

The logo for Tower Hamlet's Women's Network is displayed within a light yellow rectangular frame. It features a purple trapezoidal background. At the top, the text 'Tower Hamlet's' is written in a small, black, sans-serif font. Below this, the words 'WOMEN'S' and 'NETWORK' are written in a large, bold, blue, sans-serif font, stacked vertically.

Tower Hamlet's
**WOMEN'S
NETWORK**

Newsletter 01

July 2026

Women's Network Update

Welcome to the first edition of our Women's Network newsletter. We're excited to use this space to share updates on the Network's progress, highlight opportunities for women and girls, and showcase the brilliant work happening across our partner organisations.

On **4th June**, we held our very first Women's Network Event. Although we had planned to host it outdoors in the beautiful Swedenborg Orchard, the forecasted heavy rain meant a

last-minute move across the road to the Ensign Centre — and the community adapted brilliantly.



We were delighted to welcome partners including **Sister Circle, Keolis, Connect to Work, the VAWG Domestic Violence Team, Tower Hamlets Carers Centre and THCVS.** Their presence and support helped create a vibrant, collaborative atmosphere.

Our participatory consultation activity gave us powerful insight into what women feel the

Network's priorities should be. The ideas and feedback shared will directly shape our next steps and ensure the Network grows in a way that reflects the real needs of women in Tower Hamlets.

Join our Network and become a member by completing our short registration form: [Tower Hamlets Women's Network Registration Form – Fill in form](#)



Upcoming Events

- Menopause Podcast (September)
- Women's Network Meeting 15th October 26
- Women's Network Event 8th October 26

You can keep up to date with events on our website too: [Women's Network](#)

Services at SocietyLinks

SOCIETYLINKS

STAY SMART STAY SAFE Women's Group

EVERY THURSDAY 12:00-3:00PM

- **Discussing women's challenges in modern day life.**
- **Informative workshops on personal, physical and mental health.**
- **Sharing Information and stories.**
- **Guest Speakers and celebrations.**
- **Bonding with other women over group activities.**



SocietyLinks Centre, 80 John Fisher Street, London E1 8JX

For more information contact
info@societylinks.org.uk or 0207-702-0901





**SocietyLinks
Tower Hamlets**

Company Registration: 7750061
Charity Registration: 1154824

EVERY MONDAY 12:30 PM - 3PM

NESSA'S Conversation & CRAFT *Session*



**HANDMADE JEWELRY,
SEASONAL CRAFTS &
HOME DECOR**

**SocietyLinks, 80 John Fisher
Street, London E1 8JX**

For more information, contact us on
info@societylinks.org.uk or 02077020901.

CHILDCARE LEVEL 2 CERTIFICATE/ Diploma

We will be holding Level 2 or higher Childcare courses at SocietyLinks starting in September 2026.

If you are interested please text us on 07496523394, call us on 02077020901 or email us on info@societylinks.org.uk and we will add you to the waiting list.

www.societylinks.org.uk



**SocietyLinks
Tower Hamlets**

Company Registration: 7750061

Charity Registration: 1154824





Chai

-Links

COME AND MEET US!

A social club for women over 50

Join us every

THURSDAY 10-1 pm

At Stockholm House Community Room- E1 8HP



Activities Include:

Friendly conversations on
Interesting and relevant topics.
Enjoying refreshments with peers.
Partaking in fun games.
Learning new things/skills.

**For more information please contact us on:
0207-702-0901 or info@societylinks.org.uk**

FREE SEWING CLASSES

**MAKE YOUR OWN
CLOTHING!**

**EVERY WEDNESDAY
10:00am-3:00pm**

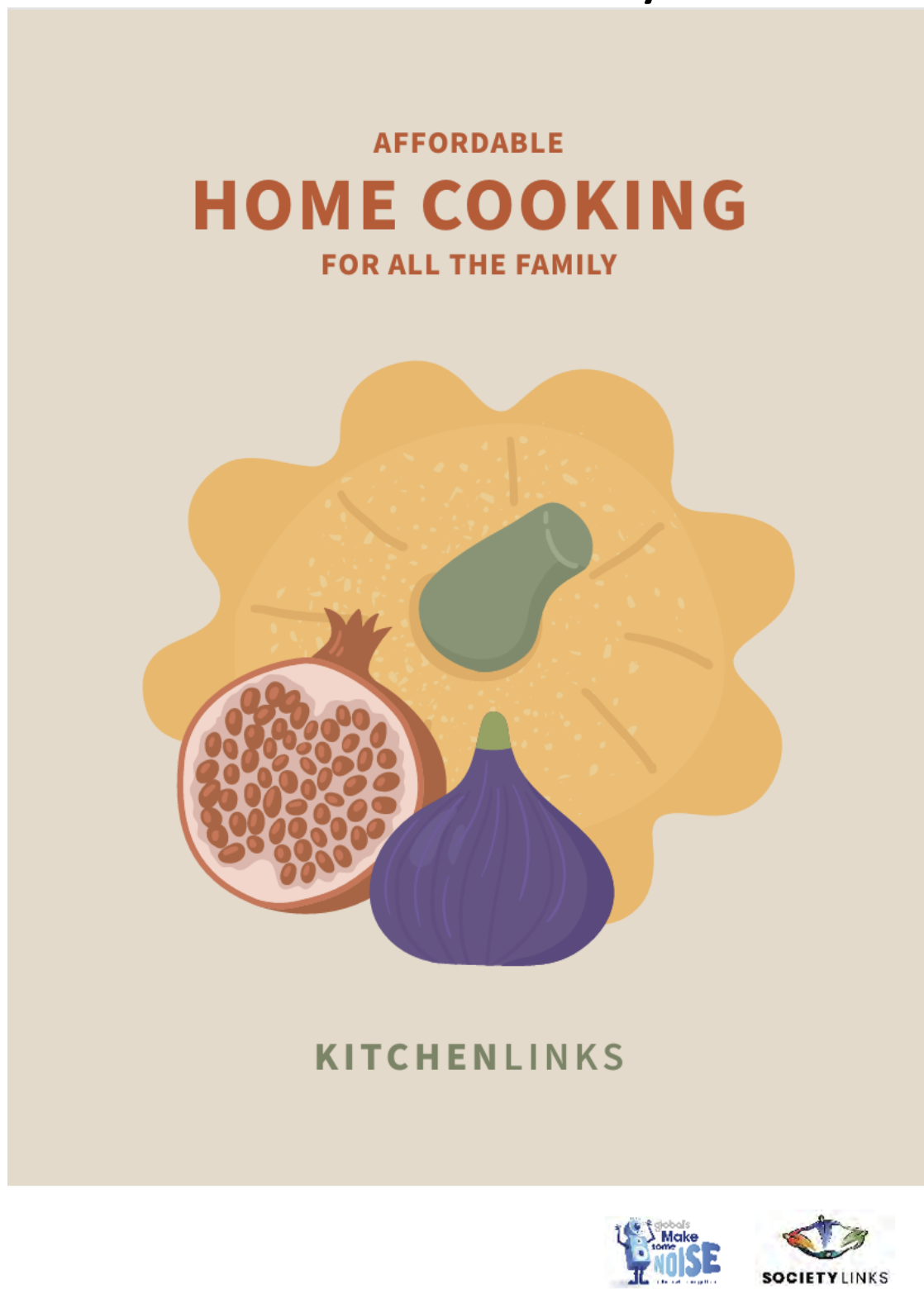
Term-Time ONLY!



80 John Fisher St,
Whitechapel,
London
E1 8JX
0207 702 0901
info@societylinks.org.uk



Check out our Community cookbooks online:



[Community Cooking](#)

What's Happening Near You!

FREE English classes to build confidence with speaking, writing and reading. Great feedback so far. Very informal, refreshments included and interactive resources used



Free English language classes at Bromley By Bow Community hub

Come along and develop your speaking, listening, writing and reading skills.

Enjoy some free refreshments – and make new friends.

What is offered:

- Two free lessons each week with an experienced teacher.
- Free 121 support.
- Interactive resources.

Get in touch to book your place:

LanguageOfFood@family-action.org.uk

Tel: 07825 852635

Location:

Bromley By Bow Centre
St Leonard's St,
London
E3 3BT

Open to adults aged 18+.

**Every Thursday and Friday
9:30 – 11:30**



**Bromley
by Bow
Centre**

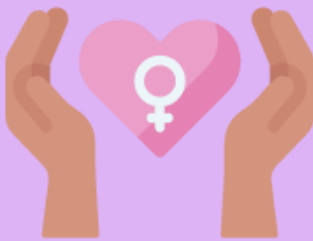
family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206.
Registered Company Limited by Guarantee in England and Wales no: 01068186.

♥ Conversation Cafe ♥

A warm drink, a kind ear, a powerful connection in a warm and welcoming space for women to explore their health and bodies.

We will cover....



- Periods & menstrual health
- Pregnancy & contraception
- Menopause & beyond
- Your rights & the healthcare system



- ♥ Women only
- ♥ Creche available
- ♥ Refreshments provided
- ♥ Every 2nd and 4th Thursday each month
- ♥ Venues around Tower Hamlets

Be part of the change. Let's learn, grow,
and support each other

Stay up-to-date with upcoming sessions

Contact Sahar on:

sahar.zeinelabdin@sistercircle.org.uk



Call: 07423717801
or scan the QR code



TRAPPED IN ZONE ONE
PRESENTS

VOLUNTEER
WITH US!

MOVE & STRETCH

Award winning wellness programme for females from diverse communities in Tower Hamlets, to improve the health and wellbeing through structured FREE in-person weekly fitness and Pilates workout with Laura Williams.

Every Tuesday | 10:00-11:00

Toynbee Hall, 28 Commercial Street, London E1 6LS



SCAN ME

To learn more and register: www.trappedinzoneone.com
Contact us: hello@trappedinzoneone.com



TOYNBEE
HALL



GATHER FOR CONFIDENCE AND A CUPPA

Women join us for
a time of sharing
experiences and
encouraging each other
over a cuppa and cake



EVERY FRIDAY
11:00 - 12:30

Call Amanda to join: 07927 492 774

Living Room Club | 3 Glengall Grove | Isle of Dogs | E14 3ND

LIVING ROOM *Events*

A collage of sewing-related items including a wooden ruler, a pair of scissors, several spools of thread in various colors (pink, orange, purple), and a measuring tape, all set against a dark purple background.

SEWING CLASS

Give new life
to your tired clothes
with friends.

FREE
TO MEMBERS
JOIN WHEN
YOU ARRIVE

EVERY FRIDAY
1:00PM

Call Neide to join: 07585 560 345

Living Room Club | 3 Glengall Grove | Isle of Dogs | E14 3ND

LIVING ROOM *Events*

ENGLISH CLASS

Intermediate
conversation classes
with friendly tutors

FREE
TO MEMBERS
JOIN WHEN
YOU ARRIVE

EVERY WEDNESDAY
2:00PM

Call Neide to join: 07585 560 345

Living Room Club | 3 Glengall Grove | Isle of Dogs | E14 3ND

LIVING ROOM *Events*



Come and join OWA's coffee morning for Bangladeshi women.

Every Tuesday from 9:30am to 12:30pm at the Stepney City Farm, Stepney Way, E1 3DG.

OWA's coffee morning is a woman only space. It's about fresh air and laughter! You will meet people and make new friends.

Find out about services, how to manage illnesses and health problems.

Sessions include NHS health workshops and benefits advice service.

Also, befriending, escorting service and gardening project.



If you need more information or support to come along contact Shahida Choudhury on 07940 556053.

We look forward to seeing you.

Ocean Women 'Supporting women and improving lives'
Walden Way & Co Unit A3, Gateway Tower 32 Western Gateway
London E16 1YL Tel: 07940556053
Email: oceanwomensassociation@yahoo.co.uk
www.oceanwomen.com
Company Registration: 4452067 / Charity Registration: 1133725



Support And Services



**Domestic abuse increases by 38%
when England lose a World Cup game,
and 26% when they win.**

**It's time to blow
the whistle on
domestic abuse.**



Call **Solace** on **020 3795 5064** if you need support or to sign post friends,
neighbours or family

If you think your behaviour is crossing the line into abuse call the **Respect
Phoneline** on **0808 802 4040** to get the help you need

Training and Opportunities

Training	Date/Time	Location	Applying (For internal staff using Learning Hub : Click the links for each title to apply)
Women's Safety in Public Spaces	29/07/2026 12:00-13:00	Online	VAWG training external application form
Young People and Violence against Women and Girls	07/07/2026 10:00-12:30	Online	VAWG training external application form
Harmful practices: 'Honour' based Violence and Forced Marriage	04/08/2026 13:30-16:00	Online	VAWG training external application form
Trauma Informed Practice and VAWG	24/08/2026 14:00-16:30	Online	VAWG training external application form
Faith-Based Abuse and Cultural Responses to Domestic Violence delivered by IKWRO	25/08/2026 14:00-16:30	Online	IKWRO training application form <i>Please note: training is for statutory agencies only e.g. NHS staff, police, school staff, social workers, housing staff (any LBTH Local Authority staff included)</i>
Sexual Abuse Awareness	30/09/2026 10:00-12:30	Online	VAWG training external application form

There are also new VAWG Champion Dates available, please share with appropriate colleagues if you are already a VAWG Champion:



Training Dates	Location	Application form – <i>Spaces are limited and frontline/statutory support workers will be prioritised</i>
Day 1 Weds 8 th July 09:30-12:30 Day 2 Weds 22 nd July 09:30-12:30 Day 3 Weds 29 th July 14:00-17:00	Online over MS Teams	July in person VC application form

Connect to Work – Celebrating one year in Tower Hamlets

Offering free, personalised employment support for residents aged 18+ who are unemployed and experiencing barriers to work, such as disability, health conditions, or mental health challenges.

Join our one year celebration event to:

- Meet employers, partners and community organisations
- Discover your next step into employment

23 July 2026

10am – 2pm

Tower Hamlets Council, Grocers Wing 1

Scan the QR
code to reserve
your place



Barts Health NHS Trust

Two new and exciting opportunities from the Research Engagement Team at Barts Health NHS Trust.

The first is a short online survey, our immediate priority, which will help shape our new Patient and Public Involvement, Engagement, and Participation (PPIEP) Strategy.

The second is our free online modules, designed to help people learn about healthcare research and how to get involved. We would appreciate it if these could also be shared through your newsletters, websites, social media, or other communication channels.

Flyers and stand-alone images to support the promotion of both opportunities are attached to this email.

1) Shaping Healthcare Research Together Survey

Barts Health NHS Trust, in partnership with Queen Mary University of London, invites patients, carers, public contributors, and community members to take part in a short online survey. The survey asks for your views on trust and confidence in research, experiences of participating in research, involvement and engagement activities, and the priorities that matter most to local communities.

The findings will directly inform the development of a new Patient and Public Involvement, Engagement, and Participation (PPIEP) Strategy. PPIEP helps ensure that research is shaped by patients, carers, public contributors, and communities from the outset, improving its quality, relevance, and accessibility. This strategy forms part of a national initiative led by the National Institute for Health and Care Research (NIHR) to strengthen collaboration across NIHR-funded research centres and support meaningful involvement and engagement in research. Your feedback will help ensure that these activities reflect the needs, priorities, and perspectives of the communities we serve.

➡ To find out more and complete the survey, please see the attached flyer [PPIEP Strategy Survey Flyer] or visit: bit.ly/3PwOQ8D

2) Healthcare Research for All Online Modules

Barts Health NHS Trust, in partnership with the North East London Research Engagement Network, has developed three engaging and interactive online modules to help you learn more about research in the NHS and discover ways to get involved! The modules cover:

- Research in the NHS
- Participation in Research
- Public Involvement in Research

These modules are free to access and provide practical information, clear examples, and guidance to help people feel confident engaging with healthcare research.

➡ To find out more and access the modules, please see the attached flyer [Healthcare Research for All Flyer] or visit: bit.ly/4adohMO

Mind In Tower Hamlets



THFN

BECOME A VOLUNTEER BEFRIENDER

*Be the visit someone **looks forward to***

Across Tower Hamlets, an older neighbour can go days without speaking to anyone. Give **one hour a week** and you could become the best part of their week.

- **One hour a week**
At a time that suits you, in person or by phone.
- **Training & support**
Full induction, ongoing support and expenses covered.
- **Six months or more**
So a real friendship has the time to grow.
- **Just be yourself**
No experience needed — only warmth and reliability.

Apply by Friday 28 August 2026 · matching new befrienders through the autumn

Fancy a chat about it? Say hello.

admin@thfn.org.uk www.thfn.org.uk

○ ● ●

Tower Hamlets Friends & Neighbours · Befriending isolated older people **since 1947** · Registered charity no. 1099403

Volunteer befrienders wanted — Tower Hamlets Friends & Neighbours

THFN supports isolated older people across Tower Hamlets through regular friendly visits and phone calls. We're currently recruiting volunteer befrienders to be matched with an older neighbour.

What's involved: regular contact — in person or by phone — with someone who'd value the company.
The commitment: at least one hour every week, for a minimum of six months. No experience needed.
What we offer: full training, ongoing support and expenses.
Deadline: please apply by Friday 28 August 2026.

To apply or learn more: admin@thfn.org.uk / www.thfn.org.uk

Families Matter

News and information to support your work with families: Families Matter Magazine (Summer 2026)

Please find attached the latest Families Matter magazine with news and information to support your work with families. You can share this magazine with colleagues and the parents and carers you work with. An online version has been uploaded on the Tower Hamlets Local Offer website [here](#). Previous editions of the magazine can also be found on www.towerhamlets.gov.uk/familiesmatter.

The magazine also features the **Let's Talk SEND Summer 2026 newsletter supplement** which is attached as a separate PDF in case it is helpful for more targeted work with families. The standalone Let's Talk SEND Summer 2026 newsletter and previous editions can also be found on the [Local Offer website](#).



Bowel Screening
Programme

FREE TRAINING

DIGESTIVE HEALTH & WELLBEING TRAINING

Develop your knowledge. Build confidence.
Support healthier conversations.

Gain practical knowledge, evidence-based advice and the confidence to support healthier conversations about digestive health and NHS bowel screening.



Knowledge that
supports
healthier
lives.

WHAT YOU'LL GAIN



Evidence-based advice

Up-to-date guidance on digestive health and wellbeing.



Practical tips

Nutrition, lifestyle and stress management for a healthy gut.



NHS bowel screening

Understand the programme and how early detection saves lives.



Confident conversations

Feel confident talking about digestive health and bowel screening.



Signposting skills

Know how to signpost people to trusted NHS services and support.



Certificate of Participation

Recognising your learning and commitment.

IN THIS TRAINING YOU'LL LEARN ABOUT

- ✓ Digestive health and wellbeing
- ✓ The gut-brain connection
- ✓ Diet and nutrition
- ✓ Lifestyle choices and prevention
- ✓ Stress management
- ✓ Recognising possible signs and symptoms
- ✓ NHS bowel screening and early detection
- ✓ How the bowel screening test kit works
- ✓ Supporting people aged 50+ to request a replacement kit if theirs has been misplaced



AFTER COMPLETING THE TRAINING YOU'LL BE ABLE TO

- 💡 Talk confidently about digestive health.
- 🗣️ Explain the benefits of bowel screening.
- 📢 Share trusted NHS information.
- ❤️ Encourage early detection and informed choices.
- 🤝 Signpost people to appropriate NHS services and support.

Your knowledge can help save lives.



WHO IS THIS TRAINING FOR?



NHS Health Champions



NHS & Primary Care Teams



Local Authority Staff



VCSE & Community Organisations



Housing Association Staff



Social Prescribing Teams



Volunteers & Community Leaders



Anyone supporting local communities



ONLINE OR IN PERSON

Flexible delivery to suit your team.



INTERACTIVE & PRACTICAL

Engaging sessions with real-life examples.



CERTIFICATE PROVIDED

Certificate of Participation provided on completion.



BOOK A FREE TRAINING SESSION

Contact Leena or Rubia
huh-tr.bowelhealth@nhs.net
to find out more or to book a session.



Learn. Inspire.
Make a Difference.

**FREE
WORKSHOP!**

COMMUNITY DIGESTIVE HEALTH & WELL-BEING WORKSHOP



A friendly session to help you look after your digestive health and learn how NHS bowel screening can save lives.

WHAT YOU'LL LEARN

-  Healthy habits for your digestive system
-  Signs of bowel cancer to look out for
-  How NHS bowel screening works
-  Why early detection saves lives
-  Get your questions answered



*Small changes,
big difference!*



GOOD NEWS!

Those eligible can request a **FREE screening kit** on the day.



WHY ATTEND?

-  **FREE** to attend
-  Open to everyone in the community
-  Friendly and confidential
-  Simple tips to support your well-being

DID YOU KNOW?

Bowel cancer is treatable and curable when found early.

The NHS Bowel Screening Programme can detect changes before symptoms develop.

Screening saves lives.



*Looking after your digestive health today
could save your life tomorrow.*



**BOOK YOUR
FREE PLACE TODAY!**



Contact Leena or Rubia on
huh-tr.bowelhealth@nhs.net
to find out more or to book a session.



