to make it as easy as possible for residents to set up a community garden.

"We first establish a suitable space by liaising with residents and then we hold a consultation period.

"If the space is fit for purpose, we get our contractors to visit and survey the space.

"Working together with residents, we source the right tools and planters that are needed and, once all set up, residents can start using the space."

• **Residents on council estates who would like to know more, email [communitypartnerships@towerhamlets.org.uk](mailto:communitypartnerships@towerhamlets.org.uk)**



Stepney Community Garden is celebrating its first birthday

## A message from your Mayor

Spring is a time when we bid farewell to the cold winter, welcome warmer, brighter days and see our borough blossom with new life. It's fitting then that it's also the time of year for our annual budget, as we continue our work to transform our borough.



We've continued to listen to you, our residents, as we set our annual budget for 2024/25 which the council has agreed and we've prioritised areas that you told us matter most to you.

Through the effective management of council finances, we are able to invest in our young people and older citizens, in new and improved public services, and continue to support those hit hardest by the cost-of-living crisis.

We know waste services are a key issue for many, so we're investing £5m to clean up the borough, with an extra 72 frontline workers, new vehicles and support to help increase our recycling rates.

We will also continue our award-winning programme to provide free school meals for all pupils up to 16, and there will be further investment into youth services and more money available for the education maintenance allowance (EMA) and university bursaries schemes.

As with our housing services, our leisure services will be brought back under full council control, with free swimming and aquatic sessions for women and girls over 16, as well as men over 55.

There is so much we have already achieved, but there is still work to do and we continue to work tirelessly to achieve our ambition of a brighter future for Tower Hamlets.

**Lutfur Rahman**  
Executive Mayor

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# Are you getting all your benefits?

## COST OF LIVING HELP

Benefits worth more than £110 million a year are going unclaimed in Tower Hamlets.

Our Cost of Living Help campaign promotes using the Better Off Calculator to find out in less than 10 minutes if you're one of the 109,898 missed claims

“

**We are here to help so please don't be put off from claiming benefits**

in the borough and are owed any payments.

Support is available for a variety of people, not just for those who are out of work. If you're earning but still struggling with money, including if you're retired, if you have children, care for someone, or have a disability, you could still be entitled to vital help that will increase your income.

A Tower Hamlets resident who checked their benefits entitlement recently saw their income jump by 38 per cent to more than £1,170 per month after finding out they were eligible for Pension Credit.

Cllr Saied Ahmed, Cabinet Member for Resources and Cost of Living, said: "Many people may feel embarrassed to ask for help or there is a stigma attached to claiming benefits. There is no shame in

claiming benefits which you are entitled to. We are here to help so please don't be put off from claiming benefits as it could have a transformative impact on your life."

It's quick and easy to check what you're entitled to using the Better Off Calculator. The calculator provides personalised benefits advice as well as guidance on anything else which you may be entitled to through your predicted claim.

The council's Resident Support Outreach Team offers face-to-face support and speaks multiple community languages and are available in a number of different locations across the borough.

• Visit [towerhamlets.gov.uk/costofliving](https://towerhamlets.gov.uk/costofliving) for the benefit checker and more.

In Tower Hamlets, there is more than:

- £52 million in unclaimed Universal Credit
- £6 million in unclaimed Child Benefit
- £17 million in unclaimed Council Tax support
- £13 million in unclaimed Carer's Allowance
- £9 million in unclaimed Pension Credit
- £12 million in other unclaimed support for you and your family, including cheaper household bills, free TV licenses and free food, vitamins and meals for your children.

## Community marks Holocaust Memorial Day



Leon Silver, President of East London Central Synagogue, and Sufia Alam, Chair of Tower Hamlets Interfaith Forum

## COUNCIL NEWS

Community leaders came together to mark Holocaust Memorial Day on 27 January.

Tower Hamlets Council worked with faith and community groups in the borough to hold a series of free

events including walks, a schools programme, film screenings, and an interfaith commemoration, as well as an inter-generational conversation.

Sufia Alam, Chair of Tower Hamlets Interfaith Forum and Head of Programmes and Maryam Centre, London Muslim Centre,

said: "As we join hands in solemn remembrance on Holocaust Memorial Day, let us reaffirm our unwavering stance against all forms of hatred and genocide.

"The tragedies of the Holocaust, and the numerous genocides that have occurred around the world remind us of the devastating

consequences of intolerance and discrimination.

"As the Tower Hamlets Interfaith Forum, we are committed to fostering a society that upholds the dignity and freedom of every individual, regardless of their faith or background."

# Show off your blooming gardens

## BOOST CULTURE AND LEISURE

Are you proud of your garden? Enter it in the Tower Hamlets in Bloom competition.

Organised by Tower Hamlets Council, the annual contest is all about making the borough a greener, cleaner, brighter and better place to live and is part of the national 'In Bloom' scheme.

The council is now looking for entries for 2024. So, whether you've never entered before, have taken a break, or enter every year, we want

to see your beautiful blooms and your fantastic veg.

No allotment is too big or balcony too small. There are categories for private gardens or balconies, schools, community gardens, allotments, best business, wildlife friendly garden and many more!

- **Apply online** at [www.towerhamlets.gov.uk/parks](http://www.towerhamlets.gov.uk/parks) or contact [parks@towerhamlets.gov.uk](mailto:parks@towerhamlets.gov.uk) for an application form or more information. The closing date for applications is 5pm on Friday 19 May.



There are categories for everyone in the annual competition

# Spring is in the air in our parks



Daffodils and new play equipment are just some of the ways our parks are getting spring ready

Council teams have been getting our parks ready for spring with new plants and equipment.

They have planted daffodils, tulips, crocuses and snowdrops in Bartlett Park, Poplar; Trinity Gardens, Tower Hill; Millwall Park and Island Gardens. They have also given bulbs and planting equipment to local schools and friends groups.

New and upgraded play equipment, including apparatus that is suitable for toddlers and some equipment made from recycled materials, has been installed at Belgrave Open Space in Stepney.

Toddler and junior playgrounds at St James Gardens in Poplar have been refurbished with new play equipment, including accessible play facilities for children with extra needs.

Shrubbery in the park has been cut back to reduce anti-social behaviour and new herbaceous plants have been put in. Other improvements will include new trees to improve air quality, as well as new bins and benches.

There will also be a new playground and outdoor gym at Brickfield Gardens, Mile End Park.

Gosling Gardens in Shadwell will remain closed while work takes place to provide a refurbished playground, new junior and toddler playground, new trees, and a new outdoor gym.

Stepney City Farm has a new community allotment created by the council. Plot holders have been busy building new growing boxes on the land reinstated to the farm by Crossrail.

- **The council is always looking for resident's views and to let you know about upcoming consultation events. Get in touch at [parks@towerhamlets.gov.uk](mailto:parks@towerhamlets.gov.uk)**

# Community connections helping residents into work

## BUSINESS AND JOBS

An employment programme aimed at central London residents has seen "exceptional" results in Tower Hamlets with 483 residents entering employment or education.

The Connecting Communities programme supported residents into work, education or training after the Covid-19 pandemic in 12 local authority areas across the capital.

As one of the local authorities, Tower Hamlets Council received

£703,949 in funding from a total pot of £9m and supported 722 residents in total, which is 30 per cent more than the council had aimed to achieve.

With 274 residents entering work and 209 entering education or basic skills training.

Halima Begum was one of the young people supported through the programme.

Halima joined Connecting Communities in November 2023 after finishing her teaching degree and deciding not to pursue a career in the education sector.

Halima said: "I had a feeling that

my ideal job would be working for a local authority, but I needed direction and support due to my lack of experience and care responsibilities at home.

"The team was able to advise me on how I could balance my home life while applying for new roles and preparing for interviews.

"When I was offered the role of Project Officer at Southwark Council, I was delighted. I am still growing in confidence, but I am very lucky to have a really understanding line manager and team."

Central London Forward, which managed the programme, works

with member authorities to support inclusive and sustainable growth in central London.

Director Joe Dromey said: "The team at Tower Hamlets were great to work with. In particular, they excelled at engaging with young people.

"A total of 364 young people benefited from the programme, which was over double the target of job starts and education starts for this age group."

The Connecting Communities programme ended in December 2023 and, London-wide, 2,170 residents were helped into work and 2,553 into education or basic skills.

## Children learn how they can shape their city



Children from 27 schools took part in the programme, including those above with Cllr Abdul Wahid, Cabinet Member for Jobs, Skills and Growth

Primary school students in Tower Hamlets celebrated completing a city planning programme at an awards ceremony

A total of 1,500 students from 27 local primary schools took part in the Young City Makers programme which partnered planners, architects and builders with schools to run a mixture of workshops and city research trips.

Teachers, students and parents came together to commend the achievements of the students and

present them with a 'Key to the City' medal and a personal certificate.

The programme aims to develop collaboration and model-making skills, alongside giving students an understanding of their role in shaping their city.

Tower Hamlets Council joined the programme and officers from its Planning and Building Control team supported students for a full term.

The programme concluded with students building a 3D model based on their ideas for how a sustainable

future in London could be achieved. Students presented their models at the awards ceremony.

Cllr Abdul Wahid, Cabinet Member for Jobs, Skills and Growth at Tower Hamlets Council, opened the ceremony at the Town Hall.

He said: "We know that the built environment is not often designed by those who live and work in it.

"This programme aimed to engage students at an early stage and ensure that future physical and personal workplaces are diverse,

representative, and fully inclusive.

"The 3D models that the students created are incredibly impressive. It's clear to me that this kind of creative education, which explores heritage and supports future careers, is much needed across the borough."

The programme will run in the autumn term for more than 25 schools in East London.

It is funded by Tower Hamlets Council, Arup, Frame, Foundation for Future London, Knight Dragon, and the Greater London Authority.



Petticoat Lane Market which has just won the Best Small Speciality Food Market award at the Great British Market Awards

# Small market scoops big award for its speciality food

Petticoat Lane Food Court has won the Best Small Speciality Market Award at The Great British Market Awards 2024.

The market was commended for its vibrant atmosphere, support for emerging talents and innovative approaches to community engagement.

The Markets Team at Tower Hamlets Council had the idea for Petticoat Lane Food Court in 2009 to increase footfall in the wider

Petticoat Lane area.

It had just three traders when it first opened, but today, 20 traders serve cuisines from around the world five days a week.

Shaker Al-Bdour from Eye Falafel has been trading at the market since it first opened and serves around 400 people per day.

Shaker said: "It is great to win this award, I am so excited!"

"It's not just my effort it is the other traders and the people in the

Markets Team too, whatever we need they are always there for us."

Pattaraporn Boochan hosts Satay Street, an authentic Thai stall, and has been with the market for 12 years.

Pattaraporn said: "I'm very glad to win the award and very appreciative to the Markets Team for making this happen."

"Everyone is friendly here and we are like neighbours to each other."

"All the food we make is fresh and

on show for everyone to see. Food comes from love you know, and we want to give our customers the best. It's a good vibe!"

Five years' ago, the council implemented new processes to improve standards at the market. All the traders have a Food Hygiene Rating of four stars or higher.

- Find Petticoat Lane Food Court on Goulston Street, Bell Lane and Wentworth Street, Monday to Friday 11.30am to 3pm.



The new look Watney Market

## £2.89million investment to improve Watney Market

More than £2.89million is being invested to improve Watney Market.

The works include the installation of a new market concourse, drainage system and market stall ground anchor points, an upgrade of the sprinkler system and access gates in the underground residential car park, and more remedial works.

Working with Metis and Riney, Tower Hamlets Council is carrying out the works to ensure the market meets health and safety standards

and statutory building regulations.

Members of Tower Hamlets Council's Cabinet approved the Watney Market improvements in September 2022, allocating £2.89million of funding to the project.

Local market traders have temporarily moved to two alternative areas on Commercial Road and on the market level adjacent to the corner of Tarling Street and Watney Street, towards Shadwell Station.



The Young Mayor Fetuma Hassan with the Executive Mayor, Lutfur Rahman

# Meet your Young Mayor

## A COUNCIL THAT LISTENS TO YOU

Creating more breakfast clubs for schoolchildren, enhancing career services and improving air quality are some of the things the new Young Mayor of Tower Hamlets wants to achieve.

Fetuma Hassan, 16, was voted in by majority vote in December.

The Young Mayor and deputies act as the voice of young people in the borough by working closely with local young people and services to understand their issues and raise concerns.

Fetuma, who is aiming to become a patent attorney, said: "I think it's important for young people to advocate on issues they are passionate about and this is what motivated me to run for young mayor.

"I hope to improve the career services available to assist young people in making more informed decisions about their academic life.

"Tower Hamlets is the most deprived borough with 46,000 people in poverty, yet there are only eight active food banks to help.

"I hope to create more awareness about where the available food

banks are and work with schools to improve food distribution.

"Additionally, while giving every secondary school child free school meals was a great first step, the presence of breakfast clubs are also very important within schools.

"Children's nutrition can affect their educational outcomes and so I strive to make breakfast clubs mandatory in every school.

"My last point is climate action.

Tower Hamlets has the fifth worst air quality in London and we are neighbouring the borough with the worst.

"As a result, our population is the most likely to die from pulmonary lung and heart disease.

"I hope to encourage young people to take more climate conscious choices and work on initiatives to improve our local environment.

"I hope to bridge the gap between young people and the Young Tower Hamlets youth service.

"I want to weaponise social media to make sure all young people are more aware of all the events and opportunities available in the borough."

• Visit: [www.towerhamlets.gov.uk/lgnl/education\\_and\\_learning/young\\_people/young\\_mayor.aspx](http://www.towerhamlets.gov.uk/lgnl/education_and_learning/young_people/young_mayor.aspx)



The Young Mayor with her deputies, and the Mayor of Tower Hamlets

# Seven leisure centres being improved to help you Be Well

## BOOST CULTURE AND LEISURE

As leisure centres close across the country, Tower Hamlets Council is bucking the trend by investing in them.

On 1 May 2024, the council is bringing the management of seven leisure centres in-house when the current contract with leisure provider GLL expires.

Currently, Tower Hamlets has a number of issues surrounding health, including high numbers of adults with long-term and mental health conditions and children living with excess weight.

During summer 2023, more than 700 residents took part in

consultation events, including a survey and focus groups, to give their views on the new offer and brand.

The new service, Be Well, will provide leisure services to support residents' journeys to a healthier lifestyle by placing focus on a holistic view of health and wellbeing, increasing participation especially for women and girls, cross-borough working, and being inclusive and easy to access.

Insourcing the service will also create new jobs, providing career opportunities for local people and businesses.

Be Well aims to raise the quality of life for the Tower Hamlets community through three pillars:

health, wellness and play.

Health focuses on a full and varied programme of activities to support physical and mental health for all, clean, inviting and well-equipped facilities and dedicated, passionate and qualified staff.

Wellness looks at removing barriers to create inclusive and accessible environments, targeted programmes and interventions to support hard-to-reach groups, and connecting the community with health and wellbeing services.

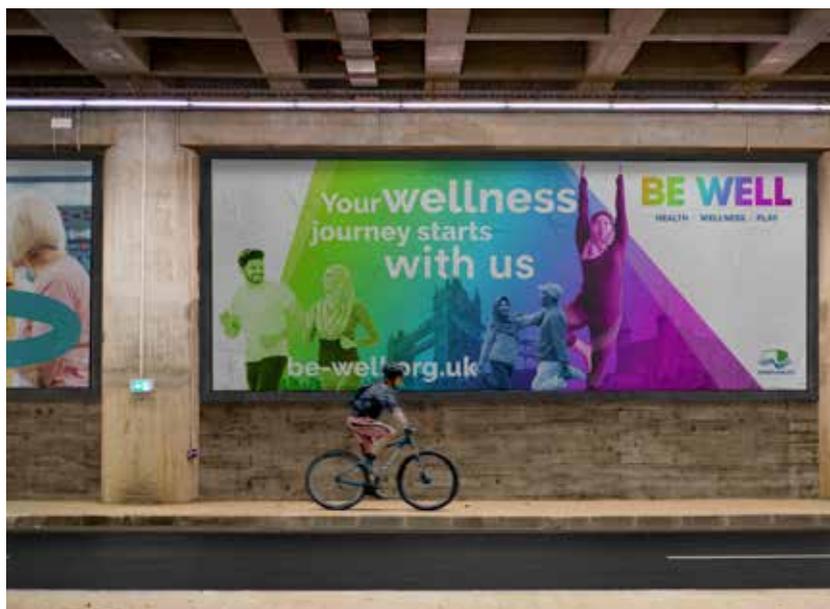
Play focuses on supporting local clubs, working with schools and a sports strategy for everyone.

The new service will offer a range of benefits for residents, including free swimming for women and

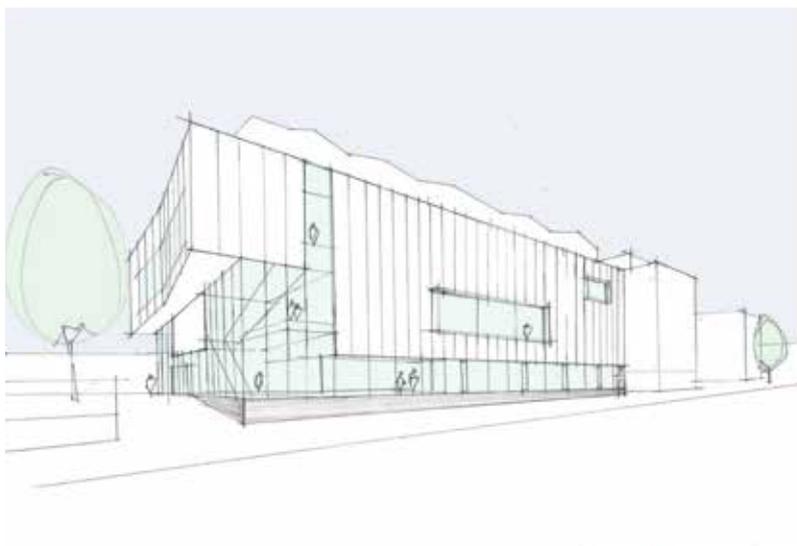
girls over 16 and men over 55, access to six leisure centres with one membership, new fitness equipment and classes, health and wellbeing programmes, and upgrades to centres including the spa at York Hall, a new spin studio at John Orwell and refurbished pitches at Mile End

To facilitate the handover period, leisure centres will be closed on 1 May and reopen on 7 May. Centre members will be contacted with information about the closure period in advance. Pre-booked events will be honoured and will continue to take place.

Email [leisureservice@towerhamlets.gov.uk](mailto:leisureservice@towerhamlets.gov.uk)



The new leisure service, Be Well, will help residents live healthier lifestyles. Right, credit Liz Greenhalgh Photography



Architects' impression of a potential design

## Redevelopment of leisure centre progressing well

Plans for the redevelopment of St George's Leisure Centre are well underway.

St George's Leisure Centre, which originally opened in 1965, is currently closed to make way for a new leisure centre and housing facility.

The redevelopment will provide better quality leisure and wellness facilities, as well as new homes for residents.

Several engagement events on the process and proposed design

plans took place last year. More events will continue in 2024 ahead of a planning application being submitted later this year.

Following an engagement event in December 2023, detailed designs for the redevelopment incorporating feedback from residents are now available. Contributions from residents will help create a space that delivers for the community.

- Visit <https://talk.towerhamlets.gov.uk/st-george-s> to give feedback.

# Tower Hamlets Residents' Hub

**If you're having trouble accessing support online or over the phone, don't worry! We're here to help you with any of the following:**

- Council Tax
- Housing Benefit
- Debt
- Employment & Skills
- Welfare Benefits
- Basic Housing Assistance
- Parking Services

We offer an appointment and drop-in service at various locations throughout the borough. The Hubs operate Monday to Friday 9.00 – 4.30pm (Wednesday 10am to 4.30pm) from:

**Professional Development Centre,  
229 Bethnal Green Road, E2 6AB**

**Idea Store Bow, 1 Gladstone  
Place, Bow E3 5GT**

**Idea Store Chrisp Street, 1 Vesey  
Path, East India Dock Road,  
E14 6BT**

**Cubitt Town Library, 52  
Strattondale Street, E14 3HG  
(Monday – Thursday  
10am – 4.30pm)**

**Town Hall, 160 Whitechapel Road,  
E1 1BJ – (By appointment only)**

To find out more, get help or make an appointment drop into one of the locations and speak with an adviser.

অনলাইনে বা ফোনে সহায়তা অ্যাক্সেস করতে আপনার সমস্যা হলে, চিন্তা করবেন না! নিম্নলিখিতগুলির যেকোন একটিতে আপনাকে সাহায্য করার জন্য আমরা এখানে আছি:

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Haddii ay dhibaato kaa haysato helitaanka taageerada onlayn ama telefoonka, ha welwelin! Waxaan halkaan u joognaa inaan kaa caawinno mid ka mid ah kuwan soo socda:

- Canshuurta Golaha
- Dheefta Guriyeynta
- Deyn
- Shaqada & Xirfadaha
- Faa'idooyinka Welfare
- Kaalmada Guriyeynta Aasaasiga ah
- Adeegyada Baarkinka

Waxaan bixinaa ballan iyo adeeg soo gelid meelo kala duwan oo degmada oo dhan ah oo faahfaahsan xagga dambe ee warqaddan.

Si aad wax badan u ogaato, raadso caawimo ama ballan ka qabso mid ka mid ah meelaha oo la hadal lataliye



# Youngsters shape youth service

## ACCELERATE EDUCATION

More than 100 young people have taken part in four interactive 'Hackathon' events to design their youth service.

The new youth service, called Young Tower Hamlets, held a second series of events at the end of last year for LGBTQTI+ young people, young people with special education needs and disabilities (SEND) up to the age of 25, and Somali boys and girls.

This series follows the first round of Hackathon events that happened in May 2023 with 400 young people taking part to design their future youth service.

Activities during the sessions included a debate game to start discussions, a brainstorming session to identify needs and wants and a presentation at the end from young people to voice their ideas.

The £13.7m youth service, which launched on 17 July 2023, provides a diverse programme of free opportunities and support for all young people aged 11 to 19, or 25 with SEND across the borough. The feedback provided by young people in these Hackathon events will shape the future of the youth service moving forward.

Abdirahman Ibrahim, 17, took part in the Somali boys Hackathon session:

He said: "The session was really engaging and fun. We played a lot of trust building exercises which is always fun to take part in."

"It was really nice to have an open conversation on challenges we young Somali boys face and how we can tackle them working with the LBTH Hackathon team."

"The future is looking bright."



The £13.7m new youth service, Young Tower Hamlets, was set up in July 2023



More than 500 young people have been involved in the sessions to shape their youth service



The new school will open to Year Seven students for the first year

## New secondary school to open in September 2024

Mulberry Academy London Dock, a brand new 11-19 co-educational comprehensive school, is opening in September 2024.

It will open initially with only Year 7 students and will grow one year at a time until full in 2029.

Situated on the London Dock residential complex, it is part of the Mulberry Schools Trust and will increase the number of secondary schools in Tower Hamlets from 17 to 18.

Cllr Maium Talukar, Deputy Mayor and Cabinet Member for Education, Youth and Lifelong Learning, said: "Pupils will benefit from the brand-new facilities, which will enable them to reach their full educational potential."

"Tower Hamlets has excellent schools, with 97 per cent rated Good or Outstanding by Ofsted."

"We are continually expanding and improving facilities for young people in the borough."

# Free swimming for women one of many new initiatives

## COUNCIL NEWS

Free swimming for women and girls over 16 and men over 55, a new council tax relief fund, and a £5m additional investment in the borough's waste service have been agreed by Tower Hamlets Council.

The council approved its budget for 2024/5 in February.

The budget sets out where the council is going to invest its money to support its residents.

A key area of new investment is £5m to tackle waste problems, including litter and fly-tipping resulting from the increasing numbers of people living, working in, and visiting the borough.

The initiatives are in addition to measures introduced by the council in last year's budget which will continue in 2024/25.

This includes universal free school meals for all primary and secondary school children which is part of a wider £21m investment made in young people, and £2.5m in free Adult Homecare (effective 2025).

Last year, the council faced a difficult position including having to save £37m over the following three financial years.

As a result of reviewing its budgets the council is pleased to announce that this target has been exceeded, with £43.4million - an additional £6.4 million - in savings identified from areas including service restructures, income generation and transformation.

As well as delivering a balanced budget, the council has also made significant progress in resolving historic financial issues of audit, assurance and governance.

In December 2023, the council's financial handling was praised by the Local Government Association's Peer Review challenge report (15 December) following a full week's inspection in September.

The report said: "Tower Hamlets has a good record of financial management, with strong foundations in place to maintain the future financial sustainability of the organisation.

"It is positive that the council is developing three-year financial

## Budget 2024-25

### Plans for the future

#### – our new budget includes



#### Tackling the Cost of Living Crisis

- New Council Tax Cost of Living Relief Fund, protecting households earning below £49,500 per year
- Tower Hamlets has one of the lowest council tax rates in London
- **£2.5m** in extra support for vulnerable adults at home



#### Homes for the future

- On target to deliver **4,000** affordable homes by 2026
- Building more family homes and reducing overcrowding
- Improving fire safety and repairs in council homes



#### Accelerate education

- **£15m** investment to create an Institute of Academic Excellence to help young people get to world class universities
- Increasing our Mayor's EMA college grants to **£600** a year for **1,250** students
- Doubling the number of people to benefit from our university bursaries, from **400** to **800** students



#### Boost culture, business, jobs and leisure

- Free swimming for women and girls over 16 and men over 55 (**£248k** per year)
- Boosting the local economy and promoting Tower Hamlets and its traders with a new civic pride campaign
- Upgrading our markets including a **£2m** refurb at Watney Market



#### Investing in public services

- **£1.4m** investment in a new Women's Resource Centre to provide health, education and employment advice
- A new Somali Resource Hub to support our growing Somali population
- **£1.5m** for a new culturally sensitive Drug Misuse Treatment Centre
- **£20m** investment in an adult care home (extra care) – a standalone 50-60 bed facility to promote independence and wellbeing



#### Fighting crime and ASB

- Recruiting **40** additional Tower Hamlets Enforcement Officers to make our streets safer
- Ongoing **£4.4m** investment in community safety including **£1.6m** for policing
- A focus on tackling serious drug and organised crime and violence against women and girls



#### A clean and green future

- Cleaner streets by investing an additional **£5m** into our waste service
- **72** more street cleaners including drivers, sweepers and loaders
- Extra bins and more support to increase recycling



#### A council that listens and works for everyone

- Developing a new customer service strategy
- Promote Tower Hamlets as a great place to visit, work and invest
- Bringing more people together to celebrate our cultures and history

plans which will enable investment in services and priority areas once completed."

Lutfur Rahman, Executive Mayor, said: "The council has worked hard to establish a responsible budget that invests in the future of our residents, protects households from

the ongoing impact of the cost of living crisis, and continues to ensure that our finances are in a strong and stable position.

"We are committed to delivering first class public services and giving our residents every opportunity to thrive.

"I'm pleased that we are able to continue to deliver our groundbreaking universal free school meals, and to expand our college and university bursaries schemes that provide a financial lifeline for local families."



The budget for 2024/5, which was approved earlier this year, includes free swimming for women and girls over 16 and men over 55, an additional investment of £5m into our waste services, supporting our young people, and an ongoing rollout of £4.4m investment into community safety including recruiting 40 new Tower Hamlets Enforcement Officers.



# New council tax relief fund set up

Tower Hamlets Council has set up a Council Tax Cost of Living Relief Fund to help people pay their council tax.

The fund will enable people to apply for relief on the entire council tax increase of 2.99 per cent if their total household income is less than £49,500.

Details of how to apply for the new fund will be publicised in the

coming weeks.

The council will continue to apply an up to 100 per cent council tax discount rate for those who are most in need, along with an open access financial hardship fund.

Speaking on behalf of the council, Lutfur Rahman, Executive Mayor of Tower Hamlets, said: "We know that times for many families are still very tough.

"That's why we have introduced a new council tax cost of living relief fund, which will run alongside our existing council tax reduction scheme and protect many more households from council tax increases."

The general council tax element was frozen last year, and for 2024/25 it will increase by 2.99 per cent.

The increase is due to over a decade of austerity with less money coming from central government, combined with increased inflation, pressures on services and utility costs.

Tower Hamlets currently has the sixth lowest council tax in London and one of the most generous council tax reduction schemes for those who are less well off.



There are 40 league teams, including men's, women's and juniors'

# Cricket returns to Victoria Park with league for everyone

## COMMUNITY NEWS

A competitive cricket league that has been running for 34 years is looking for new people to join.

The Victoria Park Community Cricket League (VPCCL) has 40 league teams, including junior and women's teams with more than 1,000 players, representing 17 countries.

Some of the founding teams are still playing with original members.

Chairman Firoz Hussian said: "VPCCL is the heart of cricket in Tower Hamlets.

"It's a rollercoaster of emotions played out on the field and enjoyed by the community."

The league, supported by Tower Hamlets Council, plays two competitions a year - a league game and a knock-out.

- For anyone wishing to play in the league, please contact Nozmul at [vpclsecretary@hotmail.com](mailto:vpclsecretary@hotmail.com). Visit: [www.vpcccl.com](http://www.vpcccl.com)



Everyone is welcome to join in



Some of the team receiving their award

## Council's free school meals policy wins award

Tower Hamlets Council has won the Group Award at the All-Party Parliamentary Group Excellence in School Food Awards for its Universal Free School Meals (UFSMs) in Secondary Schools programme.

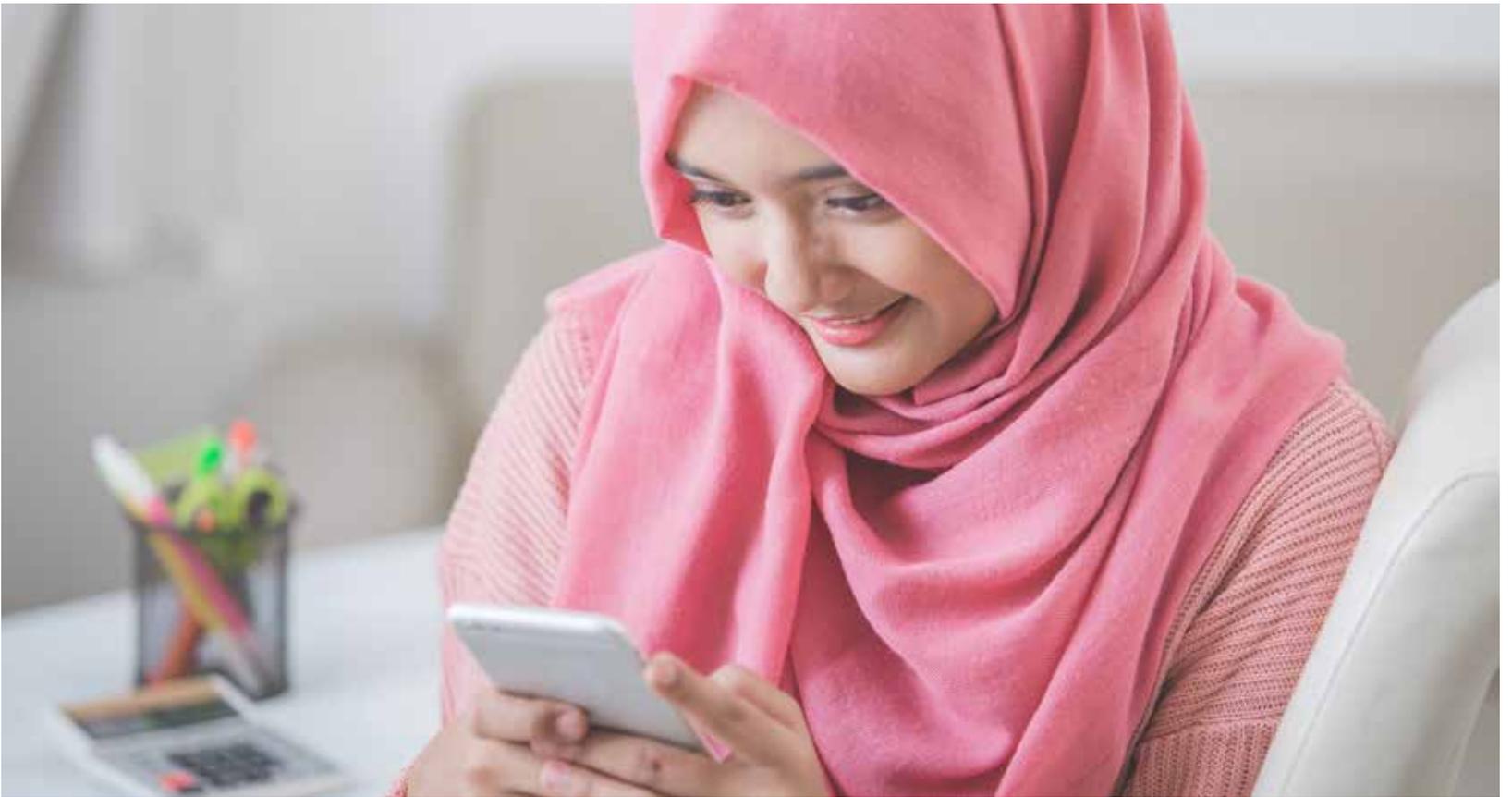
In September 2023, the council became the first local authority in England to provide UFSMs to all secondary school pupils.

The scheme supports families during the cost-of-living crisis, providing savings of £550 per year,

per child, alongside promoting healthy eating behaviours.

Early data also shows that there has been a significant upturn in pupils eligible for Government-funded free school meals since the launch of the scheme, showing the positive benefits it is already having.

The award was judged by a group of MPs from across the country, who recognised how the project team worked together to achieve positive outcomes for local communities and children.



Access the free portal to see your next appointment, health documents and letters, as well as to see blood test results and scan reports

# Take control of your healthcare

## HEALTH

Have you signed up to Patients Know Best yet? It's the fastest and easiest way to access your NHS health information, including hospital appointments and test results.

Once registered, you can check when your next appointment is and see your health documents and letters. In the coming months, blood test results and scan reports

will also be available at your fingertips.

Most patients in north east London (Barts Health NHS Trust and Homerton Healthcare NHS Foundation Trust) can access the online portal, and it's free and easy-to-use. Simply log in to the website from your smartphone, tablet or computer.

All data is stored securely, and patients can opt out at any time.

For one patient, Kate, 33, it proved to be a handy tool during

her pregnancy.

She said: "It is really good because everything is all in one place and you can easily see when your appointment is, which is especially useful when you are pregnant because you have to juggle so many things."

"Early on in my pregnancy, we had a holiday booked and having access to the app meant I knew it clashed with an appointment so I needed to reschedule it."

One patient who has also

benefitted from the service is 28-year-old Polly Waits from Bow who found out about the service through the NHS App.

"I lose bits of paper all the time so it's good to have all my appointment letters on my phone as it makes it extremely accessible," she said.

"I would recommend and encourage everyone to just download and start using it - it's just so accessible."

• Visit [www.bartshealth.nhs.uk/patients-know-best](http://www.bartshealth.nhs.uk/patients-know-best)

## Direct payments support service coming in-house

Tower Hamlets Council is underway with plans to bring its direct payments support service in-house.

Anyone who currently has a direct payment will be contacted by letter before April with the full details of the changes. You do not need to do anything differently and there will not be any disruption to your direct payment.

Residents with a direct payment are paid an amount of money from the council to allow them to purchase their own care, rather than the council providing or organising care for them. This means they can

choose the care that best suits their needs.

Anyone who has been assessed by Tower Hamlets adult social care as needing care and support services can apply for a direct payment. It's simple to set up, helps to give you the opportunity to live as independently as possible, and gives you control over how that support is provided.

• Call Tower Hamlets Connect on 0300 303 6070, or visit [towerhamletsconnect.org/information-and-advice/adult-social-care/paying-for-your-care-and-support/direct-payments/](http://towerhamletsconnect.org/information-and-advice/adult-social-care/paying-for-your-care-and-support/direct-payments/)

## Stay healthy during Ramadan this March

Muslims preparing for Ramadan are being encouraged to plan ahead, stay healthy and fast safely.

Eating a balanced diet when breaking your fast is important to maintain energy levels.

When you are fasting, it is a good idea to make sure you drink plenty of water, and when you can break your fast, eat plenty of vegetables, whole grains and grilled or baked lean meat, eggs, chicken and fish to make sure you get all the nutrients you need.

It is best to limit or avoid caffeinated drinks such as coffee, tea and fizzy drinks, fried and processed

foods high in fat and sugar, foods rich in fat and processed meat, and food high in salt.

If you have diabetes and want to fast, it's important to speak to your GP or diabetes nurse about the safest way to do this. Diabetes UK has lots of advice on fasting and managing your diabetes in English, Arabic, Bengali and Urdu.

Remember there's an exemption from fasting for people with diabetes, especially if you're on insulin or have any medical complications.

• For more information, visit [www.diabetes.org.uk](http://www.diabetes.org.uk)

We're holding a series of open days to give you the chance to see around our school and find out what makes Solebay special. We have spaces available from Nursery to Year 6 and booking isn't necessary, just turn up on the day at reception – we'd love to see you!



### Why Solebay Primary Academy Nursery?

Our Nursery, rated Outstanding by Ofsted, is a warm, caring place where your child can grow and learn. We provide high quality day care, ensuring all children have the best possible start in life.

The Nursery is specially designed for preschoolers, with different creative areas for roleplay, art, music and lots more fun too. Experienced staff encourage development through play, with a wide range of exciting and stimulating activities. We build strong links between home and nursery so we're able to support children and their families effectively.

*Our Open Days*

9.30 - 10.30 AM  
Thursday 21st March  
Thursday 25th April  
Thursday 23rd May  
Thursday 20th June

### When can your child join our Nursery?

We provide places for children aged between 2-3, and they can join us as soon as they've had their second birthday, there's no need to wait until the next term. Our Nursery is open Monday to Friday during term time, and there are three sessions available:

- Morning** 8.00 - 12.00 | £45
- Afternoon** 1.00 - 5.00 | £45
- All day** 8.00 - 5.00 | £65

Snacks are included in the price.



### Follow Us

Follow what our Primary Academy is up to!



-  @solebayprimaryacademy
-  @solebayprimary

# You need to provide voter ID to vote at polling stations

## COUNCIL NEWS

Voters are now legally required to show approved photographic ID at a polling station to verify their identity before voting.

This includes the forthcoming Mayor of London and London Assembly elections on Thursday 2 May.

Accepted approved forms of photo ID include, but are not limited to:

- A passport issued in the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state, or a Commonwealth country.
- A driving licence issued in the UK, Northern Ireland, the Channel Islands, the Isle of Man, or an EEA state.
- Some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card.
- An identity card bearing the Proof of Age Standards Scheme hologram (a 'PASS' card).

Voters do not need to show photo ID to vote by post or proxy.

Anyone acting as a proxy to vote on someone's behalf will need to show their own photo ID at the polling station.

If you don't have any of the approved photo ID, you can apply for a free voter ID document known as a Voter Authority Certificate (VAC)



A passport, driving licence, concessionary travel passes and PASS card are some of the forms of ID accepted

at [www.gov.uk/apply-for-photo-id-voter-authority-certificate](http://www.gov.uk/apply-for-photo-id-voter-authority-certificate).

To apply for a VAC, you must be registered to vote, provide a photograph, and may need to provide identification before a Voter

Authority Certificate will be issued.

You can register to vote at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

The last day to apply to register to vote at the 2 May is Tuesday 16 April 2024.

There is more information on voter ID, including a full list of accepted ID at [www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID) or call the Commission helpline on 0800 328 0280.

## Make a date for elections on May 2 elections

On Thursday 2 May voters across London will go to the polls to elect the Mayor of London, 14

members of the London Assembly, that represent London's 14 Constituencies, and 11 Assembly

### Elections for Mayor of London and London Assembly Members



Members who will represent the whole of London.

Voting takes place between 7am and 10pm and the results announced on Saturday 4 May.

This year London's elections will be different in two key ways.

Firstly, all voters will need to take an approved form of photo identification to the polling station to vote.

Secondly, there will only be one vote to cast for the Mayor of London, (called the first-past-the-post system). In the past there has been a first and second preference vote for the Mayor of London (called the supplementary vote).

In addition, applications can be made to vote by post online at [www.gov.uk/apply-postal-vote](http://www.gov.uk/apply-postal-vote) and applications to vote by proxy can be made at [www.gov.uk/apply-proxy-vote](http://www.gov.uk/apply-proxy-vote)

Eligible electors will be sent poll card letters ahead of the election which will let you know where your polling station is with a brief explanation of Voter ID.

If you misplace your poll card letter, you can check the polling station finder at [www.towerhamlets.gov.uk/elections](http://www.towerhamlets.gov.uk/elections) which includes extra information such as the election timetable, and how to apply to register to vote.

# Tower Hamlets is... the Best

Our borough is iconic and hosts some of London's best destinations from



Tower Hamlets was in the news recently following some misguided comments about our borough.

We were proud to see that people who live, work and visit our borough joined others in talking about how

special Tower Hamlets is.

We want to encourage even more people to tell our story, rather than have it told for us.

We want to know what your 'go to' places are in Tower Hamlets. It could be a big historical destination like the Tower of London, Museum of London Docklands or Young V&A; it could be cultural centres and markets like Rich Mix, Brick Lane

and Columbia Road; it could be one of our 120 parks; or it could be off the beaten track like on the banks of the Thames in Wapping.

With a mix of old and new, our award-winning parks, our international cultural destinations, world class learning institutions and one of the UK's largest economies, our borough is one of the most popular places to live, work, study

and visit and it is a place where everyone is welcome.

- What are your go-to places in our borough? Get involved on X/Twitter and Instagram using #OnlyInTowerHamlets

- If you need inspiration or want to learn more about Tower Hamlets, visit our TH\_IS website and try out Tower Hamlets quiz at [www.towerhamlets.is](http://www.towerhamlets.is)



We are the fastest growing and most densely populated place in the UK

- Our population has grown by 22.1 per cent since 2011 to 310,300.
- We have fantastic transport links – 26 London Underground and DLR stations serving seven lines – the second highest London borough.
- More homes built here than anywhere else.
- We have the youngest population in London and fifth youngest in the UK. Our average age is just 30.



We are home to international business districts which generate the third highest economic output in the UK

- Canary Wharf has 120,000 people working in 37 office buildings, 300 shops, cafés and restaurants and more than 200 cultural events every year.
- City Fringe includes Whitechapel, Aldgate and Spitalfields. It is being developed to support London's financial sector, the growing digital creative businesses in Tech City and has plans for a world-class life science centre.
- World famous markets including Spitalfields, Columbia Road and Petticoat Lane. Brick Lane is a melting pot of food and culture, everything from renowned curry houses and Jewish beigel shops to the Old Truman Brewery with its own market.

# t of London in one Borough

Young V&A to the award-winning Victoria Park to the Tower of London

We host some of London's best destinations

- Historic attractions including the Tower of London, Young V&A and the Museum of London, Docklands, and Tower Bridge.
- Over 120 parks including Victoria Park, voted London's most loved park, and part of Queen Elizabeth Olympic Park.
- Major music festivals and events such as All Points East, In the Neighbourhood and the London Marathon.
- World class culture with 22 art galleries including the Whitechapel Gallery, amazing street art and venues such as Wilton's Music Hall and Rich Mix.



We are a world borough with a proud history of diversity, equality and inclusion

- Over 137 languages are spoken – 43 per cent of residents were born in over 200 different countries.
- 86 per cent of residents say they get on well with one another.
- Our residents fought fascism in the Battle of Cable Street and the roots of the Suffragette movement are in Roman Road.
- The London docks were the drop-off point for immigrants to the UK as well as being the centre of world trade.



# £27,000 worth of illegal vapes and cigarettes seized

## SAFER COMMUNITIES

Illegal cigarettes and vapes worth more than £27,000 have been seized during two days of action led by Tower Hamlets Council's Trading Standards team.

During the operation in December 2023, officers seized more than 35,300 illegal cigarettes and 1,235 vapes in the Whitechapel and Mile End areas of Tower Hamlets.

Trading Standards Officers had the assistance of a tobacco detection dog.

The detection dogs can find cash, tobacco and cigarettes even if hidden in the most unlikely of places.

Illicit cigarettes, tobacco and vapes were found in a secret storage room. All products were seized for further examination and an investigation is now pending.

The illegal cigarettes and tobacco products seized included suspected counterfeit and cheap foreign labelled smuggled products that breach Trading Standards legislation and have also not had duty paid on them.

Also, as the ingredients of the illegal cigarettes is unknown, they may contain other dangerous ingredients.

Vapes which contained a tank



The dogs are trained to find hidden cash, tobacco and cigarettes

capacity that exceeded the legal limit were also seized.

Many of the seized vapes had excess nicotine content and didn't meet statutory labelling and information requirements.

Cllr Abu Talha Chowdhury, Cabinet Member for Community

Safety, said: "Those involved in dealing in illegal tobacco may be encouraging people, including young children, to smoke by providing a cheap source.

"It is important to clamp down on this activity as it also brings crime into our neighbourhoods, which is

why our Trading Standards Officers are proactive in disrupting this illicit trade. This also has an impact on legitimate business who are trading legally.

"Traders need to know that they will face prosecution if they choose to deal in these illegal products."



East End News, Raven Row, where a 13-year-old was sold cigarettes

## Shop fined after cigarette sold illegally to 13-year-old

A convenience store owner has been ordered to pay £1,560 after cigarettes were sold to a 13-year-old.

Gulam Kibria Jaigirdar, 48, also known as Dipu, owner of East End News, Raven Row, E1, pleaded guilty to one count of a packet of Pall Mall cigarettes, costing £12.50, being sold to a person under the age of 18.

The sale occurred during an underage sales test purchasing exercise carried out by Tower Hamlets Council's Trading Standards on 13 April 2023. The law prohibits the sale of tobacco products to people under the age of 18.

The sale was made by a member of staff at the shop, who has since absconded. Gulam Kibria Jaigirdar, as the owner of the business, was also liable for the offence.

The shop displayed a notice by the till area stating that it is illegal to sell tobacco products to anyone under the age of 18, but despite this the cigarettes were sold without the child being challenged for proof of age.

Gulam Kibria Jaigirdar appeared at Thames Magistrates' Court on 28 November 2023. He was fined £400 by the court with a £160 victim surcharge and ordered to pay £1,000 in costs.

# Campaign to stop harassment and misogyny on nights out

Tower Hamlets Council, Hackney Council and the City of London Corporation have joined forces on a trailblazing campaign against harassment and misogyny on nights out.

The #DontCrossTheLine campaign has been created in response to reports from local residents and venues that there has been a rise in misogynistic behaviours in the night-time economy since the Covid-19

pandemic.

It uses stark, perpetrator-targeted messaging that lists the types of behaviours - like touching, groping, staring, or grabbing - that are not tolerated in night-time venues in Tower Hamlets, Hackney and the City of London.

The campaign was informed by insight work with more than 200 young men in Hackney who said that they thought there wasn't enough awareness being raised

about the types of behaviours that were illegal.

The partnership campaign will target visitors to Shoreditch's nightlife by calling out unwanted behaviours and highlighting that harassment is a crime.

The project is supported by the Met Police and the City of London Police.

- For help and support, visit [www.towerhamlets.gov.uk/vawgservicedirectory](http://www.towerhamlets.gov.uk/vawgservicedirectory)



The campaign posters

## 34 stolen bikes recovered from market



Operation Scorpium is a multiagency operation involving the council and police which targets illegal trading in Brick Lane Market

A joint police and council operation has seen 20 people arrested and 34 stolen bikes recovered from Brick Lane Market.

Operation Scorpium, an ongoing multiagency operation between police, Tower Hamlets Council enforcement officers, market authority and trading standards, targets illegal street traders in Brick Lane Market, including those selling stolen goods such as bikes, and those without licenses.

In its first year, police carried out

130 stop and searches in the market mainly for stolen property, articles used for stealing, and offences in relation to the misuse of drugs.

Over the course of the year, this led to the recovery of 34 suspected stolen bicycles from the market, the seizure of a significant quantity of tools used to commit burglaries and thefts, and the issuing of 64 antisocial behaviour warnings or Community Protection Notices which ban people from the market area.

There were also 20 arrests for offences such as burglary, theft of bicycles, handling stolen goods, going equipped to steal, recall to prison, possession of knives, assault, and sexual offences.

Tower Hamlets Council officers also issued multiple fines for illegal street trading.

As well as enforcement, Operation Scorpium also aimed to help residents keep safe. More than 50 people had their bikes marked with invisible identity codes during bike marking

events and hundreds of residents, tourists and traders have been given crime prevention advice.

Sergeant Alvaro Aracena-Fuentes said: "The operation to date has been very positive and has helped to return the market to a state of safety and security, largely free of crime and ASB.

"This operation will continue to run in partnership with the local authority, and hopefully will assist in keeping the market thriving for years to come."

## Crackdown on street racing

Twenty cars have been seized and 200 drivers reported as the council and police take action against unauthorised car meets and street racing.

From September to November last year, Tower Hamlets Council and the police have been targeting drivers of nuisance vehicles in the

borough in response to residents' complaints about modified vehicles, dangerous driving, racing and car meets.

The targeted activities have resulted in more than 220 drivers being reported or dealt with by the police.

A number of joint operations

have taken place across the borough, including targeting car meets in Westferry Circus.

A total of 186 section 59 notices were given to drivers. If they are caught again, their cars will be seized. Also, 84 Community Protection Warnings were issued to drivers.

The various operations have also seen seven arrests, 45 drivers reported for various traffic offences and 21 vehicles seized for no insurance or other offences.

Up to four meets a month were taking place in Westferry prior to the joint work, but this has now reduced to one a month.

# E-bikes and e-scooters are fastest growing fire risk warns London Fire Brigade

## COUNCIL NEWS

Tower Hamlets Council has been one of the first boroughs to set up a campaign about safe e-bike and e-scooter battery charging with London Fire Brigade, following news that these are now the fastest growing fire risk.

There was a 78 per cent increase in e-bike fires in 2023 compared to 2022, with 155 e-bike fires along with 28 e-scooter fires. Three people have sadly died in these fires and around 60 people have been hurt.

Two people had a lucky escape after an e-battery caught fire in the early hours in Whitechapel.

Alongside the #ChargeSafe campaign with London Fire Brigade, the council has also taken fake battery replacement parts from shops in the borough and written to the government calling for tighter legislation.

The council is also funding outdoor charging points for e-bikes and e-scooters to reduce the risk of them causing house fires.

• Find out more about how you can #ChargeSafe at [www.towerhamlets.gov.uk/chargesafe](http://www.towerhamlets.gov.uk/chargesafe)

### Charge safe by following these tips from the council and London Fire Brigade:

- Never charging while you are asleep or not around
- Unplug your charger once it's finished charging
- Always use the correct charger for your batteries and buy any replacements from a reputable seller
- Never block your fire escape route with e-bikes or e-scooters
- In the event of a fire, call 999, never try to fight the fire yourself



A recent fire in Whitechapel

## Do you have a child aged 3-11 and live in Tower Hamlets?

Take part in our online children's food survey!

### What will I have to do?

Keep a record of all the food and drink your child has eaten in a day. This will be done online, on 4 different days

### Why should I take part?

£15

Gift voucher for completing your child's food diaries, and feedback on your child's diet

For more information contact Sonia Pombo [s.pombo@qmul.ac.uk](mailto:s.pombo@qmul.ac.uk)



Scan for more info



## Start a business. Transform your community.



### Receive up to £24k business funding

Join our growing list of entrepreneurs who are making a big difference in their communities.

Investec Beyond Business is offering funding and expert business support for founders with a mission in east London. The programme is an incredible opportunity to make your social business a success, whether you have recently started out or have an idea in mind. Provided your business has a clear social purpose, we want to hear from you.

*"It's been an amazing opportunity to win the Investec Beyond Business programme - from training and support from business leaders at the top of their game to introductions to other social enterprises who are doing amazing work."*  
Louise Nichols, Hackney School of Food

To apply, return an application form by 5pm on 2nd April.

For more details of the programme see our website or contact Kim Hayman: [kim.hayman@bbc.org.uk](mailto:kim.hayman@bbc.org.uk)

Find out more:



Photo credit: Paul Ros, Hackney School of Food





"Respect for all sums up London Enterprise Academy nicely. Pupils have pride in themselves and their school. They are polite, courteous and welcoming. They, too, are welcomed into school, regardless of their background or previous experiences" - Ofsted, July 2022

# London Enterprise Academy

## The school offers:

- New modern classrooms with laptops for every student
- A menu of enrichment activities to choose from
  - Small class sizes with strong discipline
  - High quality teaching and learning
  - Broad and balanced curriculum
  - Excellent GCSE results



King Charles welcomed to Tower Hamlets

## Visit us for Year 7,8 & 9 places



## New outdoor playground

"The teachers never failed to keep the students motivated all the time"  
- Year 11 parents

Thank you for the best secondary school experience! I've enjoyed my 5 years here  
- Khadisa, Year 11

81-91 Commercial Road, London E1 1RD

E: [info@londonenterpriseacademy.org](mailto:info@londonenterpriseacademy.org) T: 020 7426 0746

[www.londonenterpriseacademy.org](http://www.londonenterpriseacademy.org)



**We offer academic excellence in a fun and exciting school**



Our students enjoy memorable cultural experiences, linked to a rich, vibrant and creative curriculum that extends their learning beyond the classroom.



Annual Ski Trip



Nobel Awards

## Amazing enrichment opportunities



Mulberry STEM Academy



Sixth Form House Quiz



Science



Art at the Tate Modern

# JOIN OUR SIXTH FORM



APPLY NOW

**Sixth Form enrichment**  
Sixth Form students participate in workshops, visits to universities, lectures, trips and arts events as well as a wide range of activities during their Wednesday afternoon enrichment sessions.

For more information about our amazing school follow the QR code or visit [www.mulberryacademysshoreditch.org](http://www.mulberryacademysshoreditch.org)

📍 Mulberry Academy Shoreditch . Gosset Street . London E2 6NW  
 ☎️ 020 7920 7900 ✉️ info@mulberryacademysshoreditch.org  
 📱 @MulberryAS | 📺 MulberryAcademyShoreditch

Part of the  
**Mulberry**  
Schools Trust

SCAN ME



# 28 new homes for social rent for borough's residents

## HOUSING

Two new council buildings with a total of 28 new homes are ready for residents to move into.

Sarah Chapman House, on the corner of Arbery and Strahan Road in Mile End, and Mary Driscoll House in Shetland Road, Bow, are both named after matchgirls.

The Matchgirls' Strike of 1888 was led by the women and teenage girls working at the Bryant & May match factory in Bow.

The workers suffered poor conditions, low pay, and the use of white phosphorus, which caused serious health complications.

Sarah Chapman and Mary Driscoll were members of the Strike Committee that negotiated with the directors of the factory.

The Matchgirls Strike was a landmark moment for workers' rights.

Following the strike's success, both women became committee members of their new Union of Women Matchmakers. Sarah Chapman was elected as President and represented them at TUC Congress meetings in London and Liverpool.

Samantha and Graham Johnson, Founding Trustees of the Matchgirls Memorial, said: "Our aim is to ensure that the success of the 1888 Matchgirls Strike is memorialised



Sarah Chapman House is named after the woman who led the Matchgirls' Strike of 1888, pictured inset

in the East End, so we are delighted that the Matchgirls are remembered in these social housing initiatives."

Sarah Chapman House has nine homes and Mary Driscoll House has

19 homes, both with a mix of one-, two-, and three-bedroom properties.

Cllr Kabir Ahmed, Cabinet Member for Regeneration, Inclusive Development and Housebuilding,

said: "We have made a commitment to deliver 4,000 genuinely affordable homes in four years and this is another step towards us achieving that target."

## Share your thoughts on how to help homeless

### LISTENING TO YOU

The number of people who approached the council as homeless or at risk of homelessness rose by 25.6 per cent in the first quarter of last year, compared to the same period the year before.

Government data shows that from April to June 2023, 624 people presented as homeless or at risk of being homeless in Tower Hamlets.

This compares to 497 people between April and June 2022.

Families and friends being no longer willing or able to put

someone up in their home was the most common reason given for homelessness.

The end of a private or social rented tenancy and domestic abuse were other main causes.

Tower Hamlets Council is carrying out a public consultation about homelessness and rough sleeping in the borough. It is asking people on their views on its six key priorities to tackle this growing issue.

Take part at [talk.towerhamlets.gov.uk/homelessness](http://talk.towerhamlets.gov.uk/homelessness) before 12 April 2024. Printed copies are available at Idea Stores on request.

## More residents have their say on Local Plan

Written survey responses for the new Local Plan, a document that guides decisions on planning applications in the borough, increased by 40 per cent in comparison to the previous consultation in 2017.

A total of 265 residents shared their opinions through an online survey that asked for views on topics such as housing, green spaces, community facilities and gender-inclusivity.

The recent public consultation ran from 6 November to 18 December last year.

As well as the survey, 25 consultation events were held, with

approximately 280 attendees.

Cllr Kabir Ahmed, Cabinet Member for Regeneration, Inclusive Development and Housebuilding said: "Development can be a catalyst for positive growth, but it has to be suited to the needs and wants of our local residents."

"It's encouraging to see that more people are sharing their opinions and I hope this continues at the next stage of engagement."

Planning officers from the council are now creating a draft of the Local Plan document and further engagement will take place in summer 2024.

Mulberry UTC  
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# OPEN EVENING

Thursday 14 March 2024  
4.00PM – 6.00PM



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# Charity helping you to easily recycle your old clothes

## CLEAN AND GREEN

A new partnership between the council and a clothing charity is making it easier for residents to recycle their old clothes.

Tower Hamlets Council has partnered with charity Traid, which offers free collections of clothes from your home.

Residents can easily book a collection online or over the phone, and Traid will be able to collect donated items from your doorstep.

Traid will then sell the clothes in their London-based charity shops, preventing thousands of tonnes of clothing from being thrown out every year.

The profits raised go on to support projects that reduce the environmental and social impacts of clothing.

Additionally, Traid will be delivering four events each year in the borough such as clothing repairs and upcycling tutorials. There will be more details to come as the events are finalised.

Jose Baladron, Head of Partnerships at Traid, said: "Each donated item will not only help alleviate the environmental impact caused by the production of new clothing, but it will enable Traid to fund projects that improve the fashion industry.



Book a collection and Traid will collect your items from your doorstep

"Through our new partnership, we're looking forward to making a positive impact in the borough of Tower Hamlets and beyond."

Cllr Kabir Hussain, Cabinet Member for Environment and the Climate Emergency, said: "In addition to reducing our consumption and recycling everything that we can, reusing

items is incredibly important as part of creating a circular economy and protecting our environment.

"Partnering with Traid will help ensure less clothing goes to waste and support residents to make more sustainable decisions."

Traid is also a partner for the council's clothes and book swaps.

Items that are left over from these

events are brought to the next swap or Traid collects them after the event.

- Find out more and come along to the next swap: [www.towerhamlets.gov.uk/events](http://www.towerhamlets.gov.uk/events)

- For more information about the service and to book a collection service, visit: [www.towerhamlets.gov.uk/recyclereuse](http://www.towerhamlets.gov.uk/recyclereuse)



More than 925 blocks have already been surveyed

## Bespoke recommendations to help recycling in flats

Residents living in flats are being helped to make sure they can recycle properly and consistently through a £2.1m project to improve recycling in flats across the borough.

Tower Hamlets Council officers have been surveying blocks of flats and making bespoke recommendations.

Currently, more than 925 blocks of flats have received interventions including new recycling bins, additional recycling bins and improved signage.

Officers are aiming to reach more than 2,100 blocks by the end of this year.

The council is encouraging landlords to ensure they are

providing the correct facilities for residents to recycle and keeping these clean.

Residents can get in touch with the council if your estate needs more recycling bins. Email [frp@towerhamlets.gov.uk](mailto:frp@towerhamlets.gov.uk)

Please make sure you are also doing your bit to help your neighbours recycle, by never using black sacks for recycling as items can go in loose, breaking down cardboard boxes before recycling them, and making sure your items can all be recycled.

- For more information on recycling and what can and cannot be recycled, visit [www.towerhamlets.gov.uk/letsrethinkit](http://www.towerhamlets.gov.uk/letsrethinkit)

# Mulberry

Stepney Green Maths,  
Computing and Science College

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Ofsted Inspection Report  
31st January 2022

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in our hands

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# SIXTH FORM RECRUITMENT

Applications for September 2024 now open



## Academic excellence

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



## Planned programme of enrichment

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



## Established UCAS and Oxbridge programme

We have a well-developed, early application and Oxbridge programme, tailored to the individual needs of each student.



## Trips and residential visits

We value learning outside the classroom: residential trips to Wales, Lake District and Rome are popular amongst our students.



## Broad and balanced curriculum

We offer many curriculum choices from Sports and Arts to Business and Humanities. The school is a specialist in Maths, Science and Computing.

**Mulberry Stepney Green**  
**Maths, Computing and Science College**  
Ben Jonson Road, London E1 4SD

☎ 020 7790 6361

✉ mail@mulberrystepneygreen.org

🌐 [www.mulberrystepneygreen.org](http://www.mulberrystepneygreen.org)

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# Mulberry

Academy London Dock

We look forward to welcoming our first cohort of Year 7 students to our new school in September 2024.

We are also delighted to share that Chris Harvey is our newly appointed Principal Designate.

Our school ethos will promote community cohesion, embrace inclusion and provide a vibrant and diverse social environment where every child can flourish, regardless of background. All children will receive the highest quality of teaching driven by excellent pastoral care and support for learning.



Meet our newly appointed Principal Designate  
**Chris Harvey**

A BRAND NEW 11-19 MIXED SCHOOL

OPENING SEPTEMBER 2024

WITH YEAR 7 STUDENTS



Chris will be meeting families, local schools, community groups and businesses soon.

Please check our website for future events.



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Please contact us via the email address below if you have any questions about the school.

**Mulberry Academy London Dock**

10 Virginia Street, London, E1W 2AD

☎ 020 7790 6327

✉ [mulberrylondondock@mulberryschoolstrust.org](mailto:mulberrylondondock@mulberryschoolstrust.org)

✉ @MulberryDock

🌐 [www.mulberrylondondock.org](http://www.mulberrylondondock.org)

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# Reach your full potential with a

There is something for everyone with more than 800 courses on a wide range

Enrolment is now open for the summer term of Idea Store Learning.

There are more than 800 courses to choose from, whether you want to improve your employability, find a new hobby, or get some expert advice about how to improve on your existing skills.

Courses include all forms of art

and drawing, performance arts such as ballet and belly dancing, crafts like crochet and textile, fitness such as boxercise, circuit training and flexible strength, and music like piano and drumming.

There are also courses that can help you find a job or improve your job prospects, such as public speaking, sign language,

employability, volunteering, English for Speakers of Other Languages, and Maths.

Skilled teachers will support you and guide you through challenging but rewarding curriculums, and you can enjoy being part of a group of like-minded others.

The courses are very cheap, and some are even free for those on

some benefits.

There are also learner awards, where those who have achieved despite obstacles are celebrated.

Everyone is welcome to take part in the courses.

For more information and to see full details of the courses and their costs, visit [ideas.co.uk/learning](https://ideas.co.uk/learning) or go into an Idea Store.



There is something for everyone at Idea Store Learning so get enrolled today



# course at Idea Store Learning

range of subjects including English, Maths, crochet, art and photography

## Meet some of our learners

### 'Working towards being a professional photographer'



Photography student Malcolm Dallamore said: "After years of taking travel photographs for myself, I wanted to try photographing people, but never had the confidence and always found myself ruining them while glaring at my camera settings in frustration! I found the Idea Store portraits classes and knew they'd let me gain experience with technical setup while working with people in front of the camera.

"I'd always wanted to learn portraits and lighting but never found a way to make it

work. The studio classes are an incredible opportunity, opening up a world of making light and showing images of people at their best. The supportive environment and group learning setting is fantastic for learning from the excellent tutors and others in the group at the same time. The studio is really well appointed and allows an enormous array of portrait setups to learn under incredibly knowledgeable guidance from experienced studio professionals.

"Starting after the pandemic from a position of chronic pain and low mental health the courses have given me a true platform to recover physically and mentally. I'm now working towards becoming a professional photographer and would never have got to this level without the Idea Store photography courses."

### 'Very proud of my woodwork accomplishments'



Bryan McLaughlin said: "I am going into my third term of the "Woodwork for Beginners" course.

"In the first two terms, I have learnt various skills such as several types of joints, use of appropriate tools and training on machinery.

"I have built a large shoe rack and a television stand using reclaimed wood.

"I am very proud of these accomplishments and didn't think I would be able to do this at the start of the course.

"Being dyslexic, I have very much enjoyed this practical style of learning and have appreciated Sylvie's support and teaching skills throughout."

### 'My moment of peace amidst the hustle of city life'



Georgios Tserkezis said: "Oh upholstery! How it saved my sanity in this bustling city of London!

"For four years now, it has been my beloved escape from the chaos of city life. The soft fabrics and comforting textures of upholstery are like a warm hug to my soul.

"Every week, I eagerly look forward to my class, knowing that it will be the perfect balance to my hectic schedule.

"It's like a mini-vacation from the stresses of life, a chance to get lost in the flow of creativity

and fully immerse myself in the present moment.

"The process of upholstery is like mindfulness meditation, allowing me to focus on nothing else but the task at hand. And to top it all off, my teacher Sylvie radiates an amazing energy that has a soothing effect on my otherwise crazy busy life.

"All in all, upholstery has become my haven in this concrete jungle, my moment of peace and serenity amidst the hustle and bustle of city living."

### 'Courses help me improve what I love doing'



Sara Gomez said: "I enjoy learning new things.

"Through my journey of exploration, I discovered a passion for photography.

"I have a deep passion for photography, and it's something I truly love.

"I enjoy capturing moments, emotions, and scenes through the lens of a camera.

"In fact, I'm so enthusiastic about it that I regularly take courses for years at Idea Store to improve my photography skills and knowledge.

"It's a wonderful way for me to continuously grow as a photographer

and explore my creative side.

"My photography teachers have been instrumental in guiding me along this path with unwavering dedication and remarkable patience."

# Are you a Landlord? Agent? Tenant?



Additional licensing is  
**extending borough wide**

New unlicensed properties in  
**Spitalfields** and **Banglatown,**  
**Weavers, Whitechapel**  
occupied as an HMO\* will  
**require an additional licence**  
from **1 April 2024.**

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



\*An HMO is a property that is occupied by three or more people where at least two people are unrelated.  
The kitchen is shared and the bathroom/toilet areas may also be shared

# Don't wait until it's too late



No matter how careful you are, there's  
always a risk your belongings could be  
broken, damaged or stolen.

All council tenants should take out home  
contents insurance. The Council will not  
replace your belongings, but we do have  
a insurance scheme for residents.



Find out more  
[www.towerhamlets.gov.uk/  
ContentsInsurance](http://www.towerhamlets.gov.uk/ContentsInsurance)



# A postcard history of Old Ford neighbourhood

## HISTORY

The Geezers is a club for older men in Bow, which organises fundraising, talks, tours and more. Thanks to funding from National Lottery, some of the members have started a history project and have agreed to share their first findings with Our East End.

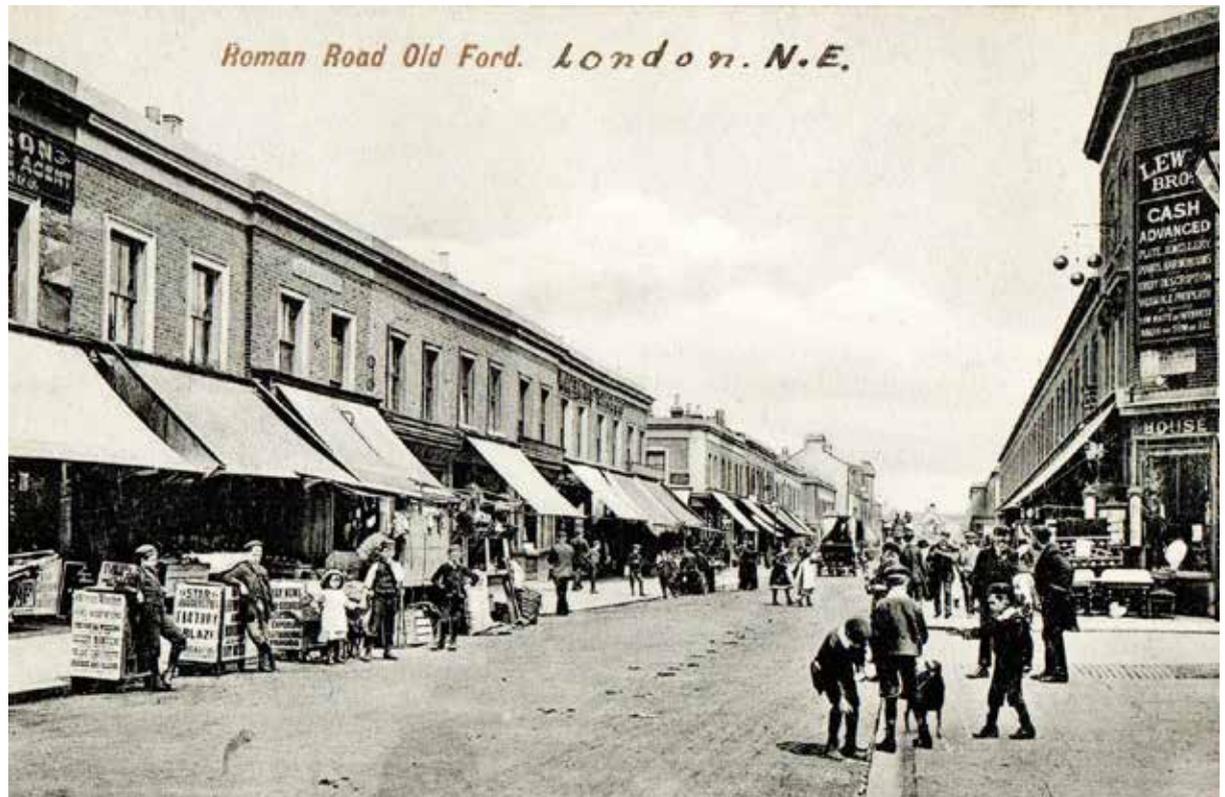
As a start, we explored this postcard, top right, from about 1905 of the Roman Road, looking east from the corner of Medway Road. The buildings are still there, although most of the awnings have gone.

Lewis Brothers Pawnbrokers, commonly called 'Uncle', which also did house furnishing, is on the right. The sign is painted over, and the building converted to flats, but the boundary with Mile End Old Town notice is still easy to see. Hanson's Newsagents is on the left opposite.

Galley's Ironmongers, established in 1901, is two doors along. Many local streets still have iron coal hole covers proudly branded 'J. Galley and Sons of 115 Roman Road, Bow E'. The street numbering changed when the Roman Road was merged with Green Street in the 1930s. Galleys was still selling coal hole covers after the change as a later version gives the address as 415 Roman Road. Galley's shop is now 'Whole Fresh' grocers at 415 Roman Road.

Another local coal hole cover is moulded 'J. Woodgate, Builder etc. 68 Auckland Road'. John Woodgate was listed as a House Decorator in 1900. It is possible he had the covers supplied by Galleys, as they are of the same design. Auckland Road became Zealand Road in the 1930s. A resident who lived in Auckland Road at the time told us residents were given no explanation for the name change.

The standout letters towards the corner of Driffield Road read 'Malton's Stores'. This grocery business had two shops separated by George Henry Martin's Coffee Rooms at what is now 421 Roman Road. Just as there are no shortages of builders or grocers around the Roman today, there is also no



Spitalfields Market in 1981/82. Credit: Stanley Mindel

shortage of coffee shops.

And maybe the horse drawn omnibus in the background is, or became, the number 8 in 1908 when the route was first given the number.

We will explore more about daily lives in the Old Ford area, one of Tower Hamlets oldest neighbourhoods. Old Ford, bordered by canals, Victoria Park, and railways, has an intriguing past, from inns to industries, from trades to the street market, and all the life in between.

Eddie Snooks, chair of the

Geezers, said: "People of all ages want to know the stories behind the places to bring history to life.

"At local events, such as our 'Where has my boozie gone' exhibition and the East End Canal Festivals, the Geezers find a local thirst for knowledge of Old Ford history. We are often invited by organisations to talk about the area as it was and get contacted by individuals with enquiries via our website.

"The Geezers have stories we want to share and more to find. Many traces of the past remain visible today, but also rest in memories.

"Volunteers will research the streets and collect memories and stories about living in the area. A workshop with Roman Road Adventure Playground will help map out a 'Now and Then' take on Old Ford.

"We will create an exhibition, pub quiz, school pack and more. Watch this space."

If you have memories to share of Old Ford, particularly about working in local trades and industries, email: [oldfordneighbourhood@gmail.com](mailto:oldfordneighbourhood@gmail.com) or call Carolyn on 07773784517.

Visit [www.ourbow.com](http://www.ourbow.com) for more information on the club.



# 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 7364 1246  
[www.fosteringtowerhamlets.co.uk](http://www.fosteringtowerhamlets.co.uk)

## Take control of your health



### ONLINE

We have launched an online portal that gives you secure access to your health record.

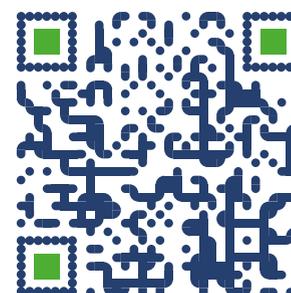
Once you sign up, you'll be able to see your personal information and check your hospital appointments.

**It's free and easy to use for all Barts Health NHS Trust patients.**

For more information and to sign up to **Patients Know Best**, please scan the QR code.



Or visit: [bartshealth.nhs.uk/patients-know-best](http://bartshealth.nhs.uk/patients-know-best)



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# Mulberry

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Sixth Form

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  - + Attend an international trip in 2025
  - + Secure valuable work experience
  - + Attend a university summer school
- ...and much more



Contact our Head of Sixth Form, Mrs Tamsin Scales for further details about our outstanding offer

To register your interest and apply to our amazing school follow the QR code

[www.mulberryacademyshoreditch.org/apply-now](http://www.mulberryacademyshoreditch.org/apply-now)

Mulberry Academy Shoreditch . Gosset Street . London E2 6NW

020 7920 7900 [sixthform@mulberryacademyshoreditch.org](mailto:sixthform@mulberryacademyshoreditch.org)

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There are lots of events taking place in Tower Hamlets to mark Women's History Month

# Celebrating women's history

Women's History Month is running until 31 March and there are lots of events celebrating the achievements of women.

Highlights in Tower Hamlets include displays of books by women writers and books themed around Women's History Month, as well as events at Idea Stores and libraries. Visit Cubitt Town Library on Thursday 14 March from 11.15am to 12.45pm for Women's Right to Vote, a free discussion with Geoff Cosson who looks at how women in East London played a part in the fight for the right to vote.

Visit Brady Arts and Community

Centre in Whitechapel for the Women's Spring Open Exhibition, a celebration of the talent and creativity of women of all ages who live, work or study in Tower Hamlets.

Brady Ladies – What Makes Me Happy is an exhibition of work by a diverse group of East End female artists who have been making art at the Brady Arts Centre for the past few years. On display at the Yurt Café, St. Katharine's Precinct, 2 Butcher Row, Limehouse, until 31 March.

Oxford House in Bethnal

Green will host a free Women's History Month pop-up event on Thursday 21 March from 12 noon. Drop in at the café for an informal session with the heritage team.

Gather Together to Celebrate Creativity and Women on Friday 29 March, 6.30pm is a free event taking place at Poplar Union, 2 Cotall Street, Poplar, to showcase talents from the local community with a focus on women.

Women's History Month in East London is co-ordinated by Alternative Arts.

Visit [www.alternativearts.org.uk](http://www.alternativearts.org.uk) for full programme listings.

Elsewhere, Tower Hamlets Council and partners will host a week-long programme of community sport and physical activity sessions for women aged five to 50+ in celebration of International Women's Week 2024 from 4 to 10 March.

Activities include football, mini tennis, badminton, and basketball tournaments and sessions such as aerobics, body conditioning, cycling, swimming, circuits, pilates, self-defence and more.

Visit [www.towerhamlets.gov.uk/sports](http://www.towerhamlets.gov.uk/sports) for more information and to make a booking.

# Researching African presence in borough



## Communities of Liberation

The archives are looking for six local people of African heritage

Tower Hamlets Local History Library and Archives is seeking six local people of African heritage to research in the archives and produce new creative work as part of a historical research and public art project titled Communities of Liberation.

The project aims to increase awareness of the long history of the African presence in Tower Hamlets and will focus on excavating and sharing stories of individuals who lived in the borough in the 17th and 18th centuries.

To apply or for further information, send an email or voice note to [Tony.T@towerhamlets.gov.uk](mailto:Tony.T@towerhamlets.gov.uk) by 2 April.

Separately, a new exhibition by Basil Olton at the archives called What We Have Become will showcase the work of five artists who are exploring the impact of local and colonial archives on personal and collective identity.

All are invited to a launch event with the curator on Thursday 28 March. Visit [ideastore.co.uk/local-history](http://ideastore.co.uk/local-history)

# A Season of Bangla Drama

A Season of Bangla Drama will back in 2024 and curators are seeking new writing.

The theme for 2024 is hope. Expressions of interest from individuals and organisations are welcome and you do not have to be Bengali. Playwrights

and organisations can be local or national, but content should be relevant to an East London audience.

It must be new writing, with debut performances at the 2024 festival. Submissions close on Tuesday 26 March at 10am. [www.towerhamlets.gov.uk/seasonbangladrama](http://www.towerhamlets.gov.uk/seasonbangladrama)

# Free events training

The council is offering free online health and safety training for those organising community events.

The training is aimed at small, free-to-access street parties and events in borough parks for up to 499 people at any one time.

Sessions include planning and

applying for an event, and risk assessments.

Training will be held online on Tuesday 26 March from 9.30am to 11.30am. Email your contact details to [festivalsandevents@towerhamlets.gov.uk](mailto:festivalsandevents@towerhamlets.gov.uk).

Advance booking is essential.

## Exhibitions

### Larry Herman - Dhaka Clothing Makers

Larry Herman was an award winning photo journalist who lived Bethnal Green. The exhibition is a collection of photographs which are part of an unfinished project he was documenting in Bangladesh with female garment workers in Dhaka.

5 - 29 April

Brady Arts and Community Centre, 192-96 Hanbury Street, Whitechapel E1 5HU

### Edgelands - Prism Textiles

Prism Textiles returns with their latest exhibition Edgelands. With more than 50 artists exhibiting, the work on show covers a wide range of themes. Prism members will also be offering free workshops throughout the exhibition.

19 - 29 April

The Art Pavilion, Mile End Park, Clinton Road, E3 4QY  
[www.prismtextiles.co.uk](http://www.prismtextiles.co.uk)



Prism textiles

### Altab Ali exhibition

In May 1978 Altab Ali's racially-motivated murder helped to mobilise a strong and widespread anti-racism movement. An exhibition will pay homage to Altab Ali's legacy and to the tradition of protest in the East End.

3 - 25 May

Brady Arts and Community Centre, 192-96 Hanbury Street, Whitechapel E1 5HU

For details of the exhibition and educational resources visit [www.towerhamlets.gov.uk/altabali](http://www.towerhamlets.gov.uk/altabali)

### Dreams Have No Titles

Zineb Sedira's critically acclaimed exhibition, Dreams Have No Titles, will have its first UK showing at Whitechapel Gallery. It is an immersive installation comprising film, sculpture, photography and performance.

Until 12 May. Ticketed

Whitechapel Gallery, 77 - 82 Whitechapel High Street, E1 7QX

[whitechapelgallery.org](http://whitechapelgallery.org)

### 25th Rainbow International film festival London 2024.

Celebrating 25 years of cinematic excellence with an exhibition of film posters and film directors.

4 - 29 June

Brady Arts and Community Centre, 192-96 Hanbury Street, Whitechapel E1 5HU

### Ecofeminism Festival

The Ecofeminism Festival is a celebration of women, nature and their empowering connection. It will include a multimedia exhibition and an events programme including workshops, talks, performances, and poetry readings. Suitable for all ages. There is also a Short Film Festival at Genesis Cinema.

13 - 23 March

The Art Pavilion, Mile End Park, Clinton Road. E3 4QY  
For more information and to book visit [www.artfromheart.co.uk](http://www.artfromheart.co.uk)

### Fairs and markets

#### The Eco Wedding Show

A show for eco, ethically-minded couples who love the planet as well as each other. There will be talks, demos, workshops and a fashion parade.

14 April

The Ecology Pavilion, Mile End Park, Grove Road, E3 5TW  
[www.magpiewedding.com/the-eco-wedding-show-london/](http://www.magpiewedding.com/the-eco-wedding-show-london/)



Eco wedding fair

### The Big East London Flea

The Vintage Furniture Flea combines with Judy's Affordable Vintage Fair for one great big

vintage shopping and furniture event. More than 70 stalls. Your ticket gets you access to both venues.

5 May

Mile End Pavilions, Mile End Park E3

Early bird (11am - 12noon): £5, General (11.30am - 3pm): £4, 3pm - 4pm: Free entry. Kids under 16 go free

<https://judysvintagefair.com/judys-vintage-fair/>



Big East London Flea

## Classes and workshops

### A Team Arts Education Mothers, Daughters, and Sons Workshop

Everyone is invited to explore the theme 'Inspire'. Participants may bring along fabric or samples they are working on. Your artwork can be left or taken away.

16 March, 11am - 4pm

Brady Arts and Community Centre, 192-96 Hanbury Street, Whitechapel E1 5HU

Please register in advance as places are limited. Email [ateamartseducation@gmail.com](mailto:ateamartseducation@gmail.com) or call 07956377537

### "Explore" Easter Project Programme 2024

Explore how to develop skills through practical workshops. Young people can get support with course work and portfolio development.

Induction: 6 April. Course Dates: 9 to 12 April

Brady Arts and Community Centre, 192-96 Hanbury Street, Whitechapel E1 5HU

Please register in advance as places are limited. Email [ateamartseducation@gmail.com](mailto:ateamartseducation@gmail.com) or call 07956377537

### London Music Hall Choir sessions

The London Music Hall choir sings songs that were sung in the music halls of the East End of London and other related repertoire. Singers of

all ability and experience levels welcome.

Mondays, 7-9pm

Spring terms dates run until 25 March, and Summer term from 19 April to 20 May, then 3 June to 8 July.

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

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

## Dance

### St George's Day Over 50s Tea Dance

A free May Day dance for the over 50s with swing and jazz band, The Sunshine Kings. Refreshments will be served.

1 May, 2pm - 4.30pm

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

Booking will open on 17 April  
Visit [www.towerhamlets.gov.uk/arts](http://www.towerhamlets.gov.uk/arts)



St George's Day tea dance

### Dance Active

A weekly dance class, run by The Language of Dance Trust, exclusively for women and young children of all levels and all ages. Thanks to Sports England, the class is completely free.

Thursdays 3.30 - 5pm

Hague Primary School, Wilmot St, Bethnal Green, E2 0BP

For more information and how to register visit [lodc.org](http://lodc.org)

## In memory

### Resist, Protest, Protect

Altab Ali was murdered in a racially motivated attack in 1978. There will be a commemoration and wreath laying ceremony to mark his life and death.

Saturday 4 May

Altab Ali Park, Whitechapel Road E1



Altab Ali



# KNOW YOUR COUNCIL

## BETHNAL GREEN EAST



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**Ahmodul Kabir** (Aspire)

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## BETHNAL GREEN WEST



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**Amin Rahman**  
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**Bellal Uddin**  
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## BOW EAST



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## BOW WEST



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**Nathalie Bienfait**  
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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:**

- CLr Maium Talukdar, Statutory Deputy Mayor and Cabinet Member for Education and Lifelong Learning
- CLr Saied Ahmed, Resources and the Cost of Living
- CLr Kabir Ahmed, Regeneration, Inclusive Development and Housebuilding
- CLr Abu Talha Choudhury, Safer Communities
- CLr Kabir Hussain, Environment and the Climate Emergency
- CLr Gulam Kibria Choudhury, Health, Wellbeing and Social Care
- CLr Abdul Wahid, Jobs, Skills and Growth
- CLr Suluk Ahmed, Equalities and Social Inclusion
- CLr Iqbal Hossain, Culture and Recreation

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# বিভিন্ন খাতে বিনিয়োগ সহ নতুন অর্থবছরের বাজেট পাশ

HARMONY  
BENGALI & SOMALI NEWS

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১৬ বছরের বেশি বয়সী মেয়ে ও মহিলা দের জন্য এবং ৫৫ বছরের বেশি বয়সী পুরুষদের জন্য বিনামূল্যে সঁাতার, একটি নতুন কাউন্সিল ট্যাক্স রিলিফ ফান্ড বা তহবিল গঠন এবং বারার বর্জ্য পরিষেবায় ৫ মিলিয়ন পাউন্ড অতিরিক্ত বিনিয়োগে টাওয়ার হ্যামলেটস কাউন্সিল সম্মত হয়েছে।

কাউন্সিল ফেব্রুয়ারিতে ২০২৪/২৫ এর বাজেট অনুমোদন করে। কাউন্সিল তার বাসিন্দাদের সহযোগিতা করার জন্য তার অর্থ কোথায় বিনিয়োগ করবে তা বাজেট নির্ধারণ করে।

নতুন বিনিয়োগের একটি মূল ক্ষেত্র হল আবর্জনা অপসারণ অর্থাৎ সামগ্রিকভাবে বর্জ্য সমস্যাগুলি মোকাবেলা করার জন্য ৫ মিলিয়ন পাউন্ড বিনিয়োগ। ক্রমবর্ধমান সংখ্যক লোকের বসবাস, কাজ করা এবং বারায় বেড়াতে আসা লোকজনের কারণে যে নোংরা আবর্জনা তৈরি হয় তা পরিষ্কার করার কার্যক্রম এই বিনিয়োগের মধ্যে রয়েছে।

পূর্ণাঙ্গ কাউন্সিল মিটিংয়ে অনেক নতুন উদ্যোগ এবং তহবিলের পরিসর অনুমোদন পেয়েছে, এর মধ্যে রয়েছেঃ

উদ্যোগগুলো হচ্ছে গত অর্থবছরের বাজেটে কাউন্সিল কর্তৃক প্রবর্তিত কর্মসূচিগুলোর অতিরিক্ত এবং আগের কর্মসূচিগুলোও ২০২৪/২৫ অর্থবছরে অব্যাহত থাকবে। গত অর্থবছরের কর্মসূচির মধ্যে রয়েছে, বারার সকল প্রাথমিক ও মাধ্যমিক বিদ্যালয়ের শিশুদের জন্য সর্বজনীন বিনামূল্যের স্কুল খাবার সরবরাহ, যা কিশোর-তরুণদের জন্য গৃহিত ২১ মিলিয়ন পাউন্ডের বিস্তৃত বিনিয়োগের অংশ, এবং বিনামূল্যে প্রাপ্তবয়স্ক হোম কেয়ারে ২.৫ মিলিয়ন পাউন্ড (যা কার্যকর হবে ২০২৫ সালে)।

গত বছর কাউন্সিল পরবর্তী তিন অর্থবছরে ৩৭ মিলিয়ন পাউন্ড সঞ্চয় করা সহ আর্থিক ক্ষেত্রে একটি কঠিন পরিস্থিতির মুখোমুখি হয়েছিল। অত্যন্ত দক্ষতা ও সাফল্যের সাথে বাজেট পর্যালোচনার ফলে কাউন্সিল এটা ঘোষণা করতে পেরে আনন্দিত যে, এই লক্ষ্যমাত্রার চেয়েও ৬.৪ মিলিয়ন পাউন্ড অতিরিক্ত, অর্থাৎ ৪৩.৪ মিলিয়ন পাউন্ড সাশ্রয় চিহ্নিত করতে সক্ষম হয়েছে। কাউন্সিলের সার্ভিস বা পরিষেবাগুলোকে পুনর্গঠন, আয় বৃদ্ধি ও রূপান্তর, ইত্যাদি ক্ষেত্রসমূহ থেকে এই অর্থ সাশ্রয় করা সম্ভব হবে।

ভারসাম্যপূর্ণ বাজেট প্রদানের পাশাপাশি কাউন্সিল অতীতের প্রশাসনের অল্পিন্ন আর্থিক নিরীক্ষা সমস্যার সমাধান, নিশ্চয়তা

এবং প্রশাসনিক ক্ষেত্রে উল্লেখযোগ্য অগ্রগতি করেছে।

গত বছর ইয়ুথ সার্ভিসে ২১ মিলিয়ন পাউন্ড সহ উল্লেখযোগ্য বিনিয়োগের সত্ত্বেও এই সঞ্চয় করা সম্ভব হয়েছে। উল্লেখ্য, দেশের অন্যান্য যে কোন বারার চলমান ট্রেড বা ধারার বিপরীতে টাওয়ার হ্যামলেটসে উন্নত ইয়ুথ সার্ভিস চালু, যা কাউন্সিলের যুব পরিষেবাগুলির একটি আমূল রূপান্তর; কলেজ এবং উচ্চতর শিক্ষায় তরুণদের সাহায্য করার জন্য শিক্ষা রক্ষণাবেক্ষণ ভাতা এবং বিশ্ববিদ্যালয় বার্ষিকিগুলির পুনঃপ্রবর্তন; এবং সকল প্রাথমিক ও মাধ্যমিক বিদ্যালয়ের শিশুদের জন্য সর্বজনীন বিনামূল্যে স্কুলের খাবার সরবরাহ। উল্লেখ্য, টাওয়ার হ্যামলেটস হচ্ছে সারা দেশের মধ্যে একমাত্র কাউন্সিল যে বারার প্রাথমিক ও সেকেন্ডারি স্কুলের সকল শিক্ষার্থীকে বিনামূল্যে খাবার সরবরাহ করছে।

গত ডিসেম্বর মাসে লোকাল গভর্নমেন্ট এসোসিয়েশন (এলজিএ) টাওয়ার হ্যামলেটস কাউন্সিলের আর্থিক পরিচালনার প্রশংসা করেছে। গত সেপ্টেম্বরে পুরো এক সপ্তাহের পরিদর্শনের পরে পিয়ার রিভিউ চ্যালেঞ্জ রিপোর্টে (১৫ ডিসেম্বর প্রকাশিত) কাউন্সিলের আর্থিক পরিচালনার প্রশংসা করে বলা হয়, “টাওয়ার হ্যামলেটস এর আর্থিক ব্যবস্থাপনার একটি ভাল রেকর্ড রয়েছে, এবং সংস্থার ভবিষ্যতের আর্থিক স্থায়িত্ব বজায় রাখার জন্য শক্তিশালী ভিত্তি রয়েছে। এটি ইতিবাচক যে কাউন্সিল তিন বছরের আর্থিক পরিকল্পনা তৈরি করছে যা একবার সম্পূর্ণ হয়ে গেলে পরিষেবা এবং অগ্রাধিকারের ক্ষেত্রে বিনিয়োগ করতে সক্ষম হবে।”

এক্সিকিউটিভ মেয়র লুৎফুর রহমান বলেনঃ “আমাদের বাসিন্দাদের ভবিষ্যতের জন্য বিনিয়োগ নিশ্চিত করে, জীবনযাত্রার সংকটের চলমান প্রভাব থেকে পরিবারকে রক্ষা করে এবং আমাদের আর্থিক অবস্থার শক্তিশালী এবং স্থিতিশীল অবস্থান নিশ্চিত করে - এমন একটি দায়িত্বশীল বাজেট তৈরি করতে কাউন্সিল কঠোর পরিশ্রম করেছে।

“আমরা প্রথম শ্রেণীর জনসেবা প্রদান এবং আমাদের বাসিন্দাদের উন্নতির প্রতিটি সুযোগ দিতে প্রতিশ্রুতিবদ্ধ।

“আমি আনন্দিত যে আমরা আমাদের যুগান্তকারী সর্বজনীন বিনামূল্যে স্কুলের খাবার সরবরাহ করতে এবং আমাদের কলেজ এবং বিশ্ববিদ্যালয়ের বার্ষিকি ক্ষিমাগুলিকে প্রসারিত করতে সক্ষম হয়েছি যা স্থানীয় পরিবারগুলির জন্য একটি আর্থিক জীবনরেখা প্রদান করে।”

## ভবিষ্যতের জন্য পরিকল্পনা - আমাদের নতুন বাজেটে রয়েছে



### জীবনযাত্রার সংকট মোকাবেলা করা

- নতুন কাউন্সিল ট্যাক্স কস্ট অব লিভিং রিলিফ ফান্ড
- লন্ডনের মধ্যে সবচেয়ে কম ট্যাক্সের কাউন্সিলের একটি হচ্ছে টাওয়ার হ্যামলেটস
- দুর্বল প্রাপ্তবয়স্কদের জন্য বাড়িতে সেবা দিতে অতিরিক্ত ২.৫ মিলিয়ন পাউন্ড



### ভবিষ্যতের জন্য বাড়ি

- ২০২৬ সালের মধ্যে ৪,০০০ শাস্রয়ী মূল্যের বাড়ি সরবরাহের লক্ষ্য
- আরও পারিবারিক ঘর তৈরি করা এবং ওভারক্রাউডিং (ভিড়) কমানো
- কাউন্সিল মালিকানাধীন বাড়িতে অগ্নি নিরাপত্তা এবং মেরামত উন্নতি



### শিক্ষাকে ত্বরান্বিত করা

- তরুণদের বিশুমানের বিশুবিদ্যালয়ে যেতে সাহায্য করার জন্য সেন্টার অব এক্সেলেন্স
- ১,২৫০ জন শিক্ষার্থীর জন্য আমাদের ইএমএ অনুদান বছরে £৬০০ বৃদ্ধি করা হচ্ছে।
- আমাদের বিশুবিদ্যালয়ের বার্ষিকি থেকে উপকৃত শিক্ষার্থীদের সংখ্যা দ্বিগুণ করা



### সংস্কৃতি, ব্যবসা, চাকরি এবং অবকাশ সেবাসমূহের উন্নতি

- ১৬ উর্ধ বয়সী মহিলা ও মেয়েদের এবং ৫৫ বছরের বেশি পুরুষদের জন্য ফ্রি সঁাতার
- স্থানীয় ব্যবসায়ীদের জন্য প্রচারণা চালিয়ে স্থানীয় অর্থনীতিকে চাঙ্গা করা
- ওয়াটসন মার্কেটে ব্যয়ে সংস্কার সহ আমাদের বাজারগুলিকে আপগ্রেড করা



### পাবলিক সার্ভিসে বিনিয়োগ

- স্বাস্থ্য, শিক্ষা এবং কর্মসংস্থান সংক্রান্ত পরামর্শ প্রদানের জন্য একটি নতুন উইমেল রিসোর্স সেন্টার
- ক্রমবর্ধমান সোমালি জনসংখ্যাকে সমর্থন করার জন্য একটি নতুন সোমালি রিসোর্স হাব
- একটি নতুন সাংস্কৃতিকভাবে সংবেদনশীল ড্রাগ অপব্যবহার চিকিৎসা কেন্দ্র



### এসবি এবং অপরাধের বিরুদ্ধে লড়াই করা

- আমাদের রাস্তাগুলিকে আরও নিরাপদ করতে ৪০ জন টাওয়ার হ্যামলেটস এনফোর্সমেন্ট অফিসার নিয়োগ করা
- পুলিশিং এর জন্য £১.৬ মিলিয়ন সহ কমিউনিটি নিরাপত্তায় চলমান £৪.৪ মিলিয়ন বিনিয়োগ
- গুরুতর মাদক এবং সংগঠিত অপরাধ এবং নারী ও মেয়েদের বিরুদ্ধে সহিংসতা মোকাবেলায় ওপার অধিকতর দৃষ্টি দেয়া



### দুঃখমুক্ত এবং সবুজ ভবিষ্যত

- আমাদের বর্জ্য পরিষেবাতে অতিরিক্ত £৫ মিলিয়ন বিনিয়োগ করে রাস্তা পরিষ্কার করা
- ড্রাইভার, সুইপার এবং লোডার সহ আরও ৭২ জন পরিচ্ছন্নতাকর্মী নিয়োগ
- রিসাইক্লিং বাড়ানোর জন্য অতিরিক্ত বিন এবং আরও সহায়তা প্রদান



### এমন একটি কাউন্সিল যে শোনে এবং সবার জন্য কাজ করে

- বাসিন্দাদেরকে একটি কণ্ঠস্বর দিতে কমিউনিটি চ্যাম্পিয়ন নিয়োগ
- টাওয়ার হ্যামলেটসকে ভ্রমণ, কাজ এবং বিনিয়োগের জন্য একটি দুর্দান্ত জায়গা হিসাবে প্রচার করা
- আমাদের সংস্কৃতি এবং ইতিহাস উদযাপনের জন্য আরও বেশি লোককে একত্রিত করা

## ২০২৪-২৫ অর্থবছরের জন্য কাউন্সিল ট্যাক্স

### Council tax for 2024-25

২০২৩/২৪ সালে এডাল্ট কেয়ার সার্ভিসেস অর্থাৎপ্রাপ্তবয়স্কদের সামাজিক যত্নের ট্যাক্স উপাদানের বাইরে কাউন্সিল তার ট্যাক্স এর অংশ হিমায়িত করেছিলো।

কাউন্সিল এই বছর কাউন্সিল ট্যাক্স অংশ ২.৯৯% বৃদ্ধি করছে। এর ফলে ব্যান্ড ডি কাউন্সিল ট্যাক্স এর ক্ষেত্রে বৃদ্ধি পাবে ৩৪.২৯ পাউন্ড এবং এত করে ৩.৯ মিলিয়ন পাউন্ড রাজস্ব আসবে, যা কাউন্সিলের পরিষেবাগুলি চালিয়ে যেতে সহায়তা করবে।

এর সাথে থাকবে ২% এডাল্ট সোশ্যাল কেয়ার প্রিসেপ্ট। এই প্রিসেপ্ট বা নিয়মটি ব্যান্ড ডি কাউন্সিল ট্যাক্সে ২২.৯৪ পাউন্ড বৃদ্ধির প্রতিনিধিত্ব করে এবং প্রাপ্তবয়স্কদের সামাজিক যত্ন ব্যয়ের অর্থায়নের জন্য ২.৬ মিলিয়ন পাউন্ড আয় নিশ্চিত করে।

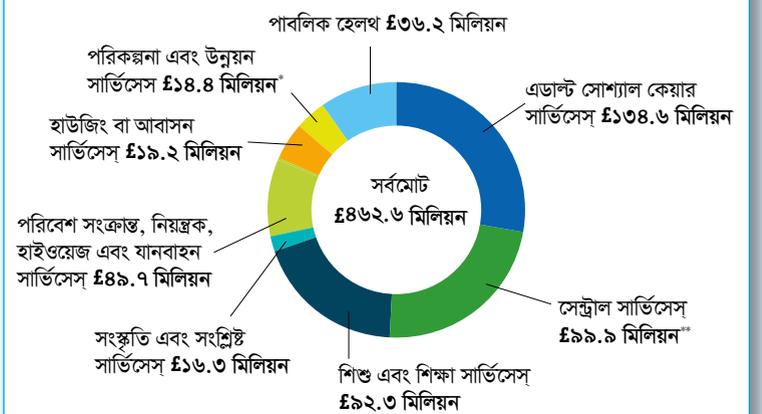
বাজেটে ঝুঁকিপূর্ণ শিশু এবং প্রাপ্তবয়স্কদের সুরক্ষার পাশাপাশি কমিউনিটির নিরাপত্তা, বর্জ্য পরিষেবা, আবাসন, অবসর এবং জনস্বাস্থ্যে বিনিয়োগকে অগ্রাধিকার দেওয়া হয়েছে। আমরা

আশা করি যে টাওয়ার হ্যামলেটস লন্ডনে ষষ্ঠ সর্বনিম্ন কাউন্সিল ট্যাক্স হার অব্যাহত রাখবে।

লন্ডনের মেয়র কাউন্সিল ট্যাক্সে গ্রেটার লন্ডন অথরিটি (জিএলএ) অংশ হিসেবে ৮.৬% বৃদ্ধি করেছেন, এতে করে ব্যান্ড ডি বৃদ্ধি পেয়েছে ৩৭.২৬ পাউন্ড। একটি ব্যান্ড ডি প্রোপারটির জন্য কাউন্সিল ট্যাক্স বিলের সামগ্রিক বৃদ্ধি ২০২৪-২৫ সালে ৯৪.৪৯ পাউন্ড হবে।

কাউন্সিলের কাউন্সিল ট্যাক্সের উপাদানের ২.৯৯% বৃদ্ধির প্রেক্ষিতে অনেক পরিবারের জন্য নতুন কাউন্সিল ট্যাক্স কস্ট অফ লিভিং রিলিফ ফান্ড দ্বারা সহায়তা দেয়া হবে। তাই যাদের পরিবারের আয় ৪৯,৫০০ পাউন্ডের কম তাদেরকে বর্ধিত ট্যাক্স পরিশোধ করতে হবে না। নতুন তহবিল থেকে সহায়তা পেতে কীভাবে আবেদন করবেন তার বিশদ আগামী সপ্তাহগুলিতে প্রচার করা হবে। আমাদের প্রতিষ্ঠিত কাউন্সিল ট্যাক্স রিডাকশন স্কিম (কর ট্রাস প্রকল্প) যথারীতি অব্যাহত থাকবে।

## ২০২৪/২৫ অর্থবছরের বাজেটের খাতওয়ারী ব্যয়



\* এর অন্তর্ভুক্ত রয়েছে অর্থনৈতিক উন্নয়ন, কমিউনিটি উন্নয়ন এবং টেকসই

\*\* এর মধ্যে রয়েছে সকল ধরনের কর্পোরেট সার্ভিসসমূহ এবং কর্পোরেট কন্সাল্টেন্সি

# আপনি কি আপনার প্রাপ্য সবগুলো বেনিফিট পাচ্ছেন?

## Are you getting all your benefits? - page 4

টাওয়ার হ্যামলেটসে বছরে ১১০ মিলিয়ন পাউন্ডেরও বেশি মূল্যের বেনিফিটসমূহ দাবিহীন থেকে যাচ্ছে।

টাওয়ার হ্যামলেটস বারায় ১০৯,৮৯৮টি মিস করা দাবির মধ্যে আপনি একজন কি-না এবং কোনো বেনিফিটে অর্থ পাওনা আছে কিনা, 'বেটার অফ ক্যালকুলেটর' ব্যবহার করে তা মাত্র ১০ মিনিটেরও কম সময়ের মধ্যে খুঁজে বের করতে পারেন। আমাদের কস্ট-অফ-লিভিং হেল্প ক্যাম্পেইন আপনাকে এ এতদূর পর্যন্ত সচেতন করতে ব্যাপক প্রচারাভিযান চালিয়ে যাচ্ছে।

শুধুমাত্র যারা কাজের বাইরে আছেন তাদের জন্য নয়, বিভিন্ন লোকের জন্য রয়েছে অনেক ধরনের সহায়তা। আপনি উপার্জন করা সত্ত্বেও এখনও আর্থিক সংকটের সাথে লড়াই করে থাকেন, আপনি যদি অবসরপ্রাপ্ত হন, যদি আপনার সন্তান থাকে, অন্য কারো যত্ন

বা দেখভালের দায়িত্ব পালন করতে হয় বা কোনোরূপ অক্ষমতা থাকে, তাহলেও আপনি গুরুত্বপূর্ণ সাহায্য পাওয়ার অধিকারী হতে পারেন যা আপনার আয় বৃদ্ধি করবে।

টাওয়ার হ্যামলেটসের একজন বাসিন্দা যারা তাদের বেনিফিট এনটাইটেলমেন্ট চেক করেছেন তারা পেনশন ফ্রেডিট পাওয়ার যোগ্য তা খুঁজে বের করার পর তাদের আয় প্রতি মাসে ৩৮ শতাংশ বেড়ে ১,১৭০ পাউন্ডের বেশি হয়েছে।

কেবিনেট মেম্বর ফর রিসোর্সেস এন্ড কস্ট-অব-লিভিং, কাউন্সিলর সাইদ আহমেদ বলেছেন, "অনেকে লোক সাহায্য চাইতে বিব্রত বোধ করতে পারে বা বেনিফিট দাবি করার ব্যাপারে একটা স্টিগমা বা কলঙ্কবোধ থাকতে পারে। আপনি যে বেনিফিট বা সহায়তা লাভ করার অধিকারী তা দাবি করতে কোন লজ্জা নেই। আমরা এখানে সাহায্য করতে এসেছি, তাই দয়া করে বেনিফিট দাবি করা থেকে বিরত থাকবেন না, কারণ এটি আপনার জীবনে একটি রূপান্তরমূলক প্রভাব ফেলতে পারে।"

'বেটার অফ ক্যালকুলেটর' ব্যবহার করে আপনি কী পাওয়ার অধিকারী তা যাচাই করা দ্রুত এবং সহজ। ক্যালকুলেটর আপনার পূর্বাভাসিত দাবির মাধ্যমে আপনার প্রাপ্য হতে পারে এমন অন্য যেকোন বিষয়ে ব্যক্তিগতকৃত বেনিফিটের ব্যাপারে পরামর্শের পাশাপাশি নির্দেশিকা প্রদান করে। কাউন্সিলর রেসিডেন্ট সাপোর্ট আউটরিচ টিম মুখোমুখি সহায়তা প্রদান করে এবং একাধিক কমিউনিটি ভাষায় কথা বলে এবং বরো জুড়ে বিভিন্ন স্থানে এই সুবিধা পাওয়া যায়।

বেনিফিট চেকার এবং আরও অনেক কিছুর জন্য [towerhamlets.gov.uk/costofliving](http://towerhamlets.gov.uk/costofliving)-এ ভিজিট করুন।

### টাওয়ার হ্যামলেটসে, দাবিহীন বেনিফিটের কিছু পরিসংখ্যান...

- ৫২ মিলিয়ন দাবিহীন ইউনিভার্সাল ক্রেডিট
- দাবিহীন চাইল্ড বেনিফিটে ৬ মিলিয়ন পাউন্ড
- দাবিহীন কাউন্সিল ট্যাক্স সহায়তায় ১৭ মিলিয়ন পাউন্ড
- দাবিহীন কেয়ারার্স এলাউন্স ১৩ মিলিয়ন পাউন্ড
- দাবিহীন পেনশন ক্রেডিট ৯ মিলিয়ন পাউন্ড
- আপনার এবং আপনার পরিবারের জন্য ১২ মিলিয়ন পাউন্ড অন্যান্য দাবিহীন সহায়তা, যার মধ্যে রয়েছে সস্তা গৃহস্থালি বিলসমূহ, বিনামূল্যে টিভি লাইসেন্স এবং বিনামূল্যে খাবার, ভিটামিন এবং আপনার বাচ্চাদের খাবার।

## রামাদান মাসে ভালো থাকুন

### Stay healthy during Ramadan - p 15

পবিত্র রামাদান মাসের জন্য প্রস্তুতি গ্রহণকারী মুসলমানদেরকে সুস্থ থাকতে এবং নিরাপদে রোজা রাখতে উৎসাহিত করা হচ্ছে।

আপনার উপবাস বা রোজা ভঙ্গ করার সময় দেহের এনার্জী লেবেল বা শক্তির মাত্রা বজায় রাখতে সুস্থ খাবার খাওয়া খুবই গুরুত্বপূর্ণ।

আপনি যদি রোজা রাখেন, তাহলে এটা আপনাকে নিশ্চিত করতে হবে যে আপনি প্রচুর পরিমাণে পানি পান করছেন এবং আপনার উপবাস ভাঙার সময় অর্থাৎ ইফতারে প্রচুর শাকসবজি, গোটা শস্যাদানা এবং গ্রিল করা বা বেক করা চর্বিহীন মাংস, ডিম, মুরগি ও মাছ খাওয়ার বিষয়টি গুরুত্বের সাথে বিবেচনা করুন। এগুলো আপনার প্রয়োজনীয় সমস্ত পুষ্টি জোগাবে। ক্যাফেইনযুক্ত পানীয় যেমন কফি, চা এবং ফিজি পানীয়, ভাজা-পোড়া এবং প্রক্রিয়াজাত খাবার, চর্বি এবং চিনি সমৃদ্ধ খাবার, চর্বিযুক্ত খাবার

এবং প্রক্রিয়াজাত মাংস এবং উচ্চ লবণযুক্ত খাবার সীমিত করা বা এড়িয়ে চলা ভাল।

আপনার যদি ডায়াবেটিস থাকে এবং আপনি রোজা রাখতে চান, তাহলে এটি করার সবচেয়ে নিরাপদ উপায় সম্পর্কে আপনার জিপি বা ডায়াবেটিস নার্সের সাথে কথা বলা গুরুত্বপূর্ণ। ডায়াবেটিস ইউকে-এর ইংরেজি, আরবি, বাংলা এবং উর্দুতে রোজা রাখা এবং আপনার ডায়াবেটিস পরিচালনার বিষয়ে প্রচুর পরামর্শ রয়েছে।

মনে রাখবেন, ডায়াবেটিস রোগীদের জন্য রোজা থেকে রেহাই আছে, বিশেষ করে যদি আপনি ইনসুলিন নিয়ে থাকে বা আপনার কোনো চিকিৎসা জটিলতা থাকে। আরো তথ্যের জন্য ভিজিট করুনঃ [www.diabetes.org.uk](http://www.diabetes.org.uk)



### ২০২৪ সালের 'সিজন অব বাংলা ড্রামা' অংশ নিন A Season of Bangla Drama 2024- p 36



বাংলা নাটকের বার্ষিক উৎসব 'এ সিজন অব বাংলা ড্রামা' এই বছরের শেষের দিকে ফিরে আসবে। কিউরেটররা প্রোগ্রামে নতুন নাটক অন্তর্ভুক্ত করার জন্য চাইছেন।

'আশা' প্রতিপাদ্য বিষয় নিয়ে এবারের নাট্যাংশসবে অংশ নিতে আগ্রহী স্থানীয় এবং জাতীয় নাট্যকার বা সংস্থাগুলিকে তাদের আগ্রহপত্র জমা দেওয়ার জন্য স্বাগত জানানো যাচ্ছে।

উৎসবের জন্য জমাকৃত নাটক হতে হবে নতুন এবং পূর্ব লন্ডনের দর্শকদের জন্য প্রাসঙ্গিক। আগ্রহ প্রকাশের সময়সীমা ২৬ মার্চ ২০২৪ মঙ্গলবার সকাল ১০ টা।



## আন্তর্জাতিক মাতৃভাষা দিবস উদযাপন

কেন্দ্রীয় শহীদ মিনার কমিটির সাথে অংশীদারিত্বে, টাওয়ার হ্যামলেটস কাউন্সিল ২১ ফেব্রুয়ারি আন্তর্জাতিক মাতৃভাষা দিবসের বার্ষিক স্মরণ অনুষ্ঠানের আয়োজন করেছিলো। শহীদ দিবস হিসাবে পরিচিত, ভাষাগত ও সাংস্কৃতিক বৈচিত্র্যের প্রচার ও উদযাপনের জন্য এই দিনটি এখন আন্তর্জাতিক মাতৃভাষা দিবস হিসেবে বিশ্বজুড়ে পালন করা হয়। একুশের প্রথম প্রহরে পূর্ব লন্ডনের আলতাভ আলী পার্কের কেন্দ্রীয় শহীদ মিনারে পুষ্পার্ঘ্য অর্পন করেন (উপরের ছবিতে বাঁ থেকে) নির্বাহী মেয়র লুৎফুর রহমান, কাউন্সিলর স্পীকার কাউন্সিলর জাহেদ চৌধুরী এবং যুক্তরাজ্যে নিযুক্ত বাংলাদেশের হাই কমিশনার সাঈদা মুনা তাসনীম। এরপর বিভিন্ন রাজনৈতিক, সামাজিক, সাংস্কৃতিক ও পেশাজীবী সংগঠনের নেতৃবৃন্দ সহ সর্বস্তরের বিপুল সংখ্যক জনগণ তাদের শ্রদ্ধাঞ্জলি নিবেদন করেন।

## আগামী নির্বাচনে ব্যক্তিগতভাবে ভোট দেওয়ার জন্য ভোটার আইডি প্রয়োজন

### You need Voter ID to vote in person - page 17

ভোটারদের এখন ভোট দেওয়ার আগে তাদের পরিচয় যাচাই করার জন্য কিছু নির্বাচনে ভোট কেন্দ্রে ব্যক্তিগতভাবে ভোট দেওয়ার সময় অনুমোদিত ফটোগ্রাফিক আইডি দেখাতে হবে। এর মধ্যে রয়েছে লন্ডনের আসন্ন মেয়র এবং ২ মে বৃহস্পতিবার লন্ডনের এসেঞ্চলি নির্বাচন।

ফটো আইডির স্বীকৃত অনুমোদিত ফর্মগুলি অন্তর্ভুক্ত কিন্তু এতে সীমাবদ্ধ নয়:

- ইউক, চ্যানেল আইল্যান্ডস, আইল অফ ম্যান, একটি ব্রিটিশ ওভারসিজ টেরিটরি, একটি ইইএ এস্টেট, বা একটি কমনওয়েলথ দেশের দেয়া পাসপোর্ট,
- যুক্তরাজ্য, উত্তর আয়ারল্যান্ড, চ্যানেল আইল্যান্ডস, আইল অফ ম্যান বা একটি ইইএ এস্টেট কর্তৃক প্রদত্ত ড্রাইভিং লাইসেন্স।

কিছু কনসেশনারি (রেয়াতি) ভ্রমণ পাস, যেমন একজন বয়স্ক ব্যক্তির বাস পাস বা ওয়েস্টার ৬০+ কার্ড।

একটি পরিচয়পত্র যাতে প্রফ অফ এজ স্ট্যাভার্ড স্কিম হলোগ্রাম ('পাস' কার্ড)। পোস্টাল বা প্রক্সি দিয়ে ভোট দেওয়ার জন্য ভোটারদের ফটো আইডি দেখাতে হবে না। যদি কেউ কারও পক্ষে ভোট দেওয়ার জন্য প্রক্সি হিসাবে কাজ করতে চাইলে তাদের ভোটকেন্দ্রে তাদের নিজস্ব ফটো আইডি দেখাতে হবে। যদি আপনার কাছে অনুমোদিত ফটো আইডি না থাকে, তাহলে আপনাকে [www.gov.uk/apply-for-photo-id-voter-authority](http://www.gov.uk/apply-for-photo-id-voter-authority)-এ ভোটার অথরিটি সার্টিফিকেট (VAই) নামে পরিচিত একটি বিনামূল্যের ভোটার আইডি নথির জন্য আবেদন করতে পারেন।

একটি Vঅঙ্গ-এর জন্য আবেদন করতে হলে, আপনাকে অবশ্যই ভোট দেওয়ার জন্য নিবন্ধিত হতে হবে, একটি ছবি প্রদান করতে হবে এবং একটি ভোটার অথরিটি সার্টিফিকেট জারি করার আগে শনাক্তকরণ প্রদান করতে হতে পারে। আপনাকে [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) -এই ওয়েবসাইটে গিয়ে ভোটার হিসেবে নিজে নাম নিবন্ধন করতে পারেন।

২ মে নির্বাচনে ব্যক্তিগতভাবে ভোট দেওয়ার জন্য নিবন্ধন করার শেষ দিন হল মঙ্গলবার ১৬ এপ্রিল ২০২৪।

ফটো আইডি হিসেবে গ্রহণযোগ্য সকল আইডির সম্পূর্ণ তালিকা সহ ভোটার আইডি সম্পর্কে আরও তথ্য জানতে ভিজিট করুন [electoralcommission.org.uk/voter](http://electoralcommission.org.uk/voter) ওউ অথবা ০৮০০ ৩২৮ ০২৮০ নম্বরে কমিশন হেল্পলাইনে কল করুন।

## ২ মে অনুষ্ঠিত হবে দু'টি নির্বাচন

### Make a date for May 2 elections - page 17

২ মে বৃহস্পতিবার লন্ডনের ভোটাররা লন্ডনের মেয়র এবং ২৫ জন লন্ডন অ্যাসেম্বলি সদস্য নির্বাচনের জন্য ভোটাধিকার প্রয়োগ করবেন। ভোট গ্রহণ শুরু হয় সকাল ৭টায়, শেষ হয় রাত ১০টায়। ফলাফল ঘোষণা করা হবে ৪ মে শনিবার।

এই বছর লন্ডনের নির্বাচন দুটি ভিন্ন মূল উপায়ে অনুষ্ঠিত হবে।

প্রথমত, সকল ভোটারকে ভোট দেওয়ার জন্য ভোট কেন্দ্রে যাওয়ার সাথে করে কটি অনুমোদিত ফটো আইডেন্টিফিকেশন (ফটো আইডি) নিয়ে যেতে হবে। দ্বিতীয়ত, লন্ডনের মেয়রের জন্য শুধুমাত্র একটি ভোট হবে, (যাকে

বলা হয় ফার্স্ট-পাস্ট-দ্য-পোস্ট সিস্টেম)।

অতীতে লন্ডনের মেয়রের জন্য প্রথম এবং দ্বিতীয় পছন্দের ভোট হয়েছে (যাকে বলা হয় সম্পূর্ণ ভোট)।

যোগ্য ভোটারদের নির্বাচনের আগে পোল কার্ড পাঠানো হবে যা আপনাকে জানাবে আপনার ভোটকেন্দ্রে কোথায়। আপনি যদি আপনার পোল কার্ড কোথায় রেখেছেন, তা ভুলে যান, তাহলে [www.towerhamlets.gov.uk/elections](http://www.towerhamlets.gov.uk/elections) ওয়েবসাইটের পোলিং স্টেশন ফাইন্ডার অপশনে গিয়ে নির্বাচনের সময়সূচী, এবং নিবন্ধনের জন্য আবেদন করার মতো অতিরিক্ত তথ্য জানতে পারবেন।

# Dabaasha bilaashka ah ee haweenka mid ka mid ah hindisayaasha badan ee cusub

## HARMONY SOMALI NEWS

Dabbaal bilaash ah oo loogu talagalay dumarka ka weyn 16 sano iyo ragga ka weyn 55, sanduuqa gargaarka cashuuraha golaha cusub, iyo £5m maalgelin dheeraad ah oo lagu samaynayo adeega qashinka ee degmada waxa ku heshiiyey Golaha Tower Hamlets.

Goluhu wuxuu ansixiyay miisaaniyadiisa 2024/5 bishii Febraayo. Miisaaniyaddu waxa ay qeexaysaa halka uu goluhu ku maalgelinayo lacagtiisa si uu u taageero dadka deggan.

Aag muhiim ah oo maalgashi cusub ah waa £5m si wax looga

qabto dhibaatooyinka qashinka, oo ay ku jiraan qashinka iyo duqsiyada ka dhasha tirada sii kordheysa ee dadka ku nool, ka shaqeeya, iyo kuwa booqanaya xaafadda. Kala duwanaanshaha hindisayaasha cusub iyo maalgelinta hadda la ansixiyay waxaa ka mid ah:

Qorshayaashan ayaa waxaa dheer tallaabooyin uu goluhu ku soo bandhigay miisaaniyada sannadkii hore taasoo socon doonta 2024/25. Tan waxaa ku jira cuntooyin caalami ah oo bilaash ah oo loogu talagalay dhammaan carruurta dugsiyada hoose iyo sare taas oo qayb ka ah maalgelin ballaaran oo £21m ah oo lagu sameeyo dadka da'da yar, iyo £2.5m daryeelka guriga dadka

waaweyn ee bilaashka ah (wax ku ool ah 2025).

Sannadkii hore, goluhu waxa uu wajahay xaalad adag oo ay ka mid tahay in la badbaadiyo £37m saddexda sano ee maaliyadeed ee soo socda. Natiijadii dib u eegista miisaaniyada goluhu wuxuu ku faraxsan yahay inuu ku dhawaaqo in yoolkan la dhaafay, iyadoo £43.4 milyan - £6.4 milyan oo dheeraad ah - lagu kaydinayo meelaha ay ka mid yihiin dib-u-qaabaynta adeegyada, dakhli-abuurka iyo isbeddelka.

Ka sokow bixinta miisaaniyad dheellitiran, goluhu wuxuu sidoo kale horumar la taaban karo ka sameeyay xallinta arrimaha maaliyadeed ee taariikhiga ah ee hanti-dhawrka, hubinta iyo maamulka.

Diseembar 2023, maaraynta maaliyadeed ee golaha waxaa ammaanay warbixinta caqabada dib u eegista asxaabta ee Ururka Dawlada Hoose (15 Diseembar) ka dib kormeerka todobaadka buuxa ee Sebtembar.

Warbixintu waxay tidhi: "Tower Hamlets waxay leedahay diwaan wanaagsan oo maamulka maaliyada ah, oo leh aasaas adag si loo ilaaliyo joogtaynta maaliyadeed ee mustaqbalka ee ururka. Waa wax wanaagsan in goluhu dejiyo qorshayaal maaliyadeed oo saddex sano ah kuwaas oo suurtagelinaya in la maalgashado adeegyada iyo meelaha mudnaanta leh marka la

## Sanduuqa cusub ee taakulaynta cashuuraha golaha oo la sameeyay

Golaha Tower Hamlets waxa uu sameeyay Sanduuqa Gargaarka Noloshka ee Cashuuraha Koonsalka si uu dadka uga caawiyo bixinta cashuurta golaha.

Sanduuqa ayaa awood u siin doona dadka inay codsadaan gargaarka dhammaan kordhinta

canshuurta golaha ee 2.99 boqolkiiba haddii wadarta dakhliga qoyskooda uu ka yar yahay £49,500.

Koonsilku waxa uu sii wadi doonaa in uu ku dabaqo ilaa 100 boqolkiiba cashuurta golaha hoose kuwa aadka ugu baahan, oo ay la socoto sanduuqa dhibaato dhaqaale

oo furan.

Qaybta cashuuraha golaha guud waa la xayiray sanadkii hore, 2024/25 waxa ay kordhin doontaa 2.99 boqolkiiba.

Korodhka ayaa sabab u ah in ka badan toban sano oo dhaqaale xumo ah oo lacag yar oo ka imanaysa dawladda dhexe, oo ay weheliso sicir-bararka

kordhay, cadaadiska adeegyada iyo kharashka tamarta.

Tower Hamlets waxay hadda leedahay cashuurta golaha hoose ee lixaad ee London waana mid ka mid ah qorshayaasha cashuur dhimista golaha ee ugu deeqsigan kuwa ay ku yartahay.

## Waxaad u baahan tahay inaad bixiso aqoonsiga codbixiyaha si aad ugu codayso goobaha codbixinta

Cod-bixiyayaasha hadda waxa si sharci ah looga baahan yahay inay tusaan aqoonsi sawireed oo la ansixiyey goobta codbixinta si ay u xaqiijiyaan aqoonsigooda ka hor intaanay codayn.

Tan waxa ku jira Duqa soo socda ee Duqa London iyo doorashooyinka Golaha London ee Khamiista 2da Meey. Foomamka aqoonsiga sawirka ee la aqbalay waxaa ka mid ah, laakiin kuma koobna:

Baasaboora laga bixiyay UK, mid ka mid ah Jasiiradaha Channel Islands, Isle of Man, Dhulka Bedda ee Ingiriiska, Gobolka EEA, ama Waddamada Barwaaqo-sooranka.

• Shatiga wadista laga bixiyay UK, Northern Ireland, Channel

Islands, Isle of Man, ama gobolka EEA.

- Qaar ka mid ah kaararka safarka, sida kaarka baska qofka da'da ah ama kaarka Oyster 60+.
- Kaarka aqoonsiga oo sita hologramka Caddaynta Heerarka Da'da (kaararka 'PASS').

Codbixiyayaashu uma baahna inay tusaan aqoonsiga sawirka si ay ugu codeeyaan boostada ama wakiillada.

Qof kasta oo u dhaqmaya sidii wakiil si uu ugu codeeyo qof magaciisa wuxuu u baahan doonaa inuu muujiyo aqoonsi sawirkiisa goobta doorashada.

Haddii aadan haysan mid ka mid ah aqoonsiga sawirka la ansixiyay, waxaad codsan kartaa dukumeenti

aqoonsiga cod-bixiyaha oo bilaash ah oo loo yaqaan Shahaadada Hay'adda Cod-bixinta (VAC) ee [www.gov.uk/apply-for-photo-id-voter-authority-certificate](http://www.gov.uk/apply-for-photo-id-voter-authority-certificate).

Si aad u codsato VAC, waa in lagu diwaan galiyo si aad u codayso, bixiso sawir, waxaana laga yaabaa inaad u baahato inaad bixiso aqoonsi ka hor inta aan la siin Shahaadada Hay'adda Codbixiyaha. Waxaad iska diiwaan gelin kartaa si aad u codeyso [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

Maalinta ugu danbeysa ee la codsado is diwaan galinta codbixinta 2da may waa talaadada 16ka April 2024

Waxa jira macluumaad dheeraad ah oo ku saabsan aqoonsiga codbixiyaha, oo ay ku jiraan liiska buuxa ee aqoonsiga la aqbalay ee ah [www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID) ama wac khadka caawinta Komishanka 0800 328 0280.

[www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID) ama wac khadka caawinta Komishanka 0800 328 0280.

### Samee taariikhda doorashada ee doorashada 2da May

Maalinta Khamiista ee 2-da May codbixiyayaasha London oo dhan waxay u dareeri doonaan goobaha codbixinta si ay u doortaan Duqa magaalada London, 14 xubnood oo ka tirsan golaha London, kuwaas oo metelaya 14ka degmo ee London, iyo 11 xubnood oo Golaha Wakiilada ah oo matali doona London oo dhan.

Codbixintu waxay dhacaysaa inta u dhaxaysa 7 subaxnimo ilaa 10 habeenimo waxaana natiijada lagu dhawaaqay Sabtida 4 May.

## 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 Greatorex Street, E1.  
020 7247 1050  
towerhamlets@eastend-  
cab.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

#### Covid vaccine helpline

Tower Hamlets Council  
has launched a Covid-19  
vaccine helpline, on  
020 7464 3030, to support  
residents who are eligible  
for vaccination to book  
their appointment.

#### 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@healthwatchtower  
hamlets.co.uk  
www.healthwatchtower  
hamlets.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.towerhamlets  
yphws@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

020 7364 2826

#### Homeless service

020 7364 7474  
Out of hours  
020 7364 4079

#### Homeseekers

www.thhs.org.uk

#### Housing advice

020 7364 3558

#### Repairs

0800 376 1637 ext 1

#### Tower Hamlets Homes

020 7364 5015

### 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.  
020 7488 9421

#### Mile End Park Leisure

Centre and Stadium  
190 Burdett Road, E3.  
020 8709 4420

#### Poplar Baths

170 East India Dock Road,  
E14. 020 3795 0599

#### St George's Leisure Centre

221 The Highway, Wap-  
ping E1. 020 7709 9714

#### Tiller Leisure Centre

Tiller Road, Isle of Dogs  
E14. 020 7987 5211

#### Whitechapel Sports Centre

55 Durward Street, E1.  
020 7247 7538

#### York Hall Leisure Centre

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

For the latest information  
and updates, including  
details of opening hours or  
temporary closures, visit  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
or [www.better.org.uk](http://www.better.org.uk)

### Parent & child

#### Family Information Service

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

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

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

#### Tower Hamlets National Childbirth Trust

0300 330 0700  
www.nct.org.uk

### Report it

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

0800 528 0294

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

020 8980 3503

#### 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

### Sign-up to Tower Hamlets news

Find out what's on,  
get Tower Hamlets  
news, take part in  
competitions and  
receive local offers  
straight into your  
inbox!

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



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