



When you are discharged from Mildmay Mission Hospital into the London Borough of Tower Hamlets, you can find many services offered by Tower Hamlets council or other public or private institutions. Here you can find help with food, health and wellbeing, activities, mindfulness, and accommodation.

## Where to find help with food

In Tower Hamlets, there are 31 food banks and food providers:

### BETHNAL GREEN FOOD BANK, ST MATTHEW'S at Raine's Foundation School, E2 9LY

**Every Wednesday from 2-7pm** A non-referral food bank currently serving around 350 households every week.

**More info:** [www.bethnalgreenfoodbank.org/](http://www.bethnalgreenfoodbank.org/)

### BOW FOOD BANK, BROMLEY-BY-BOW COMMUNITY CENTRE

Every Monday 8.30-12.30

**More info:** [www.bowfoodbank.org](http://www.bowfoodbank.org)

At [Bethnal Green food bank \(St Matthew's\)](#) and [Bow Food Bank](#) it is possible to choose between different types of bags: meat, fish or vegetarian. They offer a 'no-cook bag' for those without access to a kitchen. They offer extra items such as hygiene products on a rotational basis and depend on the stock availability.

**If you are Self-isolating - You can arrange for a friend, family member or neighbour to collect for you. If you do not have anyone to collect for you, please get in touch. Call: 07934 734 603 or email: [info@bowfoodbank.org](mailto:info@bowfoodbank.org)**

### BURDETT FC – THE FOOD STORE (FOOD PANTRY)

This is a healthy, affordable food store open for families in need. You pay a small weekly membership of £3.50 and are subject to engagement with support services to ensure participants' progress. You need a referral by London Borough Tower Hamlets, Local advice agencies, Tower Hamlets Community Advice Network, Job Centre Plus, refuges, Health centres, Faith institutions or Registered Social Landlords.

**More info:** [bit.ly/3h7awo9](http://bit.ly/3h7awo9)

### CANVAS CAFÉ

Food bank at the cafe every **Friday 12-1pm** sends out 200 free home-cooked meals a week.

**More info:** The Canvas -reopening soon, 42 Hanbury St, London, E1 5JL [www.thecanvascafe.org](http://www.thecanvascafe.org)

### DORSET COMMUNITY ASSOCIATION

They offer food packs to local residents. This initiative is in partnership with St Peter's Councillor Tariq Khan.

**More info:** Dorset Community Association, Diss Street, London, E2 7QX, Telephone 020 7739 9371 <https://dorsetca.org/>

### WEAVERS COMMUNITY FORUM

They offer emergency food parcels to around 55 families per week across Tower Hamlets. Needs registration.

**More info:** [bit.ly/2U9SZSS](http://bit.ly/2U9SZSS)

### OUR FORGOTTEN NEIGHBOURS

Whitechapel, opposite 33 Commercial Street, just past Tesco. Provides healthy and nutritious meals and are committed to improving quality of life by providing a hot meal. **Every Thursday.**

**More info:** [www.ourforgottenneighbours.co.uk/](http://www.ourforgottenneighbours.co.uk/)

## Where to find help with health and wellbeing

### THE LIMEHOUSE PROJECT: LUNCHEON CLUB

(ages 50+) - This project provides a healthy lunch service for local people ages 50+, aiming to reduce isolation, practical and emotional support.

**FIT4LIFE (ALL AGES)** - designed to provide assistance to Tower Hamlets residents who would like support managing their weight and associated long-term health conditions. The project aims to help individuals regain control of their health, build confidence and achieve their goals for a healthier life. Needs a GP referral. **More info:** 789-791 Commercial Road, Unit 2 – St Anne Street, London E14 7HG. Telephone: 020 7538 0075, [limehouseproject.org.uk](http://limehouseproject.org.uk)

### NEIGHBOURS IN POPLAR

They meet regularly, visit and provide necessary service for people living in the Poplar area of Tower Hamlets, London E14. More info at **Care for the Community in Poplar & Isle of Dogs**, Telephone number: 020 7531 0190, Email:

[enquiries@neighboursinpoplar.com](mailto:enquiries@neighboursinpoplar.com)

[www.neighboursinpoplar.com](http://www.neighboursinpoplar.com)

### WEAVERS COMMUNITY FORUM

Help local residents with physical & mental health and emotional well-being, which plays a big part in how happy and comfortable residents are in their everyday life. They offer programs of exercise, sports & fitness and meetings:

- Walking group / social clubs
- Healthy cooking /eating and understanding nutrition
- taking up new interests and hobbies
- joining a group, team and getting involved an intergenerational support project
- chatting, socialising, and relaxing with other positive people in a positive environment
- learning new skills through education, training, or employment.

Registration form and more info: [weaversforum.org](http://weaversforum.org)

### Parks and open spaces

Tower Hamlets has many diverse parks, gardens and open spaces for residents and visitors to enjoy. **More info:** [bit.ly/3hgllgO](http://bit.ly/3hgllgO)

### Free dance events in Tower Hamlets

The calendar is updated every month. **More info:** [bit.ly/3h2U5cs](http://bit.ly/3h2U5cs)

#### DANCE FOR HEALTH

Organised seated, standing active and young adult dance sessions, free of charge.

**More info:**

[www.communitycatalogue.towerhamlets.gov.uk/](http://www.communitycatalogue.towerhamlets.gov.uk/)

#### ARTS EVENTS AND INFORMATION

Tower Hamlets has a vibrant arts scene, with a host of festivals, family and community events, and activities for young and old, and cultural events for all. **More info:** [bit.ly/3h2U5cs](http://bit.ly/3h2U5cs)

#### OUTDOOR GYMS IN TOWER HAMLETS

A variety of equipment for strength workouts, cardio, toning, callisthenics and inter-generational activity.

**More info:** [bit.ly/35WsSI0](http://bit.ly/35WsSI0)

### Where to find help with accommodation

Information about how to find free or inexpensive accommodation, self-development, courses, meal and healthy lifestyle activities, help for people that need additional care can be found here: [bit.ly/3djaGpW](http://bit.ly/3djaGpW)

**Tower Hamlets** can provide advice and support to help you find alternative accommodation.

**More info:** [bit.ly/3qATp0P](http://bit.ly/3qATp0P)

#### NEW BELVEDERE HOUSE

Offers high quality single room accommodation to 66 Veterans. Since it opened in 1973, it has turned around the lives of more than 1,000 vulnerable adults, socially isolated or vulnerable ex-servicemen and set them on the road to sustainable, independent living.

**More info:** [bit.ly/3h3gVRb](http://bit.ly/3h3gVRb)

#### SALVATION ARMY

Can offer support for women who are prepared to participate in a structured programme. Can accommodate up to two women with dogs. Applicants must have a local connection to the London Borough of Tower Hamlets. The minimal stay is one night and maximum is 2 years. More info: Riverside Complex, 20 Garford Street, London, Greater London, E14 8JG.

**Email:** [homeless@towerhamlets.gov.uk](mailto:homeless@towerhamlets.gov.uk),  
[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

