



International Women and Girls Week

3-9 March 2025

Tower Hamlets Council with partners is proud to host a week long programme of community sports and physical activities sessions for females aged 5 to 50+ in celebration of International Women's Week 2025.

Activities include swimming, cycling, boxing, self-defence, badminton, basketball and football tournaments.

We're breaking barriers and creating opportunities for women and girls across the borough to get active. Together, we're improving health, boosting confidence, and building communities in celebration of International Women's Week.



For more information and bookings please contact the Sports and Physical Activities Team at: www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk or [scan the QR code](#)

Council - Sports & Physical Activities
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue	Price
Mon 3	Female 14yrs+ Self Defence	5.30-6.30pm	Bernie Cameron Community Centre 32 Merchant Street, Bow London E3 4LX Nearest tube: Mile End Station Hammersmith, District and Central Line. Buses on Bow Road: 25,425,205	FREE
	Taster women's football session Organised by Tower Hamlets Women's Football Club Contact: Sara McNamara Saramcnamara2@gmail.com 075 5146 4143	6-7pm	Mile End Park and Leisure Centre Astroturf cage 10 Transport Station: Mile End Station underground Bus:	FREE
Wed 5	Women 18+ Self Defence/Boxercise	1-2pm	Whitechapel Sports Centre	FREE
	Women Badminton	1-3pm	Mile End Park Leisure Centre	FREE
	Basketball Tournament 14yrs+ (Refreshments Provided)	5.30-9.30pm	Whitechapel Leisure Centre	£45 PER TEAM



Scan the QR code for booking information

For more information and bookings please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk

Council - Sports & Physical Activities
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue	Price
Thu 6	International Women's Day staff & local parents There will be talks around mental wellness and dance / exercise sessions with light refreshments	4-5pm	Blue Gate Fields and Junior School King Davies Lane E1 0EH Transport: Bus: 115, 15, D3, 100 Station: Shadwell over ground, Shadwell DLR	FREE
	Women 18+ Self Defence	6-7pm	The Maryam Centre	FREE
	Badminton Tournament 16yrs+ (Refreshments Provided)	6-9pm	Poplar Baths	FREE
	Tower Hamlets Women & Girls Collective Network (Refreshments Provided)	10.30-1pm	Feldy Centre	FREE
Fri 7	Women Self Defence/ Keep Fit	6-7pm	Feldy Centre	FREE
Sat 8	Limehouse Laces F.C Junior's and Veteran's Football Tournament	9am-12noon	Stepney Green Astro turf	FREE
	International Women's Day (Food & Drinks Provided)	11am-6pm	Whitechapel Town Hall	FREE



Scan the QR code for booking information

For more information and bookings please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk



International Women's Day

at Whitechapel Town Hall
160 Whitechapel Road, E1 IBJ

Saturday 8 March 2025, 11am-6pm

Free community event to be held at the town hall celebrating women and girls from all cultures and backgrounds and the positive contributions they make in the community.

Brought to you by Tower Hamlets Council and partners, we are proud to host a programme of community activities to celebrate cultural health, wellbeing and togetherness. Immerse yourself in a day celebrating women's excellence through physical activity, music, dancers, inspirational speakers, health information and advice. By attending you will also be supporting a variety of small business stalls run by women.



Free entry. All you need to do is register:

For more information, please contact the Sports and Physical Activities Team at www.towerhamlets.gov.uk/sports or Pauline.Stewart@towerhamlets.gov.uk



Date	Event	Time	Venue	Price
Mon 3	Body Conditioning	9.30-10.30am	Whitechapel Sports Centre	£3.00
	Legs, Bums & Tums	6-7pm	Whitechapel Sports Centre	£3.00
Tue 4	Pilates	10-11am	Poplar Baths Leisure Centre	£3.00
	Swim for Women	12.30-1.30pm	Poplar Baths Leisure Centre	£3.00
	Legs, Bums & Tums	10-11am	Tiller Leisure Centre	£3.00
	Aqua Aerobics	12.30-1.30pm	Mile End Leisure Centre	£3.00
Wed 5	Aerobics Basics	10.30-11.30am	John Orwell Sports Centre	£3.00
	Body Conditioning	12noon-1pm	Mile End Leisure Centre	£3.00
	Step Aerobics	6-7pm	Whitechapel Leisure Centre	£3.00
	Aqua Aerobics	6-7pm	Poplar Baths Leisure Centre	£3.00
	Box Fit	7.45-8.30pm	Poplar Baths Leisure Centre	£3.00
	Swim for Women & Girls	6.30-7.30pm	Poplar Baths Leisure Centre	£3.00
Thu 6	Aqua Aerobics	9.15-10am	Tiller Leisure Centre	£3.00
Fri 7	Swim for Women	8.15-9pm	Mile End Leisure Centre	£3.00
Sat 8	Body Conditioning	10-11am	Whitechapel Leisure Centre	£3.00

Date	Event	Time	Venue	Price
Mon 3	Women's intermediate social cycle ride. All equipment provided.	9:30am-12:00pm	Teviot Community Centre 1 Wyvis Street, E14 6QD Transport: Bromley by Bow Bus: 309	FREE
	Sisters in Strength Navigating life together as women.	9:30am-12:00pm	Feldy Centre	FREE
	Overcoming Trauma with Nour 1-2-1 therapy sessions. Book Via support@nour-dv.org.uk	10am-2pm	Feldy Centre 18 Aberfeldy Square London E14 OXA Transport: D6, 115, 309 Station: East India DLR	FREE
Tue 4	Easy Cooking Making delicious dishes on a budget.	9:30am-11:30am	Feldy Centre 18 Aberfeldy Square London E14 OXA Transport: D6, 115, 309 Station: East India DLR	FREE
	Warm Welcome Energy support for pregnant women or have children under 5	1:00pm-4:00pm	Feldy Centre	FREE
	Female Body Conditioning Women's only sessions designed to boost mental health and motivation through structured body conditioning workout with NHS wellbeing fitness instructor.	2pm-3pm	Feldy Centre	FREE
	Dance to exercise Women only cardio workout session.	5:45-6:45pm	Feldy Centre	FREE

Date	Event	Time	Venue	Price
Wed 5	<p>Women's Learn-to-Ride Cycle lessons for beginners. All equipment provided.</p>	10:00 – 11:00am	Aberfeldy Health and Wellbeing Centre	FREE
	<p>Move & Stretch with Trapped in Zone One Find your balance between toning and strengthening for greater alignment in a female only supportive environment.</p>	10am-12pm	<p>Aberfeldy Health and Wellbeing Centre 19 Aberfeldy Square London, E14 OXA</p> <p>Transport: D6, 115,309 Station: East India DLR</p>	FREE
	<p>Women's easy social cycle ride. All equipment provided.</p>	11:30 – 1:30pm	<p>Linc Centre 70 Fern Street, E3 3PR</p> <p>Transport: Devons Road DLR Bus: 323 stop at Watts Grove Bus: 108 to Devons Road</p>	FREE
Thu 6	<p>Yoga Improve your mind, body and soul. For women only.</p>	11am-12pm	<p>Aberfeldy Health and Wellbeing Centre 19 Aberfeldy Square London, E14 OXA</p> <p>Transport: D6, 115,309 Station: East India DLR</p>	FREE

Date	Event	Time	Venue	Price
Fri 7	<p>Massage Therapy with Health Garden Booking via 075 3492 2163</p>	<p>10am-2pm First Friday of every month</p>	<p>Feldy Centre 18 Aberfeldy Square London E14 OXA Transport: D6, 115, 309 Station: East India DLR</p>	FREE
	<p>A day of wellness workshops to try including yoga; mediation; essential oils and vision boards. Places available: 30 Booking required - please contact Linc team on 078 8732 7305 or 078 8727 4868 to book your slot.</p>	<p>10am-2pm</p>	<p>Linc Centre 70 Fern Street, E3 3PR Transport: Devons Road DLR Bus: 323 stop at Watts Grove Bus: 108 to Devons Road</p>	£5pp
	<p>Halaqa Female cultural discussion forum.</p>	<p>10am-12:30pm</p>	<p>Feldy Centre</p>	FREE
	<p>Female Wellbeing and Peer Support Support for women impacted by violence.</p>	<p>6:30-8:30pm</p>	<p>Feldy Centre</p>	FREE

East End Homes

PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Wed 5	Yoga £3 for residents £5 for non EastEndHomes residents Contact for more info: Melissa: melissa_lauriello@hotmail.com or: 075 1435 5247	2.00-3.00pm	East End Homes Southern Grove Community Centre, Southern Grove E3 4FX Nearest station: Mile End underground

Trapped in Zone One

PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Wed 5	Move and Stretch Award winning wellness programme for females in Tower Hamlets, to improve health and wellbeing through structured in-person fitness and Pilates workout with Laura Williams. Free of Charge	10:00-12:00	The Aberfeldy Practice, 19 Aberfeldy Square, London, E14 0XA Transport: East India (DLR)

Numbi Arts

PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 7	<p>International Women's Day workshops, talks & Iftar Dinner.</p> <p>Theme: Health & Wellbeing with special guests and sponsors - Iftar dinner will be provided.</p> <p>Somali women & girls</p> <p>Contact: Kinsi Abdulleh kinsi@numbi.org or 078 8929 7416</p>	6-9pm	<p>Granby Community Hub, 37 St Matthew Row, London, E2 6DT.</p> <p>Transport: Bethnal Green Train Station Bus: D3</p>

Khawlahs Warriors Sports Club

PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Fri 7	<p>Young Tower Hamlets & Khawlah's Warriors Youth International Basketball session.</p> <p>There will be an introductory basketball session for all girls and young people under 16.</p> <p>Food and iftar will be provided</p>	5-6.30pm	<p>Central Foundation Girls' School, 25-33 Bow Road, London E3 2AE</p> <p>Entrance is on Harley Grove</p> <p>Nearest tube: Bow Road/ Church DLR District, Circle. Buses on Bow Road: 25,425,205</p>
Fri 14	<p>Khawlah's Warriors basketball and iftar</p> <p>There will be a youth session followed by iftar (which will be provided) It will include talks about inspirational women in history and will end with a women's basketball session.</p> <p>Rougie.Khanom@towerhamlets.gov.uk 07984859030</p>	5-9pm	<p>Central Foundation Sports hall 25 - 33 Bow Road London, E3 2AE</p>

Future Kidz Development
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Sat 8	<p>ImPossible Girls Hub: Active Me SEND Sports Festival A day of inclusive sports to empower and encourage SEND young girls to be more active, try new sports, make new friends and come out of the comfort zone.</p> <p>Free of Charge</p> <p>Contact: Ceejay: 079 4034 2219 Terri: 079 6151 5925</p>	12PM - 3PM	<p>The Linc Centre, 1 Wyvis St London E14 6QD Or Teviot Centre, 70 Fern St London E3 3PR</p> <p>Transport: Tube Station & Bus Devon's Road DLR - Linc Centre Langdon Park DLR - Teviot Centre or 309 Bus</p>

Beyond the Bias
PROGRAMME OF ACTIVITIES

Date	Event	Time	Venue
Sun 9	<p>International Women's Day: BtB design workshop</p> <p>Design your own T-shirts, bags or portraits</p> <p>Sports, snacks, stalls and more!</p> <p>Contact: Maryam Chowdhury Info@beyondthebias.co.uk or 077 3530 9265</p>	2-6pm	<p>Beyond the Bias Island house community centre, Roserton St, London E14 3PG</p> <p>Buses: 135, D7, D6, D3, 277 Station: Crossshabour DLR</p>

Venue information

<p>Mile End Park Leisure Centre 190 Burdett Road London E3 4HL</p> <p>Mile End Stadium Rhodeswell Road London E14 7TW</p> <p>Transport: Buses: D6, 277 Station: Mile End</p>	<p>Linc Centre 70 Fern Street, E3 3PR</p> <p>Transport: Devons Road DLR Bus: 323 stop at Watts Grove Bus: 108 to Devons Road</p>	<p>John Orwell Sports Centre Tench St, St Katharine's and Wapping London, E1W 2QD</p> <p>Transport: Buses: 100 and D3 Station: Wapping, Shadwell DLR: Shadwell</p>
<p>Tiller Leisure Centre Tiller Road, Docklands, London, E14 8PX</p> <p>Transport: Buses: D3, D6 and D8 Station: Cross Harbour DLR</p>	<p>Feldy 18 Aberfeldy Square London E14 OXA</p> <p>Transport: Bus 309</p>	<p>Stepney Green Astro Turf Stepney Green, London, E1 3NG</p> <p>Transport: Buses: 339,309 Station: Mile End or Stepney Green</p>
<p>The Maryam Centre, 45 Fieldgate Street, London, E1 1JU</p> <p>3rd floor sessions 2nd floor register</p> <p>Transport: Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p>Newark Youth London Whitechapel Centre, Myrdle St, London, E1 1HL</p> <p>Transport: Buses: 115, 135, 25, D3 Station: Whitechapel</p>	<p>East End Homes Bernie Cameron Community Centre 32 Merchant Street ,Bow London E3 4LX</p> <p>Transport: Station: Mile End Buses:277, D6, D7, 323, 25, 425, 205</p>
<p>Central Foundation Girls School Harley Grove, London E3 2AE.</p> <p>Transport: Bow Road (5 mins walk) Bow Church (8 mins walk) Mile End (8 mins walk)</p>	<p>Mayfield House 202 Cambridge Heath Road London London E2 9LJ</p> <p>Transport: Buses: D6, 106,254, 388,8, 309 Station: Bethnal Green</p>	<p>Island House Community Centre, Roserton St, London E14 3PG</p> <p>Transport: Buses: 135, D7, D6, D3, 277 Station: Crosshabour DLR</p>
<p>Whitechapel Town Hall 160 Whitechapel Road E1 1BJ</p> <p>Transport: Bus: 25, 205, 106, 254, D3 Station: Whitechapel</p>	<p>Poplar Baths, East India Dock Road, London, E14 OED</p> <p>Transport: Buses: 15, 309, 108 Station: All Saints (DLR)</p>	

Tournaments entry forms

On the following pages



Please contact the Sports and Physical Activities Team at:
www.towerhamlets.gov.uk/sports
or Pauline.Stewart@towerhamlets.gov.uk



**BE
WELL**



International Women and Girls Week

Badminton tournament

**Thursday 6 March 2025, 6-9pm. Doubles. Entry: Free
FREE Refreshments provided for all participants**

Poplar Baths,
East India Dock Road,
London, E14 0ED

Transport:
Buses: 15, 309, 108
Station: All Saints (DLR)

Return of entry form and information please contact Pauline Stewart, Physical Activity Officer: Pauline.stewart@towerhamlets.gov.uk

*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

Player name 1:

Player name 2:

Team name:

Email and contact number:

Entry Closing date: 24 February 2025



TOWER HAMLETS
TROJANS



International Women and Girls Week

Basketball tournament

Wednesday 5 March 2025, 5.30-9.30pm

FREE Refreshments provided for all participants

Whitechapel Sports Centre
55 Durward St
E1 5BA

Players must be 14 years+
Entry Fee: £45 per team
(6-10 players)

All entry forms and payment must be received by closing date 6 March 2025. Payment by BACS. Please contact PaulineStewart, Physical Activity Officer, for payment details: Pauline.stewart@towerhamlets.gov.uk

*Photography/filming may take place during this event for publicity purposes. If you do not wish your team to be photographed or filmed please notify the organisers on the day of the event

Team name:

Email and contact number:

Entry Closing date: 24 February 2025



For more information and bookings please contact
the Sports and Physical Activities Team at:

www.towerhamlets.gov.uk/sports

or **Pauline.Stewart@towerhamlets.gov.uk**

or **scan the QR code**