

# 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"

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](mailto:haawa@wit.org.uk)
- 📞 24/7 National Helpline: 0808 2000 247
- 🌐 Visit: [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)



women's International Day  
2025



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](mailto: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)





### Our Families Together

Inclusive sessions open to all families, especially welcoming those with children aged 0-5 with special educational needs and disabilities (SEND).  
Free sessions | Age: 0-5 years (with parents/carers)  
Come connect, play, and explore in a warm and supportive space for everyone!

**EVERY TUESDAY 12PM-1PM**  
**SNUGGLE & STORY**

Come join us for a cozy and fun time with your little ones! This event is perfect for families with children aged 0-5 years old. Get ready for an afternoon filled with snuggles and stories that will spark your child's imagination and creativity.

**EVERY WEDNESDAY 11.15AM-12.15PM**  
**WIGGLE AND WONDER**

Led by the fantastic Diddi Dance team, this session uses music, rhythm, and movement to help little ones explore, express, and enjoy their bodies in a safe, supportive environment.

**EVERY THURSDAY 11AM-12NOON**  
**CALM IN THE WILD**

Take a break from the hustle and bustle of daily life and enjoy quality time in a peaceful setting. This event is designed to create a calm and supportive environment for families to connect and recharge.

**EVERY THURSDAY 12NOON-1PM**  
**SHINE ON STAGE**

Through songs, movement, and imaginative play, little ones will have the chance to express themselves, build confidence, and explore the joy of being on stage—all in a warm and supportive environment.

**EVERY THURSDAY 9.30AM-10.30AM**  
**LITTLE YOGIS, BIG CALM**

Little Yogis is a gentle yoga and bonding experience designed for pre-walking babies with Special Educational Needs and Disabilities (SEND) and their parents or carers.

**Book!**  
[www.poplarunion.com](http://www.poplarunion.com)

Classes are free; however, we kindly ask you to reserve your spot, as space is limited.  
For any questions, please email us at: [h.hodden@poplarunion.com](mailto:h.hodden@poplarunion.com)

Save the Children works with the local Tower Hamlets community to create better outcomes for young children living in poverty. We have partnered with a range of statutory services and community-based

## YOUNG & ACTIVE TOWER HAMLETS



### Free Cycling for Girls

Come and learn to Cycle at your own pace from qualified instructors

**From 25<sup>th</sup> to 28<sup>th</sup> August 2025**  
(Must attend all 4 days)

**Morning Session: 10am-12pm**  
(Beginners girls only, parents must stay at the session)

**Afternoon Session: 12:30-2:30pm**  
(Mother and Daughters, intermediate level)

**TH Cycling Club**  
**Mile End Stadium**  
Rhodeswell Road, London E14 7TW

**Open to girls and young women 6-24 years**

**BIKE & HELMET WILL BE PROVIDED**

**MUST REGISTER TO ATTEND**


For more information and to register please contact  
**Shally.amin@newark.org.uk**  
or call 07958 085480

**GO! LONDON**  
GOVERNMENT OF THE UNITED KINGDOM OF GREAT BRITAIN

**Tower Hamlets Cycling Club**

#### Contact Info & Socials

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