

**Just Say**   
**Hello**

# **Community activities in Tower Hamlets**

**Connection Coalition**

# Contents

Whether you're looking to meet others in your local community, wellbeing activities or a space to belong, there's something for everyone in Tower Hamlets. From walking groups and creative workshops to befriending calls, these services are here to help you feel connected, supported, and part of your community.

Inside are some free and low-cost ideas.





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# Wellbeing activities for adults

Looking to boost your wellbeing or meet new people?  
These local community groups offer a wide range of low-cost and welcoming activities.







## Social groups and activities

### Well One







-  Bow, Bromley by Bow, Mile End, Aberfeldy, Limehouse, Poplar and Isle of Dogs (East Tower Hamlets)
-  *See website for session times*
-  *Free and low-cost local activities, community groups, and health services.*
-  [wellone.co.uk](http://wellone.co.uk)






## Healthy Island Partnership

-  Poplar, Limehouse, Isle of Dogs
-  various times Mon-Fri
-  Free health and wellbeing groups and activities for E14 residents
-  0751 890 7951
-  nelondonicb.healthyislandth@nhs.net
-  healthyislandth.com






## St. Hilda's East

-  18 Club Row, London E2 7EY
-  Various sessions throughout the week
-  Wellbeing groups, youth & family activities, advice clinic.
-  020 7739 8066
-  mail@sthildas.org.uk
-  sthildas.org.uk

## Roots of wellness





-  Hason Raja Centre, 117 Vallance road, E1 5BW
-  Wellbeing, cooking, intergenerational programmes for Bangladeshi residents.
-  info@rootsofwellness.uk

## MIND Tower Hamlets







-  13 Whitethorn St, E3 4DA
-  Weekdays, some evenings and Saturdays
-  Groups and activities supporting mental health recovery.
-  connecting.communities@mindthnr.org.uk
-  mindthnr.org.uk

# Active and energising sessions






## **This Morning Walking Group**

-  Poplar Bakehouse, 8a Cotall St, E14 6TL
-  Fridays, 7:30–8:30am
-  Morning walk to start your day right.
-  [poplarunion.com/event/morning-walking-group](http://poplarunion.com/event/morning-walking-group)







## **Walk East**

-  Tower Hamlets (various locations)
-  Times vary – contact for details
-  Do a local walk and learn about local history.
-  0791 922 1806
-  [graham@walkeast.org](mailto:graham@walkeast.org)
-  [walkeast.org](http://walkeast.org)

## **Burcham Street Gardeners**

-  98 Burcham St, E14 0SH
-  Saturdays, 9:30am–12:00pm
-  Creative gardening group for wellbeing and connection.
-  [consortium50@gmail.com](mailto:consortium50@gmail.com)
-  [wellone.co.uk](http://wellone.co.uk) – Burcham Gardeners

## **Thai Boxing Fighters Academy**

-  Mile End area
-  Tuesdays 7:30–9pm, Thursdays 7–8:30pm
-  Adults-only Thai boxing sessions (£5 per class).
-  07769 797916
-  [thaiboxingfighteracademy@yahoo.co.uk](mailto:thaiboxingfighteracademy@yahoo.co.uk)
-  [thaiboxingfightersacademy.com](http://thaiboxingfightersacademy.com)



## Creative groups

### Peabody Singing Group

- 📍 11 Shipton St, Bethnal Green, E2 7RU
- 🕒 Mondays, 10:15–11:15am
- 💬 Friendly singing group – all voices welcome (£2).
- 📞 020 3828 3928
- ✉️ [sundial@peabody.org.uk](mailto:sundial@peabody.org.uk)

### Outside Edge Theatre Company






- 📍 192-196 Hanbury St, London E1 5HU
- 🕒 Every Tuesday
- 💬 Drama and writing workshops for those afflicted by addiction.
- 🌐 [outsideedge.org](http://outsideedge.org)



# Women only activities

Looking for a space to connect, grow, and feel supported? These local groups offer women of all backgrounds opportunities to build confidence, improve wellbeing and meet others in a welcoming environment.

## Account3 – Training & Support for Women

-  3 Birkbeck St, London E2 6JY
-  Courses run throughout the year
-  Training, advice, and support for ethnically diverse and marginalised women.
-  020 7739 7720
-  [account3.org.uk](https://account3.org.uk)

## Gentle Movements with Good Friends

-  Collingwood Children's Centre, Buckhurst St, E15QT
-  Tuesdays, 10am–12pm
-  Gentle walking group with free coffee and conversation (English & Bengali).
-  07944 966141

## Women's Inclusive Team (WIT)

-  Mayfield House, 202 Cambridge Heath Rd, E2 9LJ
-  Various sessions year-round
-  Empowerment, wellbeing, youth support, and food services for BME communities.
-  020 7790 2650
-  [wit.org.uk](https://wit.org.uk)






## The Wild Women Collective

-  Brownfield Cabin, 82 St. Leonard St, E14 0QU
-  Monthly meetups + workshops throughout the year
-  Women's wellbeing group with creative sessions and social gatherings.
-  [twwcinspire@gmail.com](mailto:twwcinspire@gmail.com)






# Men only activities

Local groups across Tower Hamlets offer men of all ages the chance to connect, share experiences, and take part in creative or supportive activities.





## Harford Street Men's Mental Health Forum

-  Harford Street Multicentre, 115 Harford St, E1 4FG
-  Contact for session times
-  Supportive space for men's mental health and wellbeing.
-  020 7790 1059
-  [harfordhealthcentre.nhs.uk](mailto:harfordhealthcentre.nhs.uk)

## Father Figures Matter – Pappa Young CIC

-  Tower Hamlets wide
-  Ongoing activities
-  Adventures, activities, and support for father figures and male carers.
-  07940 342 219
-  [fatherfiguresmatter@gmail.com](mailto:fatherfiguresmatter@gmail.com)

## The Men's Cabin







-  Brownfield Cabin, 82 St. Leonard St, E14 0QU
-  Wednesdays, 2–4pm
-  Creative and social group for men of all ages – tea, chat, and activities.
-  [themenscabin@gmail.com](mailto:themenscabin@gmail.com)







# Parents and parents to be

Families in Tower Hamlets can access a wide range of free support, from parenting courses to financial wellbeing groups and friendly meetups for new parents.









## Tower Hamlets Parents Centre

-  Unit 1, Links Yard, 29 Spelman St, E1 5LX
-  Ongoing activities
-  Free English classes, social clubs, and support for local families.
-  020 7650 8936
-  [admin@parentcentre.org](mailto:admin@parentcentre.org)
-  [parentcentre.org](http://parentcentre.org)





## Free Financial Wellbeing Group

-  Collingwood Community Centre, Barnsley St, E1 5RB
-  Fridays, 11am–2pm (lunch included)
-  Free support group for parents and carers to improve financial wellbeing.
-  [safh.org.uk/suresteps](http://safh.org.uk/suresteps)

## Family Hubs – Parenting Support

-  Various centres across Tower Hamlets
-  Online and in-person courses
-  Free parenting courses, including SEND support and behaviour management.
-  020 7364 2240 (Zubair)
-  [zubair.ahmed@towerhamlets.gov.uk](mailto:zubair.ahmed@towerhamlets.gov.uk)
-  020 7364 2240 (Syeda)
-  [syeda.pasha@towerhamlets.gov.uk](mailto:syeda.pasha@towerhamlets.gov.uk)
-  [thfamilyhubs.co.uk](http://thfamilyhubs.co.uk)

## Community Birth Group







-  Collingwood Community Centre, E1 5RB
-  Last Friday of the month, 11am–1pm (lunch at 1pm)
-  Friendly, multilingual group for new and expectant parents.
-  [safh.org.uk/suresteps](http://safh.org.uk/suresteps)









# Residents aged 50+

Residents aged 50+ in Tower Hamlets can access a wide range of free and low-cost services to stay connected and be sociable.







## LinkAge Plus – Toynbee Hall & Borough-wide Hubs

-  28 Commercial St, London E1 6LS + 4 other hubs
-  Ongoing activities
-  Support for over-50s: social clubs, health and wellbeing, IT help.
-  020 7392 2913
-  [linkageplus@toynbeehall.org.uk](mailto:linkageplus@toynbeehall.org.uk)
-  [toynbeehall.org.uk/linkage-plus](http://toynbeehall.org.uk/linkage-plus)







## Age UK – Caxton Hall Community Centre

-  Caxton Grove, Bow, London E3 2EE
-  Ongoing activities for 50+
-  Social and wellbeing activities to reduce loneliness and build community.
-  020 8981 7124
-  [info@ageukeastlondon.org.uk](mailto:info@ageukeastlondon.org.uk)
-  [ageuk.org.uk/eastlondon](http://ageuk.org.uk/eastlondon)






## Age UK – Digital Inclusion for 50+

-  Tower Hamlets
-  Weekly virtual or in-person sessions
-  Free tablet loan and 1:1 support to get online.
-  020 8981 7124
-  [digitalinclusion@ageukeastlondon.org.uk](mailto:digitalinclusion@ageukeastlondon.org.uk)
-  [ageuk.org.uk/eastlondon](http://ageuk.org.uk/eastlondon)






## Age UK – Home Help Service

-  Tower Hamlets
-  Flexible hours, from £25/hour
-  Light housework, shopping, appointments, and companionship.
-  020 3011 1241
-  [homeandcare@ageukeastlondon.org.uk](mailto:homeandcare@ageukeastlondon.org.uk)
-  [ageuk.org.uk/services/in-your-area/home-help](http://ageuk.org.uk/services/in-your-area/home-help)





## Age UK – Older People's Reference Group

-  Tower Hamlets
-  Regular meetings
-  Have your say on local issues and shape your community.
-  Grace Patient: 07375 051 123
-  [ageuk.org.uk/eastlondon](http://ageuk.org.uk/eastlondon)







## Limehouse Project – 50+ Luncheon Club

-  Mon: Harford St Multicentre, E1 4FG | Wed: Dora Hall, E14 7TP
-  12–3pm
-  Lunch, social activities, and wellbeing support for 50+.
-  [info@limehouseproject.org.uk](mailto:info@limehouseproject.org.uk)
-  [limehouseproject.org.uk](http://limehouseproject.org.uk)






### Neighbours in Poplar – Lunch Club 50+

-  113 Poplar High St, London E14 0AE
-  Contact for times
-  Friendly lunch club for over-50s.
-  [neighboursinpoplar.com](http://neighboursinpoplar.com)







### Globe Community Project – Wellbeing for Over 60s

-  St Margaret's House, 17 Old Ford Rd, Bethnal Green, E2 9PJ
-  6-week courses
-  Small group wellbeing courses to support ageing and mental health.
-  07419 586150
-  [gcp@globecommunityproject.org](mailto:gcp@globecommunityproject.org)
-  [globecommunityproject.org](http://globecommunityproject.org)

### Sonali Gardens – Elders Day Centre & LinkAge Plus

-  79 Tarling St, London E1 0AT
-  Drop-in or call for details
-  Activities and support for older Bangladeshi and local residents.
-  020 7265 9292
-  [sthildas.org.uk/older-people](http://sthildas.org.uk/older-people)

### St Hilda's East

-  18 Club Row, London E2 7EY
-  Ongoing activities
-  Fitness, creative sessions, advice, and social clubs for older adults.
-  020 7739 8066
-  [mail@sthildas.org.uk](mailto:mail@sthildas.org.uk)
-  [sthildas.org.uk](http://sthildas.org.uk)

# Faith groups

Places of worship and faith-based organisations can provide welcoming spaces for connection, support, and community.



[faithintowerhamlets.org/places-of-worship/](https://faithintowerhamlets.org/places-of-worship/)

## Neighbours in Poplar



St. Matthias Community Centre, 113 Poplar High St, E14 OAE



Events and services throughout the year



Support for vulnerable and isolated residents, especially those living alone.



020 7531 0190








[enquiries@neighboursinpoplar.com](mailto:enquiries@neighboursinpoplar.com)








[neighboursinpoplar.com](https://neighboursinpoplar.com)









## **The Good Shepherd Mission**

-  17 Three Colts Lane, London E2 6JL
-  Nation's Group: Mondays 7:45pm (except 2nd Mon); Women's Group: Fridays 9:30am
-  Small groups for prayer, social connection, and community outreach.
-  [andy.wright@goodshepherdmission.org.uk](mailto:andy.wright@goodshepherdmission.org.uk)  
[timms\\_anna@hotmail.com](mailto:timms_anna@hotmail.com)
-  [goodshepherdmission.org.uk](http://goodshepherdmission.org.uk)

## **Zacchaeus Project – Bethnal Green Methodist Church**

-  Approach Rd, London E2 9JP
-  Activities for over-50s – free to join
-  Support, advice, and social activities for older people and carers.
-  07712 332324 | 020 8983 1568
-  [zacchaeusproject.org.uk](http://zacchaeusproject.org.uk)







## **Discover One – East London Mosque**

-  82–92 Whitechapel Rd, London E1 1JQ
-  Ongoing support
-  Educational and social support for new Muslims.
-  020 7650 3000
-  [info@eastlondonmosque.org.uk](mailto:info@eastlondonmosque.org.uk)
-  [eastlondonmosque.org.uk](http://eastlondonmosque.org.uk)






# Refugees, migrants and asylum seekers

Safe, welcoming spaces are available across Tower Hamlets for migrants, refugees, and asylum seekers.

## Globe Community Project – Touching Safe Ground

-  St Margaret's House, 17 Old Ford Rd, Bethnal Green, E2 9PJ
-  Ongoing sessions
-  Yoga, English, and community-building for migrant, refugee, and asylum-seeking women.
-  07419 586150
-  outreach@globecommunityproject.org
-  globecommunityproject.org

## Praxis – Support for Migrants & Refugees

-  Pott Street, London E2 OEF
-  Advice line: Wed 2–5pm, Thu 10am–1pm | Drop-in: 2nd Wed monthly
-  Free advice, support groups, and creative community action for migrants.
-  020 7749 7605
-  praxis.org.uk






# LGBTQ+

Tower Hamlets is home to a range of inclusive spaces where LGBT+ residents and allies can connect and find support.





## **Tower Hamlets LGBT+ Community Forum**

-  Tower Hamlets wide
-  Monthly meetings + quarterly socials
-  A space for LGBT+ people and allies to connect, network, and influence local issues.
-  [lgbtforum@elop.org](mailto:lgbtforum@elop.org)
-  [thlgbtvoices.wordpress.com](http://thlgbtvoices.wordpress.com)






## **Step Forward**

-  234 Bethnal Green Rd, London E2 0AA
-  Free support for ages 11–25  
Counselling, LGBTQ+ support, sexual health, mindfulness, and art therapy.
-  [step-forward.org](http://step-forward.org)

## **Bromley by Bow Centre – LGBTQIA+ Coffee**

-  St. Leonard's St, London E3 3BT
-  Most Tuesdays, 5–6pm
-  Friendly drop-in coffee hour for LGBTQIA+ community members.
-  [bbbc.org.uk/whats-on](http://bbbc.org.uk/whats-on)

## **Apongchor – LGBTQ+ Bangladeshi Group**

-  Poplar Union (First Monday of each month)
-  Monthly meetups
-  Support and advice for Bengali LGBTQIA+ people and their friends.
-  [ahmed\\_sohel@icloud.com](mailto:ahmed_sohel@icloud.com)
-  Look for Apongchor on Facebook




# Disabled residents/ SEND

Tower Hamlets offers inclusive services for disabled residents and families with children and young people with SEND.

## **REAL – Support for Disabled People**

-  Isle of Dogs, Tower Hamlets
-  Ongoing support
-  Advice, digital inclusion, and community support run by and for disabled people.
-  020 7001 2177
-  TCOYL@real.org.uk
-  real.org.uk

## **SEND Community Hub (Ages 8–18)**

-  Aberfeldy Neighbourhood Centre, E14 0NU
-  Tuesdays & Thursdays, 5–7pm
-  Activities and support for young people with SEND.
-  07961 515925
-  brennandterri@gmail.com



# If you cannot leave your home

If you or someone you know is unable to leave home, there are still many ways to stay connected, supported, and cared for in Tower Hamlets:


## Befriending & Social Support

### **NHS East London Befriending**

 Weekly phone calls via GP referral.

 [elft.nhs.uk](http://elft.nhs.uk)


### **Age UK Community Befriending**

 Home visits, calls, and outings for older adults.

 020 8981 7124

 [befriending@ageukeastlondon.org.uk](mailto:befriending@ageukeastlondon.org.uk)

### **Eden Care**


 Befriending and advocacy for people who are terminally ill or long-term sick.


 07957 199 328

 [info@edencareuk.com](mailto:info@edencareuk.com)

## Home Help & Care


### **APASEN**

 Home care and support tailored to your needs (paying service).

 020 7001 2270

 [info.homecommunity@apasen.org.uk](mailto:info.homecommunity@apasen.org.uk)

### **Age UK Home Help**


 Light housework, shopping, and companionship (from £25/hour).

 020 3011 1241

 [homeandcare@ageukeastlondon.org.uk](mailto:homeandcare@ageukeastlondon.org.uk)

## Carer Support

### **Carers Centre Tower Hamlets**

 Respite, relaxation, and training for carers.

 020 7790 1765

 [enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)



## Digital Inclusion & Online Support

### **Age UK Digital Champions**

 Free tablet loan and 1:1 digital help.

 020 8981 7124


### **REAL**

Digital support and advice for disabled people.

 020 7001 2177

 [TCOYL@real.org.uk](mailto:TCOYL@real.org.uk)

### **Idea Stores (libraries)**

 Confused about the digital world? Join a free weekly drop-in sessions

 [ideastore.co.uk/whats-on](http://ideastore.co.uk/whats-on)



# About this guide

This guide was produced by the Public Health team in Tower Hamlets Council with the community and voluntary sector and other partners who are part of the Connection Coalition. The aim of the Coalition is to bringing residents together and enhance social connection.

**For more information, visit the community directory of Tower Hamlets Connect**

**[www.towerhamletsconnect.org](http://www.towerhamletsconnect.org)**

