

COUNCIL NEWS



Campaign launched to help with cost-of-living crisis

SEE PAGES 4-5

ACCELERATE EDUCATION



£1.1m to support our young people

SEE PAGE 6

CELEBRATING OUR BOROUGH



Eight gold awards for our parks

SEE PAGE 29

ISSUE TWENTY-SEVEN // DECEMBER 2022



OU REASTEND



Shop local

Exploring our high streets and markets- page 14

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OUR EAST END

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

A message from the Mayor of Tower Hamlets



It has been a busy few months at the council as we say goodbye to 2022 and welcome in the New Year.

Many will be worried about what 2023 holds, with anxieties over the rising cost of living.

However, I hope the schemes we have put in place at the end of 2022 will help ease some of these concerns.

This includes launching a cost-of-living package worth more than £5m to help those who will struggle the most, and introducing our £1.1m investment to support those young people in our borough who want to continue education after 16 but would struggle to afford it.

Of course, as well as keeping financially well during the winter, it is also important that we keep mentally and physically well. I would encourage everyone who is eligible to get their Covid-19 and flu jabs – it is never too late to protect yourselves against these serious illnesses so please do take up the offer of the vaccinations.

It's the people in Tower Hamlets who make this such a fantastic place to live, and I know that you will continue to support each other through this winter, whether that is checking in on friends and family to make sure they are coping through the cold weather, to shopping local this festive period.

Instead of buying online from faceless

corporations, put your pound in the pocket of local businesses – they are the life blood of our high streets.

The New Year also sees us move to our new town hall.

It's an exciting start to the year and I'm looking forward to completing the move to Whitechapel so we can get on with the work to make sure everyone in Tower Hamlets has a happy, successful and prosperous 2023.

Lutfur Rahman

Mayor of Tower Hamlets

Our East End is produced by:

Tower Hamlets Council

Editorial enquiries: 020 7364 4389

Email: communications@towerhamlets.gov.uk

Advertising enquiries: 020 7364 6005

Printed by: Reach Printing Services

Distributed by: London Letterbox Marketing

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Don't forget to claim your council support

Residents who are entitled to receive money from the Mayor's Energy Fund will have received a letter from the council.

It is vital that you keep hold of this letter and take it to the Post Office to claim your cash, along with identification.

The Mayor's Energy Fund sees grants of up to £300 handed out to our most vulnerable residents, who are identified through council data.

- For more information and to see what help is on offer, please visit our webpage towerhamlets.gov.uk/costofliving.

Affordable, healthy food for the most vulnerable

COST OF LIVING

Three new food pantries have been launched to tackle poverty and support residents through the cost-of-living crisis.

In partnership with national charity Family Action, the FOOD Store project aims to provide affordable quality food to those who need it.

Tower Hamlets Council has earmarked just under £100,000 to roll out a network of FOOD Store pantries in the borough. The FOOD Store allows people to access a significant amount of nutritious food for a weekly £3.50 fee, including fresh fruit and vegetables, quality ready meals and

store cupboard staples.

Over the course of a membership, which typically lasts for six months, people will also be helped to access the support they need to tackle their financial hardship, including help with debt, welfare access, housing, employment and other areas.

Cllr Maium Talukdar, Deputy Mayor of Tower Hamlets, and Cllr Gulam Kibria Choudhury, Cabinet Member for Health, Wellbeing and Social Care, officially launched the FOOD Store: Blackwall in Blackwall Reach community hub in Poplar.

Cllr Talukdar said: "We have already introduced several support packages worth more than £5million to help our most vulnerable residents including an energy fund.

"Our next step is to open FOOD Stores and support existing food banks to make sure no-one goes hungry."

Cllr Saied Ahmed, Cabinet Member for Resources and the Cost of Living, added: "The pantries will work with food distribution charities like the Felix Project to make sure families receive quality fresh fruit and vegetables while helping the planet by cutting down on waste."

Working with charity Family Action, the partnership will allow three pantries launched by the organisation last year to remain open, while a further three will be introduced this year.

They join the programme's pilot site, operated by charity Burdett

FC in Mile End, to form a network of seven FOOD Stores with access spread across the borough in areas of need.

“

Our next step is to open FOOD Stores and support existing food banks to make sure no-one goes hungry.



Residents can sign up to receive fruit and veg, ready meals and store-cupboard staples for a small weekly fee



Supporting you with the cost of living



www.towerhamlets.gov.uk/costofliving

The new Cost-of-Living Help website has a benefit calculator and information on the grants available

Campaign launched to help you cope with rising costs

Residents affected by rising costs will be directed to available support through a new Cost-of-Living Help campaign website.

The website is a place that brings together the support available from the council, government and partners. It includes money saving tips, support and information on available grants and benefits.

The Mayor and the council have introduced a financial support package including:

- £1m Mayor's Energy Fund, providing grants of up to £300 to the borough's most vulnerable residents
- £2.7m cost-of-living relief package providing one-off grants of £100 to low income households, including £100 per free school meal-eligible child
- £600k Resident Support Scheme

providing crisis grants to those in need

- Freezing council tax for four years
- Offering a 100 per cent council tax reduction scheme
- Introducing six food pantries across the borough
- Supporting local food banks with supplies through the Tower Hamlets Food Hub
- £1m per year of funding to the voluntary sector to provide welfare and benefits advice
- £1.8m Holiday Activities and Food programme for free school meal-eligible children, funded by Department for Education

Lutfur Rahman, Mayor of Tower Hamlets, said: "As the cost-of-living crisis deepens, we continue to step up our support for residents. We are launching our Cost-of-Living

Help campaign, which provides information to help people save money, access support and, in some cases, grants provided by the council or the government."

Cllr Saied Ahmed, Cabinet Member for Resources and the Cost of Living, said: "During these difficult times, I would ask everyone to look out for each other.

"Residents demonstrated this community spirit throughout the pandemic.

"Checking in on neighbours or those you believe are struggling could make all the difference to them and, more importantly, when you put them in touch with help."

For anyone without internet access at home, Tower Hamlets has four Idea Stores and two libraries which provide free internet access.

- Visit www.towerhamlets.gov.uk/costofliving

Warm spaces

Our Idea Stores and libraries will be hosting warm hubs for residents wanting a safe space to keep warm.

Refreshments including hot drinks, squash and biscuits will be available.

The warm hubs will also be hosting board games sessions to keep residents entertained. Staff will be on hand to signpost people to advice and support services if required.

The Idea Stores in Whitechapel, Bow and Chrisp Street will be open from Monday to Friday from 11am to 5pm, Saturday from 11am to 4pm, and Sunday from 12noon to 2pm.

The libraries in Cubitt Town and Bethnal Green will be open Monday to Thursday from 11am to 5pm and Saturday from 11am to 4pm.

£15m in benefits goes unclaimed every year

Benefits worth over £15m a year are going unclaimed in Tower Hamlets, which could provide a lifeline to thousands of families struggling with the cost-of-living crisis.

More than £13m of Universal

Credit is currently thought to be going unclaimed but the actual figure could be higher.

The figures only reflect households who are claiming council tax reduction or housing

benefit and doesn't include all households in the borough eligible for Universal Credit.

Older people are missing out on over £1.7m worth of Pension Credit, and £700,000 of Disability

Premium is not being claimed.

There is a benefit checker on the council's new Cost-of-Living Help campaign website.

- Visit www.towerhamlets.gov.uk/costofliving

£1.1m investment to support our young people's education

ACCELERATE EDUCATION

Young people are being supported to stay in education after the age of 16 thanks to two new funds.

The funds are part of Mayor Lutfur Rahman's commitment to support young people to have greater life opportunities. They are particularly important given the cost-of-living crisis which is putting pressure on family budgets.

The Mayor's Education Maintenance Allowance (EMA) is a £400 payment to eligible students to support them with their studies for the 2022/23 academic year. A funding package of £500k was

announced for the first year of EMA which will support 1,250 students.

The Mayor's University Bursary Award will support eligible students with living costs at university. Eligible students can apply for a £1,500 payment to support with costs associated with their undergraduate studies, including accommodation, books and resources.

The total funding of £600k will support 400 students in the first year.

Payments for both schemes will be issued directly to the young people and can be applied for via the council's website.

Lutfur Rahman, Mayor of Tower Hamlets, said: "I am delighted

to announce the Education Maintenance Allowance (EMA) and University Bursary Award schemes that will help minimise the financial challenges for young people pursuing further education.

"This financial support will help give young people the confidence and encouragement to continue their studies amid the cost-of-living crisis.

"Education is very close to my heart and supporting lifelong learning is a priority for my administration.

"It is vital that young people are supported to reach their full potential and given the tools and opportunities to become the future leaders of the next generation."

Cllr Maium Talukdar, Deputy Mayor and Cabinet Member for Education and Lifelong Learning, said: "Every young person deserves a chance for an excellent education, irrespective of their financial circumstances.

"The announcement of these two schemes demonstrates the council's commitment to supporting the young people in Tower Hamlets at a time when many families are struggling."

The first application round for both schemes opens on 1 November 2022 and closes on 1 January 2023.

• You can apply for EMA and the bursary at towerhamlets.gov.uk/EMA



Steve Nyakatawa, Director of Education at LBTH, Cllr Maium Miah, Cabinet Member for Education and Lifelong Learning, Mayor Lutfur Rahman, Farheen Alom and Zarah Miah, students at George Green's School, Mohammed Shabbir Ahmed, past recipient of EMA, and Jon Ryder, Principal at George Green's School



Our youth workers were celebrated during a week of activities, including an achievements evening, above, and football sessions with Blackwall FC, below

Thanking our youth workers

Events took place across Tower Hamlets to showcase our fantastic young people during this year's Youth Work Week, which celebrates the positive impact youth work has on young people.

Youth workers are those who support young people to achieve their full potential through providing mentoring, advice and support.

There were three awards ceremonies, sessions for young carers, drama clubs, arts and crafts, training sessions with Blackwall FC, and much more.

One of the youngsters who received an award was 18-year-old Ishaq.

He struggled after the sudden death of his father and joined the Blackwall FC Project which allowed

him to use football as a way of coping and an outlet.

He is now training to be a youth work trainee at the Osmani Youth Space, working towards being a qualified youth worker.

Cllr Maium Talukdar, Cabinet Member for Education, Youth and Lifelong Learning, said: "We want to give our children and young people the best start in life.

"During Youth Work Week we celebrated the positive impact youth work has on young people and recognised the incredible talents and achievements of the young people in Tower Hamlets.

"Thank you to our young people, staff and volunteers who inspire each other every day."



'Overwhelmingly good' experience for children in care

Children in care in Tower Hamlets benefit from committed social workers who build positive relationships with them and understand their needs and wishes well, a report from Ofsted has found.

Ofsted, which inspects services providing education and skills for learners of all ages, carried out a routine inspection of the children's services in the borough, and their findings were overwhelmingly

positive.

They found that the vast majority of children in care in Tower Hamlets are living in placements that are meeting their individual needs well and are helping to improve their experiences and progress.

The report also notes that the children receive effective education support, enabling them to reach their potential.

Special mention was made of the

service's leaders who, the report highlights, "know their services well and have a clear vision and appropriate priorities which they are pursuing through a comprehensive improvement plan".

One child in care said their social worker had "changed her life" and that "having people who believe in you and never give up on you is important".

Another said: "I love my social worker and want her to remain in

my life even though I'm over 18 now. She actually listens to what I have to say and she goes above and beyond.

"If I email or message her about what's going on for me, she always gets back to me and talks to me or checks how I am and how things are going. She always remembers my birthday and I know she cares about me."

• **Read the full report on the Ofsted website.**

New town hall saving part of our borough's fascinating history

INVESTING IN SERVICES

Tower Hamlets Council is bringing the Royal London Hospital site in Whitechapel back into community use as our new town hall.

Opened in 1757, the Grade II listed building was once a bustling facility where generations of east Londoners were born and cared for.

Despite being one of London's most important structures it has

been closed since 2014 and was falling into disrepair.

The council has saved the building by transforming it into the borough's new town hall to once again serve the public.

The new town hall will be a building for everyone.

The entire ground floor will be dedicated for public use in an accessible place which is a stark contrast to the council's current civic centre which is a rented building in

East India Dock.

The new town hall will be a place to get things done, simply and quickly, with Tower Hamlets Homes and the clinical commissioning groups also in the building.

The new town hall will support our residents with a new event and exhibition space, including a new council chamber, and a residents' hub so that those who need additional support can talk to someone face to face.

Opening in phases from the end of February, the new town hall will be a cornerstone of historic changes to Whitechapel.

Our current town hall, Mulberry Place, will be closing by the end of February.

- You can follow the progress of the move to the new town hall on the council's social media sites, website, resident's newsletter and Our East End.



From the Tower Hamlets Local History Library and Archives: A sketch of Queen Victoria's royal procession passing The London Hospital in 1887



The hospital from Whitechapel Road in c.1753, below left, and in the 20th century, below right, and modern day, above



Hospital building dates back to 18th century

The former Royal London Hospital dates back to 1740 when philanthropists who wanted to treat the sick and poor in the East End founded the London Infirmary.

Building work started on the premises in Whitechapel in 1752 with the foundation stone being laid.

It didn't start to accept patients until 1757, when it changed its name to The London Hospital.

There were continued alterations, developments and extensions

carried out throughout the next centuries and, by the end of the 19th century, it was the largest charitably-funded general hospital in the UK, and had more than 1,000 beds by the early 20th century.

The hospital played a major role in treating the wounded from both World Wars. It became part of the NHS in 1948.

The hospital is well known as the home of Joseph Merrick, who was called the 'Elephant Man' due to the

physical disabilities he was born with.

Merrick was exhibited in shows until he came to be cared for at the hospital in 1886. He lived there until his death in 1890 aged just 27.

Queen Elizabeth II granted the hospital permission to use the Royal title in 1990 to celebrate its 250th anniversary, and so it became known as The Royal London Hospital.

In 1994, The Royal London,

London Chest Hospital and St Bartholomew's joined to become The Royal Hospitals Trust, with the Queen Elizabeth Hospital for Children joining the Trust in 1998. In 1999 the Trust was renamed as Barts and The London NHS Trust.

The building steadily became outdated and not suitable for current medical use. Work started on a replacement The Royal London Hospital in 2007 and was completed in 2012.

Hundreds of new homes for borough

HOMES FOR THE FUTURE

More than 1,500 new apartments and family homes are set to be built as part of a regeneration scheme.

Tower Hamlets Council is working with Swan Housing Association and the Greater London Authority to deliver the four-phase scheme in Blackwall Reach.

Phase 1 was fully completed in 2020 and provided 340 affordable and private homes and nine new business units. Phase 1 of the regeneration was used to rehouse Robin Hood Gardens residents.

There is also a new community hub, known as The Reach, and Poplar Mosque has been relocated.

Phase 2 is currently being built and will be completed in early 2023. This phase will deliver 268 new homes across four new blocks of varying heights with views of the new Millennium Green park.

The affordable homes will rehouse the remaining tenants from Robin Hood Gardens.

Millennium Green will create a public park for residents and locals alike. There will be a variety of children's play and relaxation areas for all ages as well as an outdoor gym and a community garden for



Phase 3 of the project has been granted planning permission and will see 315 homes built

events and food growing.

Phase 3 received planning permission in 2021 for 315 private and affordable homes, along with a café/restaurant for the community.

Swan runs a range of activities from Holiday Hunger Clubs to

Street Doctor first aid training for Blackwall residents from The Reach community hub, which was opened in 2016.

Swan and New City College have developed a Construction Skills Award Programme for residents in

the borough to gain an Entry Level 3 qualification in construction skills. This training helps local people get jobs in construction.

There are already a number of thriving businesses established in Blackwall Reach.



Fatih Ozcan, owner of The Chairman Gentlemen's Grooming, has worked as a traditional barber for nine years and chose Blackwall Reach as the location of his first shop.

He said: "I was drawn to this area because Blackwall Reach is a very multi-cultural place with an amazing history. The area has been known as Blackwall since the middle ages and takes its name from the colour of the river wall."

He added: "The diversity in the area offers an opportunity for more businesses to offer a wide variety of products and services. I enjoy working here and building strong relationships with my customers and serving the surrounding community as it grows. I am thinking about plans for expansion and hope that this shop is the start of a very successful business."



Thanh Vu, owner and founder of Dream Nails, said: "Blackwall Reach is a really good location for the fourth salon in my business network. I live locally and picking the right locations for my business is very important to me."

"There is an existing community here which is set to grow as the regeneration of the area progresses."

"The area also benefits from excellent transport connections; people who work in Canary Wharf can easily schedule appointments with us during their lunchbreak as it takes less than ten minutes to get here using the DLR."

Shamir Sidhu, founder and chairman of More Yoga, is also pleased to have opened in Blackwall Reach.

He said: "Our primary strategy is to be in locations that have high residential and commercial offerings and Blackwall Reach fits the criteria very well."

"The transport links on the doorstep, and a bus station coupled with a brand-new housing development is a perfect recipe – exactly the sort of thing we look for."

"We visualise that the Blackwall Reach retail area will have a strong community feel and our yoga studio will be the hub of that, so any other businesses setting up can thrive from the people we attract."





Broadwood Street has been named after John Broadwood & Sons piano factory which previously operated nearby

New street name hits the right notes with tribute to area's musical past

A new street which is part of a recently-built housing development has been given a name to pay homage to its musical roots.

John Broadwood & Sons piano factory was a major part of the history of Hackney Wick, as it manufactured pianos on a street adjacent to Dace Road for more than half a century during the 1900s.

Southern Housing Group and HG Construction are building 144 new homes, which will be 100 per cent affordable, and more than 5,500sqm of commercial space, on the new

development in Dace Road.

Tower Hamlets Council suggested the name Broadwood Street for one of the roads to strike a chord with the piano factory.

Adam Quinn, CEO at HG Construction, said: "We are committed to creating positive links with the communities in which we operate, and we are proud that this new development is honouring the history of the local area.

"Our Dace Road development will enable more people to access affordable homes in this vibrant area

and will benefit the wider community with beautifully designed public spaces."

Cathy Bacon, Head of Delivery and Regeneration at Southern Housing Group, added: "Hackney Wick has a longstanding heritage of creative industry, and the vast majority of the commercial space that we're providing here will be for light industrial, creative-maker space, with 750sqm of affordable workspace. We aim to create a vibrant community, a place where people want to come to live and work."



John Broadwood & Sons piano factory in the 1900s

Consultation on future of housing services

Council tenants and leaseholders, along with other key stakeholders, are being asked for their views on the future of services for people living in council homes.

Tower Hamlets Council has launched a consultation about how services for people living in council homes are managed, including the option to bring Tower Hamlets Homes (THH) back in-house.

Tower Hamlets Homes was

created in 2008 as an 'arms-length management organisation' (ALMO), to ensure the borough could qualify for the government's Decent Homes fund, which ended in 2017.

The current management agreement with THH ends in March 2024, which provides an opportunity to consider the best way to provide services for people living in council homes.

Tower Hamlets Council wants

to ensure that housing and council services are joined up to make it easier for residents to get what they need.

It's important that residents have a strong voice and their views are heard directly to help improve standards.

Bringing services back in-house will also help the council get the best value, and ensure it is closer to critical issues such as fire and

building safety.

The consultation closes on 18 December 2022.


Tenants and leaseholders have been sent a consultation pack in the post with a unique reference number to allow them to take part in the questionnaire.

- Tower Hamlets residents can share their views and find out more online at www.towerhamlets.gov.uk/talkhousing

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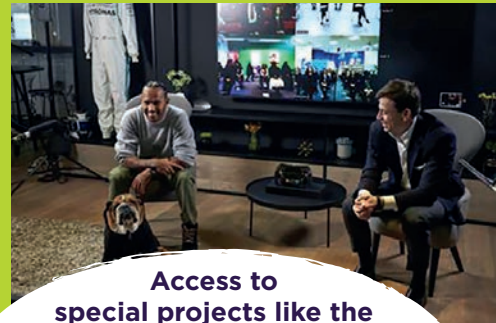
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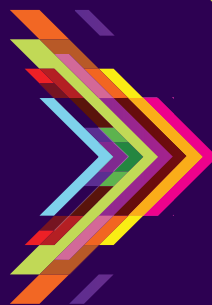
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Shop local to support local

BUSINESS AND JOBS

Why not explore the best your borough has to offer by making shopping local your New Year's resolution?

Krissie Nicolson, director of the East End Trades Guild (EETG), an alliance of 350 small independent businesses and the self-employed, said: "Tower Hamlets is the true East End. It is the origin of the punk spirit for DIY independent businesses.

"Many small businesses are rooted in the community. They know each other and their residents. When people know each other, this creates accountability, opportunity and often better, and more responsible, business practices than global corporates."

There are nine high streets and markets to explore in Tower Hamlets, from the amazing street market in Whitechapel to the iconic Clock Tower on Chrisp Street. Our local business owners are

encouraging everyone to shop local.

Abdul Tafader, owner of Cafe Lavista on Brick Lane, said: "If you spend money at a local store, a local business can make money and stay afloat and that money stays within the local community."

And there are plenty of ways to support a local business that doesn't involve spending money.

Sabinna Rachimova, owner of SABINNA, an ethical, innovative, and female-led clothing brand, who is pictured on the front cover, said: "Liking and following us on Instagram and engaging with us there is great.

"Give us a shout out and tag us or leave a Google review as all support counts.

"Someone once came by the studio to show me a cardigan they'd bought from us and loved so much they wanted to show it to us. And that made my week. Just telling people you appreciate them is often enough motivation to keep them going."

Giuseppe Pollifrone, owner of

Symposium, an Italian restaurant and deli on Roman Road, echoed this. He said: "Reviews are helpful. I try to ask my employees to ask for reviews and we always want to hear what customers want to see on our menu."

Sabinna, who has moved her studio to The Trampery, a new 50,000 sq ft campus for fashion, innovation and sustainability in the Creative Enterprise Zone of Hackney Wick and Fish Island, added: "As small businesses, we have this impact that we quite often underestimate. This impact is created when we get together with other small businesses."

London Centre for Book Arts is a space where artists and the wider community can affordably access equipment, resources and expertise to create books and publications, based in Fish Island.

Simon Goode and Ira Yonemura crowdfunded during the pandemic to support the business.

Simon said: "When we started

out, we didn't get any kind of outside funding.

"So, when we crowdfunded, we found out that people do think we're doing something worthwhile.

"That was a really nice feeling."

Akriti Puri, owner of Urbiana, a jewellery store based on Brick Lane, said: "It's really great to be open and to have survived the last two years.

"I cannot say enough how much we thank the support of local people and businesses.

"I don't think we would have had a business off the back of Covid if it wasn't for local people and all their support."

- Find out more about our high streets and markets here: towerhamlets.gov.uk/High-streets.aspx
- See the EETG's small business map at eastendtradesguild.org.uk/east-end-independents-tower-hamlets-edition/



Giuseppe, Simon and Ira, and Abdul are encouraging everyone to explore our local businesses

£2million rates relief for 850 businesses

Almost 850 businesses have received up to an extra £2,519 business rates rebate as part of the Mayor's Covid Additional Relief Fund and his commitment to support businesses still dealing with the on-going impact of the Covid-19 pandemic.

Previously, businesses identified as eligible for the scheme were awarded a 100 per cent business rate discount capped at £15,000 per property. This has now been

extended to be capped at £17,519 to use the remaining budget of the fund.

These latest top-up payments for 846 business properties totals £1.98m. This takes the scheme's overall relief payments to £26.4m, providing much needed targeted support for 3,997 businesses.

Lutfur Rahman, Mayor of Tower Hamlets, said: "This will be a lifeline to many businesses who

did not qualify for previous support schemes."

The Covid Additional Relief Fund was established to give relief to business ratepayers who didn't qualify for previous relief schemes such as those covering retail, hospitality, leisure and nurseries.

The funding for the scheme came from central government. However, the council was able to create a specific relief scheme to best meet

the needs of local businesses in the borough, with a targeted focus on those ratepayers adversely affected by the pandemic.

The rebates have been automatically added to eligible ratepayers' bills and, where necessary, updated bills have been issued.

The completion of these final top-up rebates brings the scheme to a close.

Projecting our culture and creativity



Left, the launch event of the first photographs by children at Canon Barnett Primary School, and the projector in action, right

An outdoor projector is being used to showcase the culture and creativity of Tower Hamlets.

Tower Hamlets Council has partnered with Toynbee Hall to launch the new community-led outdoor projector which projects onto Mallon Gardens, the building opposite Toynbee Hall, in Commercial Street.

The projector was officially launched with a series of photographs showcasing the local high street called 'Tiger Class Captures Petticoat Lane'.

The project and event were led by Rehan Jamil, Historic England Photographer in Residence, who worked with children from Canon Barnett Primary school. A total of 70 local families and children from Canon Barnett Primary attended the launch.

Cllr Abu Chowdhury, Cabinet Member for Jobs, Skills and Growth, said: "The strong and vibrant communities in our borough are no doubt the reason why Tower Hamlets is a truly wonderful place. This projector is

for those communities, an asset to make sure that local people see what is important to them reflected in their streets."

The projector is part of the Petticoat Lane Art Trail, an upcoming project which aims to teach visitors about the amazing history of the area and drive footfall back into the local high street and market.

Mireia Oro, English Lead and Year 5 Teacher at Canon Barnett Primary School, said: "The pupils were pleasantly surprised to see

their work displayed for everyone to see. It was magical to see the excitement when their pictures appeared through the projection; you could hear the buzz amongst them to show which pictures they had taken. This is going to be an experience that will stay with them and inspire them for many years to come."

- To submit ideas for the projector, please visit the Toynbee Hall website: <https://www.toynbeehall.org.uk/community-led-public-art-projections/>

Young people building a bright future at construction and engineering career fair

A construction and engineering careers fair provided students the opportunity to discuss their career paths with professionals from the industry.

Tower Hamlets Council, in partnership with University of East London, Queen Mary University London, London Metropolitan University, New City College and Canary Wharf Group, is delivering borough-wide Tower Hamlets Careers Live events.

Each event focuses on a different industry and informs students about a range of career paths and training opportunities that could help them kickstart their careers.

The first event took place featured speakers from Morgan Stanley and Troup Bywaters + Anders as well as

26 local and national businesses.

Ehsan, a Year 10 pupil from London Enterprise Academy, said: "Events like these create good opportunities for us and help us to plan our future."

"They give us a wide range of things that we can do when we're older. I wouldn't mind coming every day!"

There will be more sessions throughout the school year, focusing on professional services, artificial intelligence and virtual reality, health and social care, creative industries, and public services.

- School staff and students can find out about more upcoming fairs by emailing careersandsocialmobility@towerhamlets.gov.uk



Student, Ehsan, and English teacher, Edward Chessun, from the London Enterprise Academy.

Reduce your waste for winter

CLEAN AND GREEN

Sustainability is at the top of the council's Christmas lists this year in Tower Hamlets, so we've gathered some top tips to help you have a more eco-friendly festive season!

Reduce

- Gift an experience such as an excursion, show or meal
- Consider presents that promote sustainable living, such as reusable water bottles and travel mugs
- Use LED bulbs for your festive

lights as these use less electricity compared to other bulbs, saving you money too

- Get creative in the kitchen! Use your food leftovers to create new recipes and reduce food waste. BBC Good Food has a selection of recipes to get you inspired on its website
- The council hosts various recycling and reducing workshops throughout the year, often with our local partners, Sunny Jar Eco Hub and Friends of the Earth Hackney and Tower Hamlets. For more information, visit our website.

Reuse

- Save and reuse decorations, bows, and packaging for next year
- Reuse the boxes and packaging your online shopping arrives in for wrapping gifts
- Try furoshiki wrapping, a Japanese style of wrapping that eliminates the need for tape or wrapping paper as it uses fabrics instead, which can be reused over and over.

Recycle

- Foil and glittery wrapping paper cannot be recycled so instead choose brown craft paper which makes a great recyclable wrapping paper

- Many of the residents in our borough have a communal recycling bin. To make sure everyone can put their recycling in the bin, make sure you flatten all your cardboard
- Avoid food contamination by always rinsing out food residue before putting your containers in the recycling
- If you live in a kerbside property, order a food waste caddy ahead of the holidays for all your food waste to be recycled. To order your food waste caddy, call 020 7364 5004

Find out more at towerhamlets.gov.uk/recycling



You can easily recycle your Christmas tree and it will be turned into compost

How to recycle your Christmas tree

A free Christmas tree recycling service will return this year with collections taking place between 9 to 19 January 2023.

Tower Hamlets Council will take the trees to the same facilities that processes our garden waste and will

be turned into compost.

Make sure you remove all decorations from the tree before taking it to be recycled. If you live in a block of flats, please contact your property landlord or management company which can arrange

collections from the nominated communal collection points.

If you currently receive a kerbside food and garden waste collection, please leave the tree out for collection on your scheduled day during this period and it will be collected by the

council's teams. Visit towerhamlets.gov.uk/recycling.

- There will be changes to your waste collection after Christmas. Visit www.towerhamlets.gov.uk/christmascollections or see page 38

Get rid of all your bulky waste with free service

Did you know the council's bulky waste team can dispose of most large items for free, saving you the risk of using an unlicensed company which may fly-tip?

Madge Martin, Waste Operations Manager at Tower Hamlets Council, explained: "Whether you have a broken bed, faulty fridge or a disused desk, the team is here to help you.

"There are a number of companies out there which claim to dispose of your waste correctly, but will, in reality, dump it.

"Not only is fly-tipping unsightly, but as the owner of the waste, you could be fined for fly-tipping.

"You can take the worry and risk out of disposing of your household items by using the council's team.

"The waste will be removed and dealt with appropriately for free."

The team offers two free collections per year for household waste from your own property. You must be living in the property at the time of booking and collection. Up to five items can be taken away per collection.

You can see a full list of what can be taken on the council website.

Items are collected between 7am and 3pm. All items should be:

- Outside your home
- At ground floor level for collection and not on landings, balconies or basements
- Visible and accessible by the crew (i.e. not in back gardens, locked bin stores or behind security gates)
- Neatly and safely stacked
- Ready for collection by 7am on the collection date

You do not need to be home on the day of collection.

The team is unable to enter properties to carry out any collections.

Madge continued: "If you require more than two collections there is a small fee.

"Book this by emailing CommercialWaste@towerhamlets.gov.uk."

- **To find out more about the bulky waste collection team, and to book your free collections, visit www.towerhamlets.gov.uk/bulkywaste**



The bulky waste team offers two free collections of household waste per year per house

Hundreds warned on their anti-social behaviour

FIGHTING CRIME

Tower Hamlets Enforcement Officers (THEOs) have handed out 555 anti-social behaviour (ASB) warnings in one year – more than ten a week.

THEOs have police powers under Section 50 of the Police Reform Act to obtain a person's details and to tackle anti-social behaviour, drugs, and violence.

The THEOs also carry out high visibility patrols to deter crime, reassure residents and offer support and advice. They work very closely with partners and agencies, signposting people who are vulnerable to appropriate organisations for treatment and support.

The THEOs are celebrating 13 years since they were introduced.

In the last year alone, they have

handed out 884 fines for a range of offences such as unlicensed street trading, littering and vehicles parked on the footpath causing an obstruction to pedestrians.

They have also given out 79 fines for nitrous oxide (NOX) use in line with the council's Public Spaces Protection Order (PSPO), and confiscated more than 600 NOX silver canisters and more than 300 large NOX refill canisters.

Reports to the council have reduced by 49.5 per cent, while data to the Met Police shows that we no longer have the highest number of reported ASB in London.

To mark the 13th anniversary, THEOs have been sharing their motivation for signing up and the reasons why they enjoy the job.

Minerva Brown, who has been a THEO for nine years, said: "We have a great diversity of tasks we tackle.

"We have been called on

approximately nine emergency incidents, in and out of borough.

"This includes evacuating hundreds of Tower Hamlets residents due to a World War Two unexploded bomb found in a resident's garden, and volunteering our services to sister boroughs during incidents like the floods in Croydon, as well as the fire in Grenfell Tower. To deal with these situations requires tactfulness, thinking on your feet and being able to reassure residents and partners."

She encouraged other women to sign up to become THEOs, adding: "As a female I believe I bring a wealth of knowledge and diversity into the service."

Mahmut Ahmet, who has been a THEO since 2009, added: "I am proud of what we have achieved as THEOs and although I could move on, I will live and die as a THEO.

"I am as proud to wear the THEO

uniform now as I was 13 years ago."

Arifur Rahman joined the force in 2009. He said: "Being born and living in the borough, I can see the ASB and how it can affect people and their livelihoods. Being a father to three, I wanted to do something about it and play a part in making it better."

Eunice Ndulaka-Okwu has been a THEO for nine years. She said: "What we do isn't just enforcement – it is more than that. People like to see us because it gives them reassurance and makes them feel safe."

Cllr Ohid Ahmed, Cabinet Member for Safer Communities, said: "Reducing anti-social behaviour is a real priority for us and we are determined to do everything we can to show people that this is not tolerated in Tower Hamlets."

• Email communitysafetyjobs@towerhamlets.gov.uk



Job opportunities: THEOs are celebrating 13 years of helping to keep Tower Hamlets safe



A week of activities took place to mark National Hate Crime Awareness Week, including a football match (left), a welcome event (top) and peace walk (bottom)

There is No Place for Hate in Tower Hamlets

A week of activities, including a football match, took place to show there is No Place for Hate in Tower Hamlets during National Hate Crime Awareness Week.

Although the majority of people in Tower Hamlets are respectful of each other, there is a small number who target others because of their race, religion, sexual orientation, gender identity or disability, which is known as a hate crime.

Activities during the awareness week included a charity football match which saw teams kicking hate out of the borough.

Around 50 people also joined the annual Peace Walk from Altab Ali Park. The park is named after a 25-year-old Bangladeshi Sylheti clothing worker who was murdered in a hate crime near the park.

The walk finished with speeches and videos about hate crime to

encourage discussion around the subject.

The No Place for Hate Champions also attended a special welcome event with Cllr Ohid Ahmed, Cabinet Member for Safer Communities, and partner organisations. They were given certificates for completing the No Place for Hate training course.

The events aimed to highlight that hate crimes do sadly take place in the borough, how to report one if you

see it taking place or are a victim, and to workshop ideas on how hate crimes can be better tackled within the community.

You can still sign the council's pledge against hate crime for organisations and individuals on the council website.

- If you are interested in signing up as a No Place for Hate Champion, please email Hatecrime@towerhamlets.gov.uk

Beauty parlour which offered sexual services fined thousands

A beauty parlour which was offering sexual services has been fined and has surrendered its licence following a successful operation.

Undercover officers from Tower Hamlets Council's Environmental Health and Trading Standards team

bought two massage therapies at Rain Therapy Centre, in Skylines Village. Both times, the female massage therapist offered the male officer sexual services following the massage.

The council has successfully prosecuted the company.

The registered company, Acu & Herbs Ltd, and the sole director of the premises both pleaded guilty when the case appeared at Thames Magistrate Court Bow Road on 26 July.

Sentencing took place on 23 August at the same court and the company was fined a total of £2,584 and the director was fined £440.

The company also surrendered its

licence.

Cllr Kabir Hussain, Cabinet Member for Environment and Climate, said: "This case sends out a clear message to any other business offering sexual services on the side that it will not be a happy ending for you."

"We have teams carrying out regular undercover inspections and we will always prosecute where we need to."

Recent operations by Tower Hamlets Council's Environmental Health and Trading Standards team, have resulted in seven other businesses in Tower Hamlets being fined for selling alcohol or tobacco products to children.

- Green Bazaar, in St Paul's Way, was fined £2,534 for selling an e-cigarette to a child.
- Hamlets Express, in Hamlets Way, was fined £4,260 for selling tobacco to a child.
- BFC Retail and TFX international Food Centre, both in Roman Road, sold alcohol to underage children and were fined £7,429 and £4,071 respectively.
- Globe Newsagent, in Globe Road, and Elif Food Centre and Westferry Food & Wine, both in Westferry Road, were fined £4,467, £3,834 and £6,384 each for selling tobacco or e-cigarettes to underage children.

“
We have teams carrying out regular undercover inspections.

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Winter is here - but there is help on hand for everyone

HEALTHIER LIVES

As we settle into the colder months, many of us are worried about the increased costs to our bills, fuel and food.

There are little things we can all do to take care of our wellness and look out for one another over the winter.

It can feel difficult to start conversations about money or mental health, but showing you care can make a big difference.

The most important thing you can do is to listen. You don't need to be an expert in the topic.

There's a range of different NHS services that can help depending on

how you're thinking or feeling.

Whether you've got something on your mind, or everything just seems a bit much, speak to your GP about how you're feeling – they can connect you to the right support.

You can also find further details of local services available on the website: www.towerhamletsconnect.org

If you ever feel in crisis, or are fearful for your own, or someone else's, safety, please call the Tower Hamlets emergency mental health crisis line, available 24/7 on 0800 073 0003.

Exercise can help us feel happier and reduce our stress levels, so wrap up warm and go for a walk with a

colleague, or a bike ride with a friend.

We have a range of activities across our leisure centres and outdoor gyms for over 50's, disabled people, women-only classes and much more. Visit: www.towerhamlets.gov.uk/sport

Make sure you check if you are eligible for your flu jab or Covid-19 booster vaccine and get booked in.

To find out more about eligibility and how to get your jab, visit: www.towerhamlets.gov.uk/vaccines

If you need healthcare advice, you can visit your local pharmacy for minor illnesses like coughs and colds, or your GP if you feel more seriously ill.

For medical help quickly when the

situation isn't serious, call 111 or visit 111.nhs.uk.

If someone's life is at risk, such as they have lost consciousness, are bleeding severely, or you think they are having a stroke or heart attack, call 999.

For more tips on staying warm or for food support visit: www.towerhamlets.gov.uk/costofliving

Further information and support can be found at www.towerhamlets.gov.uk/winter

• **Do you have an idea to help others this winter? If so you can apply for a grant of up to £5,000 to help bring people together in your area: www.eaastendcf.org/towerhamlets-grants**



More than £33,000 worth of nitrous oxide and illegal tobacco was seized during two days of action targeting shops in the borough

Nitrous oxide and illegal tobacco is seized

Nitrous oxide and illegal tobacco worth £33,932 were seized during a targeted operation.

Tower Hamlets Trading Standards Team, sniffer dogs and Tower Hamlets Enforcement Officers carried out checks at shops in the borough selling the products. It is illegal to sell nitrous oxide for its psychoactive effects.

The two days of action saw the seizure

of 40 large nitrous oxide cylinders, 3,456 nitrous oxide canisters, 1,320 counterfeit cigarettes, 17,846 illicit cigarettes, 3,960 grams of illicit hand rolling tobacco and 8,817 grams of illicit banned smokeless tobacco.

Trading Standards has also recently seized 640 e-vapes that are over the nicotine safety limit.

Cllr Kabir Hussain, Cabinet

Member for Environment and Climate, said: "Nitrous oxide can have serious health consequences, including paralysis. This seizure is a great result and hopefully reinforces the message that those selling the substance in Tower Hamlets will be prosecuted. Illegal and illicit tobacco is often sold cheaply and without health warnings, encouraging children to

take up the habit, making it harder for people to quit, and easier for ex-smokers to relapse. The sale of all these substances can also be funding criminal gangs in the borough.

"Our Trading Standards teams will continue to work with partners to tackle those selling these products and who are putting the health of our communities at risk."

THERE ARE 45 COUNCILLORS IN 20 WARDS: 24 ASPIRE, 19 LABOUR PARTY, 1 GREEN, 1 CONSERVAT



KNOW YOUR COUNCIL

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IVE.

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:

Deputy Mayor and Cabinet Member for Education and Lifelong Learning (Statutory Deputy Mayor) - Cllr Maium Talukdar

Resources and the Cost of Living - Cllr Saied Ahmed
Regeneration, Inclusive Development and Housebuilding - Cllr Kabir Ahmed
Safer Communities - Cllr Ohid Ahmed
Environment and the Climate Emergency - Cllr Kabir Hussain
Health, Wellbeing and Social Care - Cllr Gulam Kibria Choudhury
Jobs, Skills and Growth - Cllr Abu Talha Choudhury
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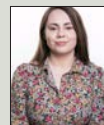
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Ofsted, March 2018



For more information about our amazing school follow the QR code or visit www.canonbarnett.towerhamlets.sch.uk

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🌐 www.canonbarnett.towerhamlets.sch.uk
🐦 [@canonbarnettps](https://twitter.com/canonbarnettps)



Council's £5m research boost to help address health inequalities

A LISTENING COUNCIL

Funding of £5m is going to be used to boost support for research to address health inequalities after a successful bid by Tower Hamlets Council and its partners.

The funding, awarded by the National Institute for Health and Care Research (NIHR) for a Health Determinants Research Collaboration (HDRC), will support collaboration between the council, Tower Hamlets Council for Voluntary Services (THCVS), Queen Mary University of London, University of East London, London Metropolitan University and others. Partners will take a lead in delivering innovative

research on the wider causes of health inequalities.

Mayor of Tower Hamlets, Lutfur Rahman, said: "Our residents have fewer good years of health than almost anywhere else in the country and that needs to change.

"While we know that some groups are more likely to be affected by things like poverty, overcrowding and health conditions like diabetes and heart disease, solid research rooted in our communities is needed to help us understand how our policy decisions can make a real-life change.

"Our ambition is to make Tower Hamlets the 'go to' place for research into the factors that drive health inequalities."

Will Tuckley, Chief Executive of Tower Hamlets Council, said: "This funding will allow us to embed an innovative research infrastructure so we can make sure addressing health inequalities is at the heart of everything we do."

Professor Trevor Sheldon, Professor of Health Services at Queen Mary, added: "More research is vital to understanding the causes of health inequalities in the borough but, more importantly, how to intervene effectively to reduce them."

Nearly everything the council does can make a difference to people's health.

This funding will significantly increase our ability to carry out and

use research into health inequalities which will ultimately impact on people's lives.



Our residents have fewer good years of health than almost anywhere else in the country and that needs to change.

Safety Surgeries and Walkabouts for every ward



Cllr Ohid Ahmed, centre left, joined police and council officers in Lansbury Ward at the launch of the safer community action days

A series of Safety Surgeries and Safety Walkabouts are launching in Tower Hamlets, with a dedicated safer community day of action planned for every ward over the next year.

The Safety Surgeries will be accompanied by the council's Safer Communities Mobile Unit, which launched earlier this year.

This provides a safe and accessible space for residents to speak to their local Safer Neighbourhood

Operations team, report any issues and seek advice.

Residents are also invited to join officers on Safety Walkabouts around the local area, so those attending have an opportunity to show officers any areas of concern for crime and anti-social behaviour (ASB).

The engagement days kicked off in Hay Currie Street, Lansbury, in September.

Local residents joined Cabinet

Member for Safer Communities, Cllr Ohid Ahmed, and officers from the police and council, as well as Tower Hamlets Enforcement Officers (THEOs) and partners in housing.

Cllr Ahmed said: "Our safer community days of action will provide important opportunities for residents to meet local partners and discuss any concerns they may have.

"Following each engagement day, we will be working with police to

put together a dedicated action plan for each ward based on residents' feedback."

While the council will be using intelligence from reports to plan a route for the walkabouts, residents will be encouraged to let their Safer Neighbourhood Operations team know of any areas they would like to visit.

• For the latest timetable of activities visit www.towerhamlets.gov.uk/SaferCommunityDays

HEALTHY HABITS START TODAY

Discover a wide range of activities
and tailored programmes at:

- John Orwell Sports Centre
- Mile End Leisure Centre
- Poplar Baths Leisure Centre
- Tiller Leisure Centre
- Whitechapel Sports Centre
- York Hall Leisure Centre

Choose a Better Health
Membership that works for you at
better.org.uk/tower-hamlets



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.

BETTER



Tower Hamlets' parks and green spaces received eight gold awards at the London in Bloom awards, including town/city of the year

Blooming great results for our parks and green spaces

CELEBRATING OUR BOROUGH

Parks and open spaces in Tower Hamlets received eight gold awards at the London in Bloom Awards 2022.

As a borough, we retained the gold award and even clinched the coveted title of Town/City Centre of the Year for Canary Wharf.

Victoria Park collected gold awards

in the Heritage Park and Large Park categories and Tower Hamlets Cemetery Park was awarded gold awards for Large Cemetery, Heritage, and Conservation.

Organisations in the borough, including Providence Row, a housing charity, and the gardens at Lady Mico's Almshouses, received gold awards in the Our cCommunity category. The award ceremony was held at the Arts Pavilion, Mile End

Park, in September and the winners received certificates and trophies.

Tower Hamlets Council also celebrated receiving a new Green Flag Award for Bartlett Park in Poplar.

The award is the international quality mark for parks and green spaces and takes the council's total of Green Flag awards to 13.

And, after two years that have seen our parks and green spaces

play a vital role for people through lockdowns as a place to relax, exercise and meet friends and family safely, Victoria Park also achieved a top ten place in the People's Choice Award.

The accolade, awarded to Victoria Park for the ninth consecutive year, is testament to the hard work and dedication of the teams that make the park and its green spaces great for everyone to enjoy.

A stroll through Isle of Dogs' rich history

From the first settlers to the Great Dock Strike, from the Mudchute to the Blitz, from the ack-ack guns and the flying bombs to the prefabs and much more, ten new heritage panels have been installed on the Isle of Dogs, telling the story of the island's rich and important history.

Tower Hamlets Council worked with Friends of Island History Trust (FoIHT) to replace and update the panels as part of the council's £10 million capital programme to improve the borough's parks and open spaces and make the borough's open spaces more interesting and attractive places to visit.

Originally installed in the 1990s, the panels had become illegible. Now, the new and updated story boards include material sourced

from the borough's Local History Library and Archives, the Island History Trust Collection, Museum of London, Imperial War Museum, National Maritime Museum and the Institute of Civil Engineers.

The information celebrates the diverse history and people of Tower Hamlets, connecting residents with the legacy that shapes the borough today.

Mike Seabourne, of FoIHT, said: "We believe that the unique history of the island is as relevant to newcomers and visitors as it is to long-term residents.

"It underpins and makes sense of why the island is the place it is today and the panels play a key role in bringing that history alive to the broadest possible range of people."



New heritage panels have been unveiled on the Isle of Dogs, telling the story of the island's rich history



OUTSTANDING
- Ofsted 2021



STEPNEY ALL SAINTS

— LEARN - PRAY - ACHIEVE —

SIXTH FORM OPEN EVENING

**Wednesday 18th
January 2023**

BOOK YOUR VISIT NOW



SCAN ME

  @StepneyAS

New mural on Pomell Way shaping Petticoat Lane Art Trail

CELEBRATING OUR BOROUGH

A new public artwork chosen by the local community has been unveiled on Pomell Way in Aldgate East.

The new mural is on the exterior wall of London Metropolitan University's East End Campus.

Tower Hamlets Council partnered with Whitechapel Gallery to invite London-based artists to submit design concepts that reflected the area's unique history and residents were then invited to vote for their favourite.

Jacob V Joyce's design, titled 'Nourishing Disruptions' was the winner of the vote. Nick Blaney, also known as Good Night Vienna, a UK

based contemporary artist, painter and illustrator, delivered the mural.

The mural aims to inspire future generations and educate people who visit the area by paying tribute to some of the radical activists and art histories of Whitechapel, including the Jagonari Women's Centre, the Shaheed Minar Monument in Altab Ali Park, and the protests which attempted to save the Bell Foundry.

There are plans for more murals to be created in the area, which will form the Petticoat Lane Art Trail, and help attract more visitors and shoppers to this historic area of London.

Artist Jacob V Joyce said: "Murals exist as public-facing archives which often subvert the politics of 'the gallery'. There's something about an

artwork that's out in the street which bypasses that and engages with a much bigger audience."

Cllr Abu Talha Chowdhury, Cabinet Member for Jobs, Skills and Growth, said: "It's fantastic to see a local artist working with the community to create a mural that reflects Tower Hamlets, our culture, and our story."

"The aim of the Petticoat Lane Art Trail is to teach visitors about the amazing history of the area and drive footfall back to the market and shops following the pandemic."

"I have every faith that the mural will spark conversation, showcase our unique culture and inspire communities to come together."

Lydia Yee, Chief Curator at Whitechapel Gallery, said: "As

the artists' gallery for everyone, Whitechapel Gallery is proud to support opportunities for artists to create new work, including beyond the gallery's walls."



Murals exist as public-facing archives which often subvert the politics of 'the gallery'.



The winning design was Jacob V Joyce's Nourishing Disruptions and it is on display on the wall of London Metropolitan University's East End campus

New mosaic for day centre



The mosaic sign was created by Allan J Orpwood, pictured left

A day care centre has unveiled a new sign made specially for it by one of its community.

Allan J Orpwood, 74, has been visiting Russia Lane Day Centre for one and a half years.

The day centre provides care, support and stimulation for 25 people with moderate to severe dementia.

It gives them an opportunity to take part in arts and crafts, to reminisce and to pursue hobbies and activities.

Allan spent hours making the mosaic sign for the centre's entrance. He also enjoys using a 3D printer for modelling work.

The sign was unveiled at a special ceremony attended by Denise Radley, Deputy Chief Executive and Corporate Director for Health, Adults and Community, pictured right.

Placement at the Russia Lane Day Centre can only be offered following an assessment by a social worker.

Anybody can refer someone who they think is in need of care and support to adult services for an assessment. This includes family members, carers, doctors and potential services users themselves.

- To make a new referral call 0300 303 6070.

Visit Solebay Primary Academy

11 Solebay Street, London E1 4PW

"Pupils get off to an excellent start in reading"

শিক্ষার্থীরা চমৎকার করে পড়তে শুরু করে

"Pupils work hard and like being with their friends"

শিক্ষার্থীরা কঠোর পরিশ্রম করে এবং তাদের বন্ধুদের সাথে থাকতে পছন্দ করে

Ofsted
Extracts taken directly from Ofsted inspection report October 2019
"Staff have high expectations of behaviour"

কর্মীরা উচ্চ আচরণ আশা করে

"Pupils have high-quality opportunities for personal development"

শিক্ষার্থীদের ব্যক্তিগত বিকাশের উচ্চমানের সুযোগ রয়েছে।

School Open Days খোলা থাকবে

8th Dec 9am and 14th Dec 4pm

- Pupils visit Shandy Park every day
- Outside trips and visits to enhance learning and fun!
- Breakfast and After School clubs
- Our Nursery opens 8:45-3:15 Mon to Wed
- Children can also join Reception class Thurs and Fri
- Coffee Mornings - see our website and socials for updates
- Toddler Group is every Mon 9:30-10:30.

Check out our Facebook page;
call 020 8980 2414 or
email: info@solebayacademy.org

 **Solebay Primary**
A Paradigm Academy

Fire Brigade warns of increased winter fire risk

COUNCIL NEWS

Residents are being warned to be extra careful with candles, naked flames and portable heaters when cooking, and when disposing of cigarettes this winter.

While these are potentially dangerous all year round, the London Fire Brigade has warned that this time of year can see an increase in accidental fires caused by unsafe practices.

With growing concerns about the cost-of-living crisis, many people are looking at alternative ways to heat and light their homes rather than turning on the central heating or lights. Using candles, portable heaters and open fires can be hazardous and, if their use cannot be

avoided, they must be used carefully.

In 2021, there were 256 heating related fires across London, with three people sadly dying and 35 injured. From January 2022 to October 2022, the London Fire Brigade has attended 148 of these types of fire.

Richard Tapp, London Fire Brigade Borough Commander for Tower Hamlets, said: "We understand that heating and lights are expensive to turn on, but if you are using candles and/or portable heaters instead, please make sure they are placed in or on stable, heat-resistant holders, and keep them away from materials that can catch fire, such as curtains, carpets, papers and clothes."

Residents are also encouraged to never leave cooking unattended, not to cook after drinking alcohol, and

to make sure cigarettes are fully put out before going to bed and disposed of safely. Turning off all non-essential electrical items when not in use is also good practice.

Richard added: "A smoke alarm is a lifesaver if you are unfortunate enough to have a fire. They will give an early indication allowing vital time to escape and raise the alarm.

"You can arrange for a free home fire safety visit from one of our firefighters, which includes information on prevention, detection and escape. Free smoke alarms and specialist alarms for the deaf and hard of hearing can also be fitted where needed.

"The elderly and vulnerable are particularly at risk from accidental fires and may need assistance with making their homes safe.

"I would encourage everyone to book a visit to make sure they are keeping themselves, their families and their homes safe from fires."

Call 0800 028 4428, email smokealarms@london-fire.gov.uk or text 078600 21319.

The council is also working to support residents who are struggling to pay their bills. Thousands of residents have recently received a payment from the cost of living fund or Mayor's energy fund.

We have launched our cost-of-living campaign, which brings information on council resources that can support residents into one place. This includes grants you may be able to apply for, and how to check that you are claiming all benefits that you are entitled to.

Three Christmas card winners chosen



Winners of this year's Christmas card competition will see their designs on the council's corporate festive cards.

Mayor Lutfur Rahman, Chief Executive Will Tuckley and Corporate Director for Children and Culture James Thomas had the difficult task of choosing three winning entries from more than 40 creative and colourful designs sent in by children between the ages of five and 11.

Ten-year-old Safia Sultana, pictured left, of Marner Primary School, designed the mayor's card which features glittery baubles with the council logo on them.

Designs by Mushin, eight, and Halima, five, who both attend Lansbury Lawrence Primary School, were selected for the Chief Executive's and Corporate Director's cards.

The design by Safia, far left, will be on the Mayor's card, Halima's, top, will be on the Chief Executive's cards, and Mushin, below, will be on the Corporate Director's cards

From dock to power station t

HISTORY

Looking at Mulberry Place now, with its huge 1990s office block and landscaped gardens, surrounded by retail, office and leisure units, it can be hard to imagine its past as a bustling port where goods from around the British Empire were brought to London.

However, look a bit closer and you can still see nods to its nautical narrative – from the imposing dock wall, the buildings called Export, Customs and Import, and the road names of Commercial Road, Nutmeg Way and Clove Crescent.

As Georgie Wemyss, a senior

“

It has played such a pivotal role in the history and economy of the local area, Britain as a whole and the lives of millions across the world.

lecturer at University of East London, explains: “The East India Dock Company built docks on the site in 1806.

“It was a very busy dock and pictures show it being full of the masts of the ships which had come from around the world with their goods.

“The import dock was bigger than the export dock and the imported goods were high value. The goods imported would have changed during the time the dock was open, depending on political and economic issues as well as European fashions.

“There would have been cotton, spices, tea and silk being brought into the country from around the world including present-day India and Bangladesh.

“It would have been incredibly busy, with ships coming and going, and seafarers from around the world living near the docks in boarding houses. There would have been horses and carts frequently leaving the docks, with the East India Dock militia for protection, to store their goods in the company’s warehouses before they went to auction.

“It is really important to remember this link between the docks and those who came from around the world to work on the ships and in the docks. Often forgotten are the equally important lives of the millions of people who produced the

goods that were the reason for the docks existing.”

The East India Dock Company had reshaped the original wet dock in Brunswick Wharf to form the export dock and built a new import dock.

They also built the dock wall to protect their goods from thieves, some of which still survives today, but unfortunately the gate was demolished when the new Blackwall tunnel was built in the 1950s.

Trade at the dock began to decline in the later part of the 19th century, and between 1946 and 1956, the export dock was closed and filled in to make way for Brunswick Wharf Power Station.

The rest of the East India dock was closed in 1967 and was filled in during 1984 to make way for businesses to take on short-term leases.

The power station was closed and demolished in 1988.

Trade never really became established on the site, and it was the focus of many regeneration ideas during the 1970s and 1980s.

This changed with the formation of the London Docklands Development Corporation in 1981. This helped transform the area in 1992 into what it is today, with the office blocks and Docklands Light Railway. Mulberry House and the next door Lighterman House were

designed by Sten Samuelson and the Beaton Thomas Partnership.

Tower Hamlets Council moved its 850 members of staff into Mulberry Place in July 1993.

Georgie said: “The name of Mulberry Place is thought to come from the area being used to make Mulberry Harbours during the Second World War.

“These were temporary, portable concrete harbours which were taken by boat across the English Channel to be used during the Allied invasion of France until the French ports could be liberated from German control.”

In 2016, the site was purchased by EID (General Partners) LLP which has seen it regenerated with new landscaping and it was re-branded as ‘Republic’.

Georgie said: “It would be good to see more made of the historical and global importance of the site, as it has played such a pivotal role in the history and economy of the local area, Britain as a whole and the lives of millions across the world.”

Find out more at Tower Hamlets Local History Library and Archives.

- You can visit the archives, in 277 Bancroft Road, E1 4DQ during its opening times. No appointment needed.
- Find out more at www.ideastore.co.uk/local-history-visitor-information

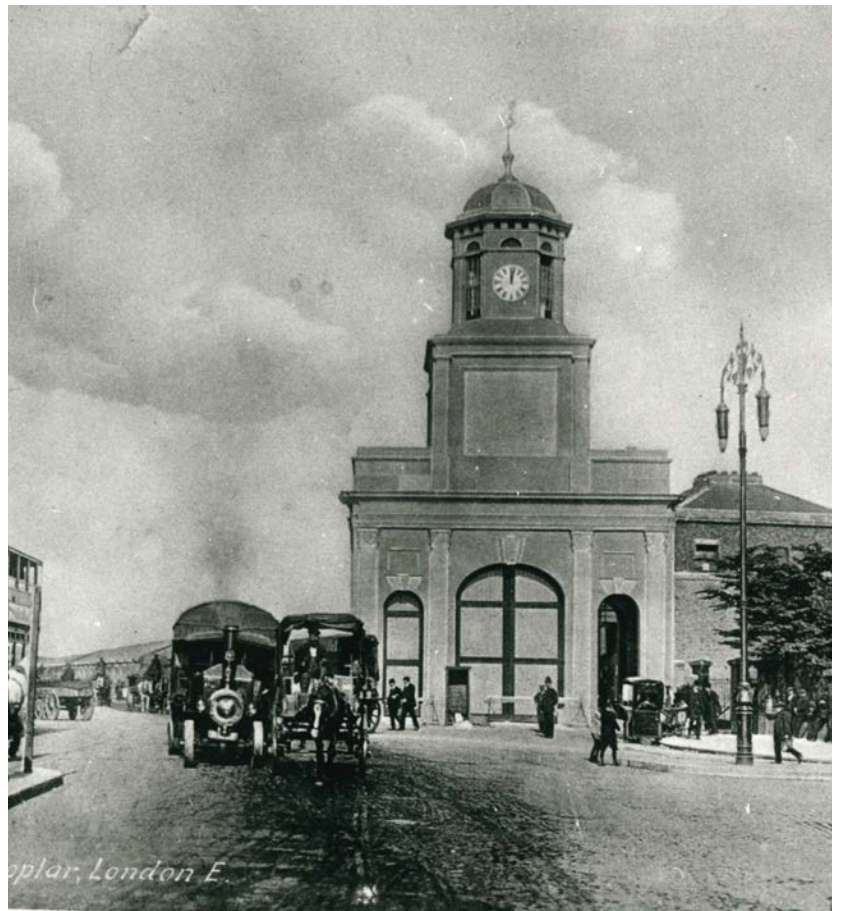


A view of the East India Docks in 1808, showing the import and export docks

10 new homes: Mulberry Place



Australian gold being carried from the East India Docks to the Bank of England in 1853, left, and the site used for storing containers in 1978, right



Perry's dockyard in 1801 which was developed into the docks by the East India Dock Company, left, and the dock gates in 1914, right



Beautiful Cemetery and Ceremonial Park for the residents of Tower Hamlets

GreenAcres Kemnal Park is a unique cemetery and ceremonial park for people regardless of faith, beliefs or cultural practices. This tranquil and beautiful environment is the perfect place for you to say your goodbyes.

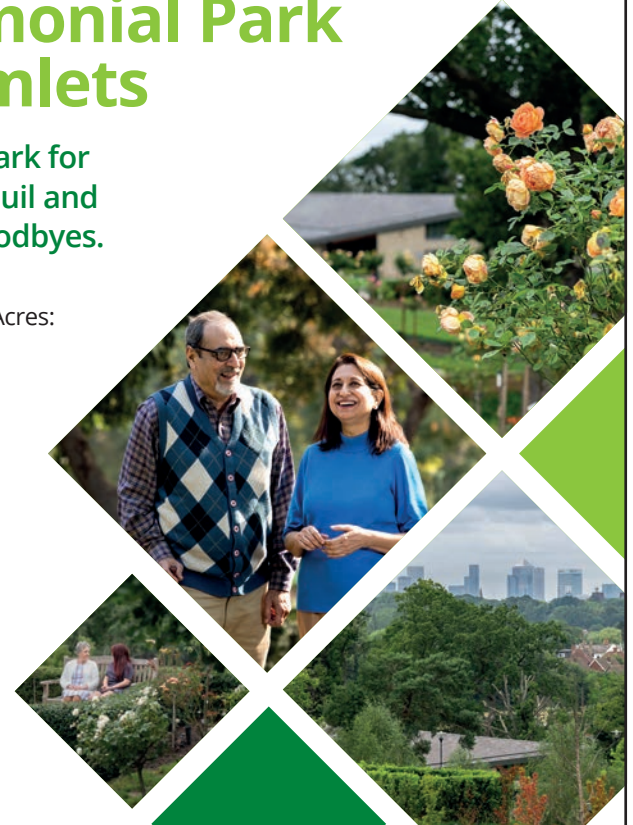
As a resident of Tower Hamlets, you are provided with the following services at GreenAcres:

- A fully paid for burial plot
- Beautiful and highly maintained grounds
- Professional liaison with your chosen funeral director
- Choice, perfection and affordability
- A subsidised interment fee of £963

GreenAcres Kemnal Park is easily accessible from the borough and is within a 20-minute drive.

Please contact the Kemnal Park team for more information on **020 3745 8325** or email info.kemnal@greenacresgroup.co.uk

GreenAcres Kemnal Park, A20 Sidcup Bypass, Chislehurst, BR7 6RR
www.greenacresgroup.co.uk Registered No. 03705806



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





The original photo taken at the opening of the library 100 years ago which was recreated during the centenary celebrations

100 years of Bethnal Green Library celebrated at events

CELEBRATING OUR BOROUGH

Residents recreated a landmark photograph that was taken 100 years ago to mark the opening of Bethnal Green Library.

The much-loved library, which opened its doors on 13 October 1922, had a memorable photograph taken on opening day with huge crowds outside the building.

The library, which is run by the council, recreated the photo with staff and users to be hung alongside the original in the entrance.

Deputy Mayor of Tower Hamlets, Cllr Maium Talukdar, joined in the photo.

He said: "We are lucky to have such a beautiful building as a community resource, rich in history and providing a quiet haven where you can take time out to read, study or catch up with friends.

"It was great to see so many people taking part in the anniversary photo and sharing their memories of the library."

To mark the library's centenary year, the council has hosted a range of events throughout the year.



Residents and staff enjoyed events to mark the centenary of the library. Credit: Darren Page

Author Kate Thompson unveiled her new book, *The Little Wartime Library*, which is set in Bethnal Green Library and a digital

memory box has also been set up to collect the wonderful memories residents have of the library.

- If you have a nice memory of the

library, you can email it to Neal. Smith@towerhamlets.gov.uk and it will appear on the library website.



**LOVE
YOUR
NEIGHBOUR
HOOD**



Christmas bin collections and tree recycling

Christmas and New Year 2022/2023

Over the bank holiday period there will be changes to your normal rubbish, recycling, food and garden waste collection arrangements.

Sunday 25th December	No Service
Monday 26th December	No Service
Tuesday 27th December	Normal Service (Monday Collections)
Wednesday 28th December	Normal Service (Tuesday Collections)
Thursday 29th December	Normal Service (Wednesday Collections)
Friday 30th December	Normal Service (Thursday collections)
Saturday 31st December	Normal Service (Friday Collections)
Monday 2nd January 2023	Normal Service
Tuesday 3rd January 2023	Normal Service

*Please ensure your waste and recycling (including food and garden waste) is available for collection before 7am on your scheduled collection day.

Christmas tree recycling

There will be a collection for the recycling of real Christmas trees from Monday 9th January to Friday 19th January 2023. If you currently receive a food and garden kerbside collection, kindly remove all decorations from your tree and leave out for collection on your scheduled day during this period.

If you do not have kerbside food and garden collections, please contact your property landlord or management company who can arrange collections from the nominated collection points.



Festival highlights the themes of freedom



Cast members take a bow at A Season of Bangla Drama's opening night

A Season of Bangla Drama, a festival which celebrates Bangladeshi heritage, included a packed programme of live drama, discussions, exhibitions and history walks.

Themed on freedom of speech and self-identity, the festival's opening night featured a live drawing session by portrait artist SM Asad, who sketched a painting of Abdul Gaffar Choudhury. The renowned Bangladeshi-born British writer, political analyst and poet who passed away earlier this year, wrote the lyrics to 'Amar Bhaier Rokte Rangano', a widely celebrated song commemorating the Bengali Language Movement.

Speaker of the Council, Cllr Shafi Ahmed, opened the festival before the sell-out audience watched Seasonal Hues, a musical production fusing ballet, Indian dance, western classical and regional Bangladeshi music.

Nominate your civic hero

COUNCIL NEWS

Our Civic Awards are here to thank our borough's unsung heroes and heroines.

The nominations for the 2023 Civic Awards are now open and we want to hear about those who go well beyond the call of duty to make the borough such a welcoming and positive place.

There are five categories awarding someone who:

- Gives outstanding service to the

community

- Has brought credit to the borough through sporting, artistic or cultural achievements
- Has improved the quality of life for local people by providing services beyond what they are paid to do
- Has benefited the community through success in business and in community involvement
- Is a young achiever under 25 years old whose accomplishments are extraordinary.

The winners will be chosen by a

cross-party panel, chaired by the Speaker of the Council, and include representatives from the wider community.

The last awards celebrations were held in St George's Town Hall in Shadwell and recognised a wide range of achievements including:

- Championing older people and supporting them to stay active and involved
- Supporting local people to gain new skills and qualifications
- Creating and running local book and park groups

- Supporting homeless people and victims of domestic abuse
- Encouraging more young people to take up sports and other positive activities
- Outstanding volunteering at Covid-19 vaccination centres
- Creating a local mental health music charity.
- **If you know someone we should all be proud of, visit www.towerhamlets.gov.uk/civicawards to make your nomination by Sunday 15 January 2023.**

Help shape the new partnership plan

Share your views on Tower Hamlets, including what you feel are the borough's challenges and opportunities, and what the future could look like.

The consultation is being organised by the Tower Hamlets Partnership, which is made up of the council, NHS, fire service and police, and representatives from schools, faiths, businesses and housing

within the borough.

The partnership encourages the organisations to work together in creative and innovative ways to make services more effective and efficient.

Your responses to the short survey will help shape a shared vision and ambition for the borough.

A new Partnership Plan for 2023 to 2028 will be created, taking into account your responses to the

survey, to deliver better services and outcomes for everyone who lives, studies, works and visits Tower Hamlets.

The survey will close on 30 January 2023. As well as the survey, there will be consultation events and focus groups, which everyone is invited to take part in.

- **To join these, or for further information email:**

TowerHamletsPartnership@towerhamlets.gov.uk

- **Find out more about the current partnership plan here gov.uk/lgnl/community_and_living/community_plan/tower_hamlets_partnership.aspx**
- **To take part, visit <https://talk.towerhamlets.gov.uk/new-tower-hamlets-partnership-plan>**

Festive tea dance

Tower Hamlets residents over the age of 50 are invited to don their dancing shoes and quick-step into the spirit of the festive season at this year's Christmas tea dance taking place on Thursday 15 December.

Top London jazz and swing band The Sunshine Kings will be back at The Art Pavilion, Mile End Park, to provide live music and festive cheer with New Orleans, Dixieland, 20s, traditional and vintage style sounds with Tony Lane leading the dancing.

The choir of St Paul's Way Secondary School will serenade the audience before the band starts.

Light refreshments will be served.

Attendance is free but booking is essential due to limited numbers.

- Book your place by calling 020 7364 3115 / 020 7364 7900 between 10am and 2pm Monday to Friday or by emailing festivalsandevents@towerhamlets.gov.uk



The Sunshine Kings will bring live music and festive cheer to the annual tea dance

Celebrate women's history



Women and sport is the theme of a Women's History Month photography exhibition

Events to mark Women's History Month will take place in Tower Hamlets from 1 to 31 March 2023.

The programme will also include events celebrating International Women's Day on 8 March and International Women's Week from 4 to 12 March.

Community organisation Alternative Arts, which is co-ordinating the programme on behalf of the council, invites

women artists, activists, writers, performers, community groups and organisations to contribute to the diverse programme of events.

If you are planning a relevant exhibition, performance, workshop or other event during March 2023, Alternative Arts may include your activities in the Women's History Month programme which will be widely promoted.

A Women's History Month

photography exhibition will take place at Brady Arts Centre Whitechapel, from 2 to 30 March. The theme is Women and Sport and women photographers are also welcome to submit images.

Participation is free.

The deadline for submission is 16 January.

- Contact info@alternativearts.co.uk with details of your plans or for further information.

Series of events for Holocaust remembrance

A series of events is taking place to mark Holocaust Memorial Day.

Holocaust Memorial Day remembers the millions of people murdered in the Holocaust, under Nazi persecution, and other genocides including those in Cambodia, Rwanda, Bosnia and Darfur.

Tower Hamlets Council is working in partnership with a number of organisations to deliver a programme of events and activities.

This includes film screenings, an inter-faith memorial event and walk to mark this significant date, in line with the theme of 'Ordinary People'.

For further details of all events, venues and timings, visit www.towerhamlets.gov.uk/HMD

- To read more and discover a range of educational resources and other information about opportunities to participate in 2023, please go to www.hmd.org.uk

Festival team seeking talented young people

Cutting East Film Festival is a celebration of young people's achievements in film.

This multi-arts programme is taking place at Genesis Cinema in Mile End in March 2023. It will empower young people by giving them a platform to showcase their work and ideas.

The Cutting East programming team is seeking to recruit talented young people aged 16 to 21 from Tower Hamlets.

It is looking for young people with different skills including filmmaking, creative writing, public speaking, performing arts and music.

Workshops will take place in January and February 2023.

Sessions will cover festival programming as well as different industry workshops including opportunities to talk with actors, learn about marketing, film production and more.

- Spaces are limited for this free opportunity. Please email hello@mileendcommunityproject.org to request an application form. The deadline to apply is 16 December.

Christmas Concerts

London Docklands Singers Christmas concert

A Christmas carol concert in aid of homelessness charity CRISIS.

12 December

**The Space Arts Centre, 269
Westferry Road, E14 3RS**

Book online at www.space.org.uk
or call the box office on 0207 515
7799

Bach to Baby



Bach to Baby

Bring your baby along to enjoy some festive tunes with Philip Smith, baritone, with Nigel Foster on the piano.

Friday 16 December, 10.30am
**Christ Church, Manchester Road,
Isle of Dogs, E14 3BN**
www.bachtobaby.com

Christmas market

Urban Makers Christmas Market

Now in its seventh successful year, Urban Makers return to host its annual festive makers' market. Fifty different designers each day will be selling everything from Christmas gifts and decorations, to homewares, jewellery, art, candles and accessories. All sustainable and ethical.

Urban Makers Feast will also be back with a great selection of festive food and drink including cakes, savoury food, artisan coffee, cocktails and more. There will be a range of craft workshops including a punch needle workshop, make your own organic facial oil, as well as a candle making workshop.

10-11 December, from 11am to 5pm
**The Ecology Pavilion, Mile End
Park**

Visit www.urbanmakers.co.uk and
book workshops online.

Exhibitions

Moving Bodies, Moving Images

This exhibition brings together films by artists who explore dance, choreography and moving image. These works unfold individually and as collective storytelling, exploring topics ranging from gender politics and desire, to bodily memory, resistance, personal healing and shared identities.

Until 8 January 2023

Free entry

**Whitechapel Gallery, 77-82
Whitechapel High Street**

Winter Lights

Canary Wharf will be transformed with more than 20 stunning spectacular light installations, leaving the the dark winter nights aglow. The exhibition showcases light art and interactive installations by some of the most innovative artists across the globe working in light art today. The exhibition features both pieces which can be admired from afar as well as those which will allow people to get up close and interact with them.

18-28 January 2023

**Throughout the Canary Wharf
estate, E14**

Brady Legacy Project

For decades, the Brady clubs and the Brady Arts Centre in Whitechapel have provided a meeting point, a network of friendships, a place of inspiration and in some cases a lifeline through extra curricular activities. This exhibition is the culmination of an intergenerational project including textiles and photography workshops. These have focused on creative responses by young people to the Brady



Brady Legacy Project

Archive Project. Young people with A Team Arts Education continue to develop relationships with Brady Elders enabling them to share stories and experiences that contribute towards creating a textiles banner and other artworks. Come and see the Wall of Memories

art installation including postcards with messages that span decades, as well as some banners, and style portraits on display.

8 December 2022 until 27

January 2023

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

Mid-winter window display

A showcase of work by young people with autism from Phoenix School who have been involved in the Tower Hamlets Winter Light Project, a series of creative sessions using the theme of light, lanterns, and silhouettes. Visit www.towerhamlets.gov/arts

Throughout December

**Kobi Nazrul Centre, 30 Hanbury
St, London E1 6QR**

Tracks in Time: Exploring space, place and identity

A celebration of the creativity and innovative practices in Tower Hamlets' schools. Following the



Tracks in Time

years of disruption caused by the pandemic, Tower Hamlets schools are now refocusing their efforts on creativity in the classroom but also ensuring that the alternative creative practices and endeavours explored during lockdown are celebrated and cultivated to encourage the continuation of hybrid and diverse processes.

There will also be a series of workshops taking place during the exhibition to encourage creativity among current students.

28 February - 10 March 2023

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

Executions

This exhibition explores the phenomenon of public executions in London's history through the stories, objects and legacies of those that lived, died and witnessed the events first hand from 1196 to 1868. Objects on display include a vest said to have been worn by King Charles I at his execution, a 300yr old bedsheet embroidered

with human hair belonging to the third Earl of Derwentwater James Radclyffe, items belonging to prison reformer Elizabeth Fry, as well as illustrations, execution broadsides, and last letters of the condemned.

Until 16 April 2023

**Museum of London Docklands,
West India Quay, E14 4AL**
[www.museumoflondon.org.uk/
museum-london-docklands](http://www.museumoflondon.org.uk/museum-london-docklands)

Theatre

Dots and Dashes: A Bletchley Park musical

A musical ode to the unsung heroes of WW2. A story of love, loss, secrets and the sacrifices these women made to save millions of lives, silently fighting a war behind closed doors

3-14 January 2023

**The Space, 269 Westferry Road,
E14 3RS**

Visit www.space.org.uk

The Blue Whale

Boy meets girl. Girl meets boy. Girl sets him challenges to prove himself. What could possibly go wrong?

**23-25 February 2023 (Live
stream 25 Feb)**

**The Space, 269 Westferry Road,
E14 3RS**

Visit www.space.org.uk

The Masks of Aphra Behn



The Masks of Aphra Behn

It's 1677 and an audience getting ready to watch Aphra Behn's *The Rover* are in for a surprise. For the show has been cancelled and, in its place, Aphra herself recounts the extraordinary tale of her time as a spy for King Charles II in the Dutch Wars, and how she became the first professional female writer. Complete with excerpts from Behn's letters, poetry and plays, this vivid and thought-provoking one-woman show brings one of theatre's most brilliant raconteurs back to life.

17-18 February, 7.30pm

**The Space, 269 Westferry Road,
E14 3RS**

Visit www.space.org.uk

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ইএমএ স্কিম লক্ষ্যে ইভেন্টে জর্জ গ্রীণস্ স্কুলের দুই শিক্ষার্থীর সাথে কথা বলছেন মেয়র লুৎফুর রহমান।

শিক্ষার্থীদের উচ্চ শিক্ষায় উৎসাহিত করতে ১.১ মিলিয়ন পাউন্ডের দু'টি অনুদান প্রকল্প চালু করলো কাউন্সিল

**HARMONY
BENGALI & SOMALI NEWS**

£1.1m investment to support our young people's education – page 28

টাওয়ার হ্যামলেটস বারার স্বল্প আয়ের পরিবারের ছেলেমেয়েরা যাতে সেকেন্ডারি স্কুল পর্যায়ের পরও লেখাপড়া চালিয়ে যায়, অর্থাৎ উচ্চ শিক্ষা গ্রহণে অগ্রহী হয় সেজন্য এডুকেশন মেইনটেন্যান্স অ্যাওয়ার্ড বা ইএমএ এবং ইউনিভার্সিটি বার্সারি অ্যাওয়ার্ড নামের দু'টি আলোচিত স্কিমের আওতায় প্রতি বছর ১ দশমিক ১ মিলিয়ন পাউন্ডের আর্থিক অনুদান প্রদান করবে কাউন্সিল।

এই দু'টি অনুদান প্রকল্পের একটি ইএমএ স্কিমটি ২১ নভেম্বর সোমবার আনুষ্ঠানিকভাবে উদ্বোধন করেন টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লুৎফুর রহমান। এ উপলক্ষে বারার আইল অব গার্ডেন্স এর জর্জ গ্রীণস্ স্কুলে আয়োজিত অনুষ্ঠানে বক্তৃতাকালে মেয়র বলেন, “আমি শিক্ষা চালু রাখার ভাতা (ই এম এ) এবং ইউনিভার্সিটি বার্সারি অ্যাওয়ার্ড স্কিম ঘোষণা করতে পেরে আনন্দিত। এই দু'টি স্কীম তরুণদের উচ্চ শিক্ষা গ্রহণের জন্য আর্থিক চ্যালেঞ্জগুলি কমাতে সাহায্য করবে।” তিনি বলেন, “এই আর্থিক সহায়তা জীবনযাত্রার ব্যয়-সংকটের মধ্যেও তরুণদের পড়াশোনা চালিয়ে যেতে আত্মবিশ্বাস এবং উৎসাহ দিতে সহায়তা করবে।”

নির্বাহী মেয়র লুৎফুর রহমান বলেন, “শিক্ষা আমার হৃদয়ের খুব কাছাকাছি এবং লাইফলং লার্নিং বা জীবনব্যাপি শিক্ষায় সহযোগিতা করা আমার প্রশাসনের অন্যতম একটি অগ্রাধিকার। তরুণদের তাদের পূর্ণ সম্ভাবনায় পৌঁছানোর জন্য সহযোগিতা করা এবং পরবর্তী প্রজন্মের ভবিষ্যত নেতা হওয়ার উপযোগী টুলস বা সরঞ্জাম তাদেরকে দেওয়া খুবই অত্যাবশ্যকীয়।”

অনুষ্ঠানের শুরুতে বক্তব্য রাখেন জর্জ গ্রীণস্ স্কুলের প্রিন্সিপাল জন রাইডার। তিনি মেয়রের এডুকেশন মেইনটেন্যান্স অ্যাওয়ার্ড অনেক শিক্ষার্থীর জন্য ‘লাইফ লাইন’ হিসেবে ভূমিকা রাখবে বলে উল্লেখ করেন এবং ২০১০ সালে বারার প্রথম নির্বাচিত মেয়র হিসেবে লুৎফুর রহমান একই ধরনের যে উদ্যোগ নিয়েছিলেন, তারই সফলভোগী শিক্ষার্থীদের একজন মোহাম্মদ শাব্বির আহমদকে পরিচয় করিয়ে দেন। এসময় শাব্বির আহমদ বলেন, “২০১০ সালে অর্থনৈতিক সংকটের চাপে পড়ে আমার অনেক সহপাঠীই মাঝপথে লেখাপড়া ছেড়ে

দিয়ে কাজে লেগে যায়। ঐ সময় আমাদের পারিবারিক আর্থিক অবস্থাও ভালো ছিলো না। তখন ইএমএ-এর আর্থিক সহায়তা আমাকে লেখাপড়া চালিয়ে যেতে সাহায্য করে। আমি কুইন মেরি ইউনিভার্সিটি থেকে গ্র্যাজুয়েশন করি এবং বারারই একটি স্কুলে এখন ম্যাথস এর টিচার হিসেবে কাজ করছি। মেয়রের ঐ সময়ের এই আর্থিক সহযোগিতা আমাকে লেখাপড়া চালিয়ে সাহায্য করেছিলো।”

ইএমএ লক্ষ্যে অনুষ্ঠানে আরো বক্তব্য রাখেন কাউন্সিলের এডুকেশন এন্ড লাইফলং লার্নিং বিষয়ক কেবিনেট মেম্বর, ডেপুটি মেয়র কাউন্সিলর মাইয়ুম তালুকদার। তিনি বলেন, “আর্থিক পরিস্থিতি নির্বিশেষে প্রত্যেক তরুণের চমৎকার শিক্ষা লাভের সুযোগ পাওয়ার দাবিদার। এই মুহূর্তে যখন আমাদের অনেক পরিবার আর্থিক পরিস্থিতির সাথে সংগ্রাম করছে, তখন এই দুটি প্রকল্পের ঘোষণার মধ্য দিয়ে বারার তরুণদের সহযোগিতা করার জন্য টাওয়ার হ্যামলেটসের কাউন্সিলের প্রতিশ্রুতিরই প্রতিফলন ঘটলো।”

অনুষ্ঠানে উপস্থিত ছিলেন এই ইএমএ গ্র্যান্টের জন্য আবেদনকারী জর্জ গ্রীণস্ স্কুলের ২ জন শিক্ষার্থী জারা মিয়া ও ফারহিন আলম। তারা উভয়েই বলেছেন, “পার্টটাইম কাজে গিয়ে উপার্জন করে নিজেদের খরচ চালানোর চাপ বাড়ছে। ইএমএ এই চাপ থেকে অনেকটাই রক্ষা করবে। আমাদের অনেক প্রয়োজনীয় জিনিসের পেছনে খরচ করার সুযোগ পাওয়া যাবে। মুদ্রাস্ফীতির কারণে সবকিছুর দাম বাড়ছে। অনেক শিশুর উপর এখন এই চাপ আসছে যে বাইরে গিয়ে কাজ করে পরিবারকে সহযোগিতা করা। লেখাপড়ার পাশাপাশি কিভাবে নিজের খরচ বহন করবে, কিভাবে পরিবারকেও সাহায্য করবে - এটা নিয়ে অনেক শিশুই এখন সংকটের মধ্যে আছে।”

উল্লেখ্য, এক যুগ আগে ২০১০ সালে বাজেট কর্তনের অংশ হিসেবে কেন্দ্রীয় সরকার এডুকেশন মেইনটেন্যান্স এ্যালাউন্স বা ই এম এ স্কীমটি বাতিল করে দিলে, ঐ সময়ে টাওয়ার হ্যামলেটসের নির্বাহী মেয়র লুৎফুর রহমান গোটা ইংল্যান্ডের মধ্যে সর্বপ্রথম স্বল্প আয়ের পরিবারের ছেলেমেয়েদের লেখাপড়ায় সহযোগিতা করতে এই স্কীমটি

পূণঃস্থাপন করেছিলেন। প্রায় এক যুগ পর আবারও টাওয়ার হ্যামলেটস কাউন্সিল গোটা ইংল্যান্ডের মধ্যে একমাত্র স্থানীয় কর্তৃপক্ষ হিসেবে উচ্চ শিক্ষায় অগ্রহী বারার তরুণদের আর্থিক সহায়তা দিয়ে লেখাপড়ায় উৎসাহিত করতে সেই একই ধরনের তহবিল গঠন করে অন্যদের জন্য অনুকরণীয় দৃষ্টান্ত স্থাপন করলো। এই তহবিল দু'টি মেয়র লুৎফুর রহমানের নির্বাচনী প্রতিশ্রুতির একটি অংশ যা তরুণদের আরও বেশি সুযোগ পেতে সহায়তা করবে।

মেয়রের শিক্ষা চালু রাখার ভাতা (ইএমএ বা এডুকেশন মেইনটেন্যান্স এলাউন্স) এর আওতায় ২০২২/২৩ শিক্ষাবর্ষের জন্য যোগ্য শিক্ষার্থীদের তাদের পড়াশোনা সহায়তা করতে এককালীন ৪০০ পাউন্ড আর্থিক সহায়তা প্রদান করা হবে। ইএমএ-এর প্রথম বছরের জন্য ৫ লাখ পাউন্ডের একটি তহবিল প্যাকেজ গঠন করা হয়েছে, যা দিয়ে বারার ১ হাজার ২৫০ জন শিক্ষার্থীকে আর্থিক সহায়তা দেয়া হবে বলে আশা করা হচ্ছে।

মেয়র এর ইউনিভার্সিটি বার্সারি অ্যাওয়ার্ড বিশ্ববিদ্যালয়ে অধ্যয়নকালে বসবাসের খরচ মেটাতে শিক্ষার্থীদের সাহায্য করবে। এই বার্সারি বা অনুদান লাভের যোগ্য শিক্ষার্থীরা আবাসন, বই এবং শিক্ষা বা অন্য উপকরণ সহ তাদের স্নাতক অধ্যয়নের সাথে যুক্ত খরচের জন্য ১৫০০ পাউন্ডের অনুদান চেয়ে আবেদন করতে পারে। ৬ লাখ পাউন্ডের এই তহবিল প্রথম বছরে ৪০০ শিক্ষার্থীকে সহায়তা করবে।

উভয় স্কিমের জন্য অর্থ প্রদান সরাসরি তরুণদের কাছে দেয়া হবে এবং এই অর্থ সহায়তা পেতে কাউন্সিলের ওয়েবসাইটের মাধ্যমে আবেদন করতে হবে।

উভয় স্কিমের জন্য প্রথম রাউন্ডের আবেদন গ্রহণ ১ নভেম্বর ২০২২ থেকে শুরু হয়েছে, যা ১ জানুয়ারী ২০২৩ পর্যন্ত চলবে। আবেদনগুলি ই এম এ এবং ইউনিভার্সিটি বার্সারি স্কিমস ওয়েব পেজে (www.towerhamlets.gov.uk/ignl/education_and_learning/school_finance_and_support/EMA-and-University-Bursary.aspx) সাবমিট করতে হবে।

হাউজিং সার্ভিসের ভবিষ্যত নিয়ে কনসালটেশনে অংশ নিন

Consultation on future of housing services – p 9

কাউন্সিলের মালিকানাধীন বাড়ি-ঘরে বসবাসকারী লোকদের জন্য সার্ভিসসমূহের ভবিষ্যত সম্পর্কে কনসালটেশন বা পরামর্শ শুরু করেছে কাউন্সিল। হাউজিং সার্ভিসের মান উন্নয়নের পাশাপাশি টাওয়ার হ্যামলেটস হোমস (টিএইচএইচ) -কে ইন্-হাউজিং অর্থাৎ কাউন্সিলের অধীনে ফিরিয়ে আনা এই কনসালটেশনের অন্তর্ভুক্ত রয়েছে।

অগ্রহী বাসিন্দারা এই পরামর্শ কার্যক্রমে অংশ নেয়ার ক্ষেত্রে কোন সহযোগিতার প্রয়োজন হলে আইডিয়া স্টোরগুলিতে কল

করতে পারেন। কাউন্সিলের talk.towerhamlets.gov.uk/towerhamlets-gov-uk-mycouncilhome - এই ওয়েবসাইটে গিয়ে পরামর্শ সামগ্রীর সহজ পাঠ, বড় অক্ষরে মুদ্রণ এবং অনুবাদিত সংস্করণগুলি পাওয়া যেতে পারে।

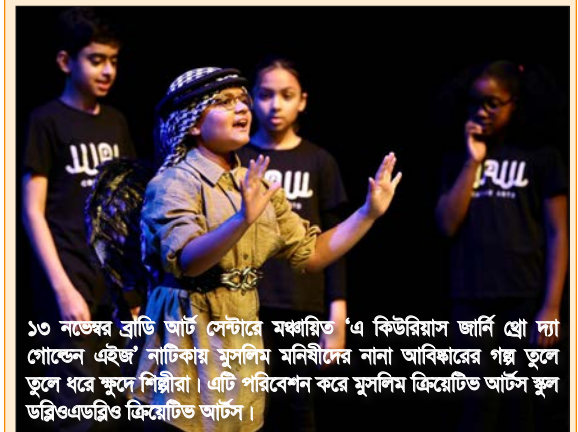
অত্যন্ত গুরুত্বপূর্ণ এই পরামর্শ কার্যক্রমে অংশ নেয়ার কাউন্সিলের পক্ষ থেকে বারার বাসিন্দাদের আগাম ধন্যবাদ জানানো হচ্ছে। এই কনসালটেশনে অংশ নেয়ার শেষ সময় ১৮ ডিসেম্বর ২০২২।

মাসব্যাপি বাংলা নাট্যোৎসবে তুলে ধরা হয়েছে ‘মত প্রকাশের স্বাধীনতা’

Festival highlights the themes of freedom – p39

করোনা মহামারী প্রিয়জন থেকে আমাদের আলাদা করেছিলো। বিচ্ছিন্ন ভগ্ন হৃদয়গ্রন্থ মানুষ আবাহিত হওয়ার আশায় পাড়ি দিয়েছে সেই সংকটকাল। করোনার ওই নিষ্ঠুর সময়কার আশা-নিরাশার দোলাচলে সাজানো চমৎকার এক নৃত্যনাট্যের মধ্যস্থানের মধ্যদিয়ে পর্দা উঠেছিলো এবারের সিজন অব বাংলা ড্রামার। ৪ নভেম্বর বৃহস্পতিবার বিকাল সাড়ে ৭টা পর্যন্ত লন্ডনের ব্রাডি আর্টস সেন্টারে হয় এই উদ্বোধনী আয়োজন।

বিলেতে বাংলাদেশি অভিবাসীদের সাহিত্য, সংস্কৃতি ও ঐতিহ্য-কৃষ্টি তুলে ধরার বৃহত্তম আয়োজন ‘সিজন অব বাংলা ড্রামা’। ৪ নভেম্বর শুরু হওয়া এ আয়োজন চলে ২৭ নভেম্বর পর্যন্ত। বারার বিভিন্ন ভেন্যুতে অনুষ্ঠিত হয় উৎসবের নানা আয়োজন। এবারের উৎসবের প্রতিপাদ্য ছিলো - ‘মতপ্রকাশের



১৩ নভেম্বর ব্রাডি আর্ট সেন্টারে মঞ্চায়িত ‘এ কিউরিয়াস জার্নি থ্রু দ্যা গোল্ডেন এইজ’ নাটকীয় মুসলিম মনিষীদের নানা আবিষ্কারের গল্প তুলে তুলে ধরে ক্ষুদ্র শিল্পীরা। এটি পরিবেশন করে মুসলিম ক্রিয়েটিভ আর্টস স্কুল ডব্লিউএডব্লিউ ক্রিয়েটিভ আর্টস।

স্বাধীনতা’ এবং ‘আত্মপরিচয়’ (ফ্রিডম অব পিস অ্যান্ড সেক্স আইডেনটিটি)। বাংলাদেশিদের পাশাপাশি বিভিন্ন জাতিগোষ্ঠীর সদস্যরা অংশ নেন নানা পরিবেশনায়। মঞ্চ নাটক, গীতি নাট্য ও নৃত্য নাট্যের মাধ্যমে তুলে ধরা হয় মতপ্রকাশের স্বাধীনতা এবং আত্মপরিচয়ের গুরুত্ব ও নানা সংগ্রামের কথা। দীর্ঘ প্রায় দুই দশক ধরে টাওয়ার হ্যামলেটস কাউন্সিল নভেম্বর মাসব্যাপি ‘সিজন অব বাংলা ড্রামা’র আয়োজন করে আসছে। টাওয়ার হ্যামলেটসে ২০০৩ সালে শুরু হওয়া বাংলা নাট্যোৎসবের এটি ১৯ তম আয়োজন। মঞ্চ নাটকের পাশাপাশি গানে, গল্পে, কবিতায় ও আলোচনায় তুলে ধরা হয় জীবন সংগ্রামের গল্প।

নতুন টাউন হল খুলে দেয়া হবে শিগগিরই

New council offices will soon be open to all – page 7

হোয়াইটচ্যাপেলের প্রাণকেন্দ্রে নতুন টাউন হল খোলার কাজ দ্রুত গতিতে এগিয়ে চলছে। আগামী বছর অর্থাৎ ২০২৩ সালের প্রথম দিকে এটি সর্বসাধারণের জন্য খোলা হবে। টাওয়ার হ্যামলেটসের সবচেয়ে অ্যাঞ্জেসযোগ্য অংশ হোয়াইটচ্যাপেলে অবস্থিত নতুন টাউন হল তার লোকেশনের অনন্য সুবিধার পুরোটাই ব্যবহার করবে। এর অবস্থান এমন এক জায়গায় যার পাশেই রয়েছে

এলিজাবেথ লাইন সহ চারটি ভিন্ন ট্রেন এবং টিউব লাইন। রয়েছে বিভিন্ন বাস ও সাইকেল রুট। ভবনটি শুধুমাত্র কাউন্সিল কর্মীদের জন্য একটি অফিসের চেয়েও বেশি ব্যবহার উপযোগী করে ডিজাইন করা হয়েছে। ভবনটির সম্পূর্ণ নিচ তলায় থাকবে সম্পূর্ণ অ্যাঞ্জেসযোগ্য পরিবেশ, যেখানে বাসিন্দারা প্রয়োজনীয় পরিষেবাগুলিতে অতি সহজেই অ্যাঞ্জেস করতে সক্ষম হবেন। বর্তমানে অন্যান্য বিল্ডিংয়ে থাকা ব্যবহার করবে। এর অবস্থান এমন এক জায়গায় যার পাশেই রয়েছে

কাউন্সিলের দেয়া সাহায্য দাবি করতে ভুলবেন না

Don't forget to claim your council support – page 4

কাউন্সিলের ইমার্জেন্সি এনার্জি ফান্ড থেকে অর্থ পাওয়ার অধিকারী বাসিন্দারা কাউন্সিল থেকে একটি চিঠি পাবেন। এটি অত্যাবশ্যক যে আপনি এই চিঠিটি সংরক্ষণে রাখুন এবং আপনার প্রাপ্য নগদ অর্থ পেতে পরিচয়পত্র সহ চিঠিটি পোস্ট অফিসে নিয়ে যান।

কাউন্সিল ডাটা বা উপাত্তের মাধ্যমে চিহ্নিত আমাদের সবচেয়ে ঝুঁকিপূর্ণ বাসিন্দাদেরকে ইমার্জেন্সি এনার্জি ফান্ড থেকে সর্বোচ্চ ৩০০ পাউন্ড পর্যন্ত আর্থিক অনুদান দেয়া হচ্ছে। বিস্তারিত জানতে ভিজিট করুনঃ www.towerhamlets.gov.uk/News_events/2022/August-2022/Mayor-announces-Energy-Fund-to-help-vulnerable-people-with-fuel-bill-hikes.aspx

প্রতি বছর ১৫ মিলিয়ন পাউন্ড বেনিফিট দাবিহীন থেকে যায়

£15m in benefits goes unclaimed every year – page 5

টাওয়ার হ্যামলেটসে বছরে ১৫ মিলিয়ন পাউন্ডেরও বেশি বেনিফিট দাবিহীন থেকে যাচ্ছে, যা জীবনযাত্রার ব্যয়-সংকটের সাথে সংগ্রামরত হাজার হাজার পরিবারের জন্য অনেক অনেক সহায়ক হতে পারে।

ইউনিভার্সাল ক্রেডিট এর ১৩ মিলিয়ন পাউন্ডের বেশি বর্তমানে দাবিহীন রয়ে যাচ্ছে, তবে প্রকৃত সংখ্যা আরও বেশি হতে পারে। পরিসংখ্যানগুলি শুধুমাত্র সেই

পরিবারগুলোকে প্রতিফলিত করে যারা কাউন্সিল ট্যাক্স ট্রাস বা আবাসন সুবিধা দাবি করছে। ইউনিভার্সাল ক্রেডিট পাওয়ার যোগ্য বারাতে থাকা সকল পরিবার এই পরিসংখ্যানের অন্তর্ভুক্ত নয়।

বয়স্ক ব্যক্তির ১.৭ মিলিয়ন পাউন্ডেরও বেশি মূল্যের পেনশন ক্রেডিট হারিয়েছেন এবং ৭ লাখ পাউন্ডের প্রতিবন্ধী প্রিমিয়ামের অর্থ দাবি করা হয়নি।



কোন ধরনের বেনিফিট পেতে পারেন। ভিজিট করুনঃ www.towerhamlets.gov.uk/lgn/advice_and_benefits/cost-of-living/Cost-of-living.aspx



খাদ্য দারিদ্র্য মোকাবেলায় খোলা হয়েছে নতুন 'ফুড স্টোর'

Affordable, healthy food for the most vulnerable people – page 4

খাদ্য দারিদ্র্য মোকাবেলা এবং জীবনযাত্রার ব্যয় বৃদ্ধির সংকটের মধ্যে থাকা বাসিন্দাদের সহায়তা করার জন্য কাউন্সিল ছয়টি নতুন খাবারের প্যাকিট বা ফুড স্টোর চালু করেছে। জাতীয়ভিত্তিক চ্যারিটি সংস্থা ফ্যামিলি অ্যাকশনের সাথে অংশীদারিত্বে খোলা এসব ফুড স্টোর প্রকল্পের লক্ষ্য হচ্ছে সশ্রমী মূল্যে মানসম্মত খাদ্য সামগ্রী সরবরাহ করা।

জীবনযাত্রার ব্যয় বৃদ্ধির চলমান পরিস্থিতিতে স্বল্প ও নিম্ন আয়ের লোকজনের প্রয়োজন মেটাতে কাউন্সিল বারায় 'খাবারের দোকান' বা ফুড স্টোরের একটি নেটওয়ার্ক চালু করার জন্য প্রায় ১ লাখ পাউন্ডের তহবিল বরাদ্দ করেছে।

এসব ফুড স্টোর তাদের সেবা গ্রহিতাদেরকে সাপ্তাহিক ৩.৫০ পাউন্ড ফি'র বিনিময়ে উল্লেখযোগ্য পরিমাণে পুষ্টির খাবার লাভের সুযোগ দিচ্ছে। এর মধ্যে রয়েছে তাজা ফল এবং সবজি, মানসম্পন্ন প্রস্তুত খাবার ইত্যাদি। এই সুবিধা পেতে এই ক্ষীণের সদস্য হতে হবে এবং সদস্যপদের মেয়াদকালীন সময়, যা সাধারণত ছয় মাস স্থায়ী হবে, এই সার্ভিস গ্রহণকারীদেরকে তাদের ব্যক্তিগত ঋণ ব্যবস্থাপনা, সামাজিক কল্যাণ সুবিধাসমূহ লাভ, আবাসন, কর্মসংস্থান এবং অন্যান্য ক্ষেত্রে সহায়তা করা সহ তাদের আর্থিক অসুবিধা মোকাবেলায় জন্য প্রয়োজনীয় পরামর্শ সহায়তা দিয়েও সহায়তা করা হবে।

বারার ৮৫০টি ব্যবসা প্রতিষ্ঠান পেলো অতিরিক্ত ২ মিলিয়ন পাউন্ড রেইট রিলিফ

£2million rates relief for 850 businesses – Page 12

মেয়রের কোভিড এডিশনাল রিলিফ ফান্ড এর অংশ হিসাবে টাওয়ার হ্যামলেটস বারার প্রায় ৮৫০টি ব্যবসা প্রতিষ্ঠান বিজনেস রেইট বাদ সর্বোচ্চ ২,৫১৯ পাউন্ড পর্যন্ত ছাড় পেয়েছে এবং যেসকল প্রতিষ্ঠান এখনো কোভিড-১৯ মহামারীর প্রভাব মোকাবেলা করে চলেছে সেগুলোকে সহযোগিতা করার প্রতিশ্রুতি পূর্ণ করা হয়েছে।

পূর্বে এই ক্ষিমের জন্য যোগ্য হিসাবে চিহ্নিত ব্যবসা প্রতিষ্ঠানগুলোর জন্য প্রোপার্টি প্রতি সর্বোচ্চ ১৫,০০০ পাউন্ড পর্যন্ত ক্যাপ নির্ধারণ করে ১০০ শতাংশ বিজনেস রেইটে ছাড় দেওয়া হয়েছিল। এই খাতের তহবিলের অবশিষ্ট অর্থ ব্যবহার করার জন্য এখন প্রোপার্টি প্রতি সর্বোচ্চ হার ১৭,৫১৯ পাউন্ডে সীমাবদ্ধ করা হয়। ৮৪৬টি ব্যবসায়িক প্রোপার্টির জন্য এই সর্বশেষ টপ-আপ পেয়েন্টের মোট পরিমাণ হচ্ছে ১ দশমিক ৯৮১ মিলিয়ন পাউন্ড।

এ প্রসঙ্গে মেয়র লুৎফুর রহমান বলেছেন, "আমার কোভিড এডিশনাল রিলিফ ফান্ড এর মাধ্যমে প্রায় ৮৫০টি ব্যবসায় টপ-আপ রেইট রিলিফ খাতে অতিরিক্ত ২ মিলিয়ন পাউন্ড প্রদান করতে পেরে আমি আনন্দিত।"

বিনামূল্যে অগ্নি নিরাপত্তা অ্যাপয়েন্টমেন্ট বুক করুন

Book your free fire safety appointment – page 33

শীতের এই সময়ে মোমবাতি/উল্লুঙ্ক শিখা, পোর্টেবল হিটার, রান্না করার সময় এবং সিগারেটের শেমাংশ ছুঁড়ে দেয়ার ক্ষেত্রে অতিরিক্ত সতর্কতা অবলম্বন করার জন্য বাসিন্দাদের সতর্ক করা হচ্ছে। যদিও এগুলি বছরের যেকোন সময়েই বিপজ্জনক, তবুও বছরের এই সময় অর্থাৎ শীতকালে অনিরাপদ ব্যবহারের কারণে দুর্ঘটনাজনিত অগ্নিকাণ্ডের সংখ্যা বৃদ্ধির প্রবণতা দেখতে পাওয়া যায়।

জীবনযাত্রার খরচ-সঙ্কট নিয়ে ক্রমবর্ধমান উদ্বেগের প্রেক্ষিতে অনেকেই সেন্ট্রাল হিটিং চালু বা বৈদ্যুতিক বাস্তব জ্বালানোর পরিবর্তে তাদের ঘর গরম ও আলোকিত করার বিকল্প উপায় খুঁজছেন। মোমবাতি, পোর্টেবল হিটার এবং খোলা আগুন ব্যবহার করা বিপজ্জনক হতে পারে এবং যদি এগুলোর ব্যবহার এড়াতে সমর্থ না হয়, তবে এগুলি অবশ্যই সাবধানে ব্যবহার করা উচিত।

২০২১ সালে, লন্ডন জুড়ে ২৫৬টি হিটিং বা উত্তাপ

সম্পর্কিত অগ্নিকাণ্ড হয়েছিল। এসব দুর্ঘটনায় তিনজন দুঃখজনকভাবে মারা গিয়েছিল এবং ৩৫ জন আহত হয়েছিল। জানুয়ারী ২০২২ থেকে অক্টোবর ২০২২ পর্যন্ত, লন্ডন ফায়ার ব্রিগেড এই ধরনের ১৪৮টি অগ্নিকাণ্ডের ঘটনায় সাড়া দিয়েছে।

লন্ডন ফায়ার ব্রিগেড এর টাওয়ার হ্যামলেটস বরো কমান্ডার রিচার্ড ট্যাপ বলেছেন, "আমরা বুঝতে পারি যে ঘর গরম করা এবং আলো জ্বালানো ব্যয়বহুল, তবে আপনি যদি এর পরিবর্তে মোমবাতি এবং বহনযোগ্য হিটার ব্যবহার করেন তবে দয়া করে নিশ্চিত করুন যে সেগুলি তাপ প্রতিরোধী হোন্ডারের ওপর স্থিতিশীল অবস্থায় আছে, অর্থাৎ তা কোনভাবেই যেন নড়াচড়া না করে। আগুন ধরতে পারে এমন উপকরণ যেমন পর্দা, কার্পেট, কাগজপত্র এবং কাপড় ইত্যাদি থেকে তাদের দূরে রাখুন।" তিনি বলেন, "একটি ধোঁয়া বা শ্মোক অ্যালার্ম জীবন রক্ষাকারী। দুর্ভাগ্যজনকভাবে আপনি যদি অগ্নিকাণ্ডের শিকার হন, তাহলে এই

অ্যালার্ম আপনাকে অকুস্থল থেকে দ্রুত সরে পড়ার ইঙ্গিত দেবে। আপনি অন্যদের সতর্ক করতে ও সাহায্য চাইতে পর্যাপ্ত সময় পেতে পারেন। আমাদের অগ্নিনির্বাপকদের কাছ থেকে বিনামূল্যে হোম অগ্নি নিরাপত্তা পরিদর্শনের ব্যবস্থা করতে পারেন, যার মধ্যে প্রতিরোধ, সনাক্তকরণ এবং পালানোর তথ্য অন্তর্ভুক্ত রয়েছে। বধির এবং শ্রবণশক্তিহীনদের জন্য বিনামূল্যে শ্মোক অ্যালার্ম এবং বিশেষজ্ঞ অ্যালার্মও যেখানে প্রয়োজন সেখানে লাগানো যেতে পারে। আমি প্রত্যেককে একটি ভিজিট বুক করার জন্য উৎসাহিত করব যাতে তারা নিজেদেরকে, তাদের পরিবারকে এবং তাদের বাড়িঘরকে আগুন থেকে সুরক্ষিত রাখেন।"

ফায়ার সেফটি অ্যাপয়েন্টমেন্ট বুক করতে ০৮০০ ০২৮ ৪৪২৮ নম্বরে কল করুন, smokealarms@london-fire.gov.uk এ ইমেল করুন বা ০৭৬৩০২১৩১৯ নম্বরে টেক্সট করুন।

শীতের এই সময়ে সবার জন্যই রয়েছে সহযোগিতা

Winter is here - but there is help on hand for everyone - 21

শীতের মওসুম শুরু হতেই আমাদের মধ্যে অনেকেই আছেন, যারা বিল, জ্বালানী ব্যয় এবং খাবারের বর্ধিত খরচ নিয়ে চিন্তিত। এমন পরিস্থিতিতে আমাদের নিজেদের সুস্থতার যত্ন নেওয়ার জন্য এবং শীতকালে একে অপরের খোঁজ খবর রাখার জন্য আমরা সকলেই কিছু না কিছু করতে পারি।

অর্থনৈতিক অবস্থা কিংবা মানসিক স্বাস্থ্য সম্পর্কে কথাপকথন শুরু করা কঠিন মনে হতে পারে, কিন্তু আপনি যদি কারো প্রতি যত্নশীল হোন বা উদ্বেগ দেখান, তাহলে তা একটি বড় পার্থক্য তৈরি করতে পারে। সবচেয়ে গুরুত্বপূর্ণ যে কাজটি আপনি করতে পারেন, তা হলো অন্যের কথা শোনা - আপনাকে এই বিষয়ে বিশেষজ্ঞ হতে হবে না। আপনি কীভাবে ভাবছেন বা অনুভব করছেন তার উপর নির্ভর করে বিভিন্ন এনএইচএস এর অনেক সার্ভিস রয়েছে।

- আপনার মনে কিছু আছে কি-না, বা সবকিছুই একটু বেশি মনে হচ্ছে, আপনি কেমন অনুভব করছেন সে সম্পর্কে আপনার জিপির সাথে কথা বলুন - তারা আপনাকে সঠিক সহায়তার সাথে সংযুক্ত করে দিতে পারে। এছাড়াও আপনি ওয়েবসাইট থেকে স্থানীয় বিভিন্ন সার্ভিস সম্পর্কে আরও বিশদ বিবরণ পেতে পারেন:

www.towerhamletsconnect.org

- আপনি যদি কখনও সঙ্কটে বোধ করেন, বা আপনার নিজের বা অন্য কারো নিরাপত্তার জন্য ভয় পান, অনুগ্রহ করে টাওয়ার হ্যামলেটস জরুরী মানসিক স্বাস্থ্য সংকট লাইনে ০৮০০ ০৭৩ ০০০৩ কল করুন, এটি সপ্তাহের ৭ দিন ২৪ ঘন্টা খোলা থাকে।

- ব্যায়াম আমাদের সুখী বোধ করতে এবং আমাদের স্ট্রেস লেভেল কমাতে সাহায্য করতে পারে, তাই নিজেকে উষ্ণতায় মুড়ে সহকর্মীর সাথে হাঁটতে যান বা বন্ধুর সাথে সাইকেল চালান।

- আমাদের লেজার সেন্টারসমূহ এবং আউটডোর জিমন গুলোতে পঞ্চাশোর্ধ্ব ব্যক্তিবর্গ, প্রতিবন্ধী, 'শুধুমাত্র মহিলাদের জন্য' ক্লাস এবং আরও অনেক কিছু জন্ম বিভিন্ন কার্যক্রম রয়েছে। ভিজিট করুন: www.towerhamlets.gov.uk/sport

- আপনি আপনার ফ্লু জ্যাব বা কোভিড-১৯ ডাকসিনের জন্য যোগ্য কিনা তা পরীক্ষা করে দেখে নিন এবং এখনই বুকিং করুন।

- আপনার যদি স্বাস্থ্যসেবা পরামর্শের প্রয়োজন হয়, আপনি কাশি এবং সর্দি-কাশির মতো ছোটখাটো অসুস্থতার জন্য আপনার স্থানীয় ফার্মেসিতে যেতে পারেন, অথবা আপনি যদি আরও গুরুতর অসুস্থ বোধ করেন তবে আপনার জিপির-তে যেতে পারেন।

- পরিস্থিতি গুরুতর না হলে দ্রুত চিকিৎসা সহায়তার জন্য, ১১১ এ কল করুন বা nhs.uk- ওয়েবসাইট ভিজিট করুন। যদি কারো জীবন ঝুঁকির মধ্যে থাকে, যেমন সে জ্বল হারিয়ে ফেলেছে, মারাত্মকভাবে রক্তপাত হচ্ছে, অথবা আপনি মনে করেন যে তার স্ট্রোক বা হার্ট অ্যাটাক হয়েছে, তাহলে ৯৯৯ নম্বরে কল করুন।

- উষ্ণ থাকার বা খাদ্য সহায়তার জন্য আরও টিপসের জন্য এখনো যানঃ www.towerhamlets.gov.uk/costofliving। আরও তথ্য এবং সহায়তা www.towerhamlets.gov.uk/winter - এ পাওয়া যাবে।

এই শীতকালে অন্যদের সাহায্য করার কোন আইডিয়া বা ধারণা কী আপনার আছে? যদি তাই হয় তাহলে আপনি আপনার এলাকার লোকদের একত্রিত করতে সাহায্য করার জন্য ৫০০০ পাউন্ড পর্যন্ত অনুদানের জন্য আবেদন করতে পারেন: www.eaastendcf.org/tower-hamlets-grants

Maalgalin £1.1m ah oo lagu taageerayo waxbarashada dhalinyaradeena



HARMONY SOMALI NEWS

Labada qorshe oo cusub ayah caawinaysa dhalinyarada 16 jir ka weyn oo raba inay waxbarasho ku sii jiraan.

Lacagtu waa qayb ka mid ah ballaqaadka Duqa Lutfur Rahman ee ah in lagu taageero dhalinyarada si ay u helaan fursado nololeed oo waaweyn. Waxay si gaar ah muhiim u yihiin marka la eego dhibaataad-nololeed-xumada taasoo cadaadis saaraysa miisaaniyadda qoyska.

Gunnada Dayactirka Waxbarashada Duqa (EMA) waa lacag dhan £400 oo la siinayo ardayda xaqa u leh si ay ugu taageeraan waxbarashadooda sannad dugsiyeedka 2022/23. Xidhmada maalgelinta oo dhan £500k ayaa lagu dhawaaqay sanadka

ugu horeeya ee EMA kaas oo taageeri doona 1,250 arday.

Abaalmarinta Bursary University ee Duqa magaalada waxay ku taageeri doontaa ardayda xaqa u leh kharashaadka nololaha ee jaamacadda. Ardayda xaqa u leh waxay codsan karaan lacag bixinta £1,500 si ay u taageeraan kharashyada la xidhiidha waxbarashadooda hoose, oo ay ku jiraan hoy, buugaag iyo agab.

Wadarta maalgelinta £600k waxay taageeri doontaa 400 arday sanadka ugu horeeya.

Lacagaha labada qorshe waxaa si toos ah loo siin doonaa dhalinyarada waxaana laga codsan karaa websaydka golaha.

Lutfur Rahman, Duqa Degmada Tower Hamlets, ayaa yiri: "Aad ayaan ugu faraxsanahay inaan ku dhawaaqo Gunnada Dayactirka

Waxbarashada (EMA) iyo qorshayaasha Abaalmarinta Bursary-ga ee Jaamacadda kuwaas oo gacan ka geysan doona yareynta caqabadaha dhaqaale ee dhalinyarada sii wadida waxbarasho dheeraad ah.

"Taageeradan dhaqaale waxay ka caawin doontaa in dhalinyarada la siiyo kalsooni iyo dhiirrigelin si ay waxbarashadooda u sii wataan iyadoo ay jirto dhibaataada qiimahanololeed.

"Waxbarashadu aad bay ugu dhowdahay qalbigayga iyo taageeridda waxbarashada nololaha oo dhan waa mudnaanta maamulkayga.

"Waa muhiim in dhalinyarada la taageero si ay awoodooda buuxda u gaaraan lana siiyo agabka iyo fursadaha ay ku noqdaan hogaamiyayaasha mustaqbalka ee jilka soo socda."

Cllr Maium Talukdar, Mayor ku-Xigeenka ahna Xubin ka tirsan Golaha Wasiirada ee Waxbarashada iyo Waxbarashada Nololaha Dheer, ayaa yiri: "Qof kasta oo dhalinyaro ah wuxuu u qalma fursad waxbarasho heer sare ah, iyadoon loo eegin duruufahooda dhaqaale. Ku dhawaaqista labadan qorshe waxay muujinaysaa sida ay golaha deegaanka uga go'an tahay inay taageeraan dhalinyarada ku nool Tower Hamlets xilli qoysas badan ay la daalaa dhacayaan."

Wareegga koowaad ee codsiga labada qorshe wuxuu furmayaa 1da Noofambar 2022 wuxuuna xidhmayaa 1 Janaayo 2023.

Codsiyada waa in lagu soo gudbiyaa EMA iyo nidaamka Bursary-ga jaamacadda bogga shabakadda.

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

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

Council

Town Hall

Mulberry Place,
5 Clove Crescent, E14 2BG.
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
or 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

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get Tower Hamlets
news, take part in
competitions and
receive local offers
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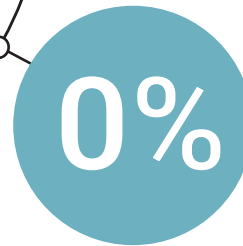
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