



Newsletter



Dear Friends,

Welcome to this edition of the Ethnic Minority Network newsletter, a space that celebrates the voices, stories, and contributions of our diverse communities in Tower Hamlets.

Each issue brings you inspiring updates, spotlights on community leadership and success stories, and opportunities to connect, grow, and take action together.

We hope it informs, uplifts, and encourages you to stay engaged. Over the past year, WIT held workshops on key women's health topics like cancer, menopause, and health inequalities, reaching over 400 participants. In partnership with local groups, the events offered a supportive space for women to connect with health professionals and gain confidence in managing their health. One attendee even booked her first smear test afterward. These efforts earned Flourishing Communities the 2025 Staff Integrated Award for Building Bridges.

CEO of WIT Safia Jama says "The ethnic minority network can only thrive with the support of local communities, anyone who wants to volunteer and support us to take this network to the next level is very much welcomed"



women's International Day
2025

A mother escaping emotional abuse rebuilt her life with support from WIT's Haawa Project, which helps ethnic minority women facing domestic violence. Isolated and tied to her spouse by immigration status, she received culturally sensitive support, safe housing, and legal guidance. Now, she and her son are safe, thriving, and rebuilding their future—showcasing the life-changing impact of community-based support. If you or someone you know is affected by domestic abuse, support is available. You are not alone.

- 📞 Haawa Project: 07458 307 356
- ✉️ Email: haawa@wit.org.uk
- 📞 24/7 National Helpline: 0808 2000 247
- 🌐 Visit: nationaldahelpline.org.uk

On 4 June, Limehouse Project held a Health Fair for Muslim women at the Ecology Pavilion in Tower Hamlets, attended by over 160 people. Funded by Tower Hamlets Public Health, the event tackled health inequalities affecting Muslim—especially Bangladeshi—women.

With faith-sensitive support on nutrition, mental health, and prevention, the fair offered free health checks and direct access to cancer screening teams. Over 18 health services took part, building trust and connecting underserved women to vital care.



The Limehouse Project's 2025 International Women's Day celebration, titled "Empowered Voices, United Action," brought together 100 local women and children in Tower Hamlets. The event featured workshops, stalls, and activities such as gardening, henna, Zumba, and group games, highlighting the talents within the community. Inspirational speeches by CEO Farida Yesmin and trustee Atiya Shiekh emphasized women's progress and ongoing challenges. Guest speakers shared personal stories, while a women's history trivia contest celebrated lesser-known female achievements. The event fostered unity, empowerment, and celebration under the theme #AccelerateAction.

Upcoming events:

Power of Food Festival

19–28 September | Various locations across Tower Hamlets
Celebrate food, culture, and community with a week of events focused on building a fairer, more sustainable food system.

hussina@wen.org.uk | 020 7481 9004

In the Neighbourhood

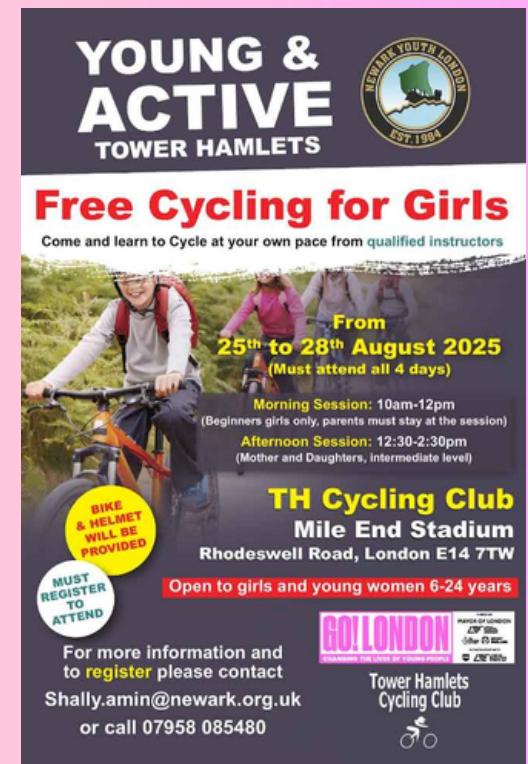
Monday 18th – Thursday 21st August 2025 (11:00 – 19:00) | Victoria Park

Four days of FREE entry and free activities including live music, creative workshops, dance, theatre, sports and wellbeing, family activities and loads more.

Regular Sessions:

Mondays 9:30AM to 11:30AM | Feldy Centre

If you are a resident of Poplar HARCA, then pop down to the Feldy Centre every Monday (Term-time only)



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