DIRECTORY

Of

Lunch Club Services for
OLDER PEOPLE
in Tower Hamlets

Published By
Lunch Clubs Providers’ Forum
London Borough of Tower Hamlets
## Contents

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contents</td>
<td>2</td>
</tr>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>Appian Court</td>
<td>4</td>
</tr>
<tr>
<td>Black Women’s Health and Family Support - Lunch Club for Somali Women</td>
<td>5</td>
</tr>
<tr>
<td>Children Education Group</td>
<td>6</td>
</tr>
<tr>
<td>Chinese Elderly Luncheon Club</td>
<td>7</td>
</tr>
<tr>
<td>Community of Refugees from Vietnam</td>
<td>8</td>
</tr>
<tr>
<td>Island Bengali Welfare Organisation</td>
<td>10</td>
</tr>
<tr>
<td>Shahjalal Community Centre</td>
<td>11</td>
</tr>
<tr>
<td>St James the Less Luncheon Club</td>
<td>12</td>
</tr>
<tr>
<td>Somali Senior Citizen’s Club</td>
<td>13</td>
</tr>
<tr>
<td>St Hilda’s - Pensioners’ Project</td>
<td>14</td>
</tr>
<tr>
<td>St Peter’s - Luncheon Club for Bangladeshi Women</td>
<td>16</td>
</tr>
<tr>
<td>Stifford Older People Lunch Club</td>
<td>17</td>
</tr>
<tr>
<td>Toynbee Hall Older People’s Lunch Club</td>
<td>18</td>
</tr>
<tr>
<td>Wadjir Somali Community - Lunch Club for Somali Women</td>
<td>19</td>
</tr>
<tr>
<td>Wapping Bangladesh Association</td>
<td>20</td>
</tr>
<tr>
<td>Women’s Health and Family Services - Lunch Clubs for Somali Women</td>
<td>21-23</td>
</tr>
<tr>
<td>Find Your Lunch Clubs in Tower Hamlets Wards</td>
<td>24</td>
</tr>
<tr>
<td>Find your wards</td>
<td>25</td>
</tr>
</tbody>
</table>
Introduction to the Lunch Club Directory

This directory is developed by the London Borough of Tower Hamlets Lunch Club Providers Forum. It contains details of all local Lunch Clubs for older people. Its aim is to be both a useful information source on lunch clubs services and a tool for people living or working in London Borough of Tower Hamlets.

The Directory contains a good mixture of community organisations, their capacities and locality, where a free lunch club service is provided. However, Service users attending the lunch club is expected to make a statutory contribution towards the meals.

The Directory generally will be helpful to users when choosing services that meet their needs. It will also be useful to professionals from Health & Social Care and 3rd Sector organisations, who may require the information when making a decision on what is available to meet both cultural needs of service users and/or special needs of older people.

For the most up to date and accurate information, please contact the agency/organisation directly as details are printed in the directory.
Age Concern Tower Hamlets
87 Parnell Road
London E3 2RS
Tel: 020 8981 7124
Email: suem@acth.org.uk
Website: www.acth.org.uk

The organisation offers
• services to deal with needs of all local older people.
• information & Advice, Befriending, Carers’ Service, Involvement of Older people with local issues.
• physical help with small tasks through Handy Person project.

Appian Court is run by Age Concern Tower Hamlets and it is a Linkage Plus Network Centre for LAP 5&6.

Name of Contact person Susan Morrison/Phyl Jones
Telephone Number 020 8981 7124
Email suem@acth.org.uk
Community served (mainly) Age 55 and over
Area served Laps 5 & 6
Days Open Monday – Friday
Opening Hours 10.00am to 4.00pm
Maximum capacity Per day - 100
Per week - 500
Facilities available Fully equipped kitchen, conservatory, separate men/women toilets, wheelchair accessible, garden area, car parking (visitors only) T.V in each room, music, papers/magazines/books for reading, comfortable seating areas, café area, lunch seating
List of activities Breakfast club/lunch club (Daily 10.00-1.00)
Art, Health mornings, Craft class, Exercise classes, Line dancing, Seated exercise class, Bingo, Quiz afternoon, Internet café, Darts, Games, Pool, Dominos, Geezers club, Short mat bowls, Movie afternoons, Hairdressing services, Day trips, Jumble sales, Tea dances, Advices sessions
Services provided by the organisation Services for Older people Live in Tower Hamlets, Link-age plus
Staffing capacity 4 members of staff, plus volunteers
Additional facility/s Appian Court Sheltered Scheme adjacent to Appian Court Resource Centre
Black Women’s Health and Family Support - Lunch Club for Somali Women

82 Russia Lane
London E2 9LU
Tel: 020 8980 3503
Fax: 020 8980 6314
Email: bwhafs@btconnect.com
Website: www.bwhafs.com

The organisation offers
- provisions to address the needs of refugees from Somalia.
- Counselling services, Health promotional workshops, after school support and carers programmes for local Somali people including children.
- hot meals for Somali Older Women.
- ESOL, Arabic, Computer training, Sewing Classes, Health talks, Massage and Reflexology Therapy for older women.

Black Women’s Health and Family Support (BWHAFS) was a campaigning organisation but is now active in providing everyday practical needs of the local community.

Contact Person’s Name  Joycelyn Hayford
Telephone  020 8980 3503
Fax  020 8980 6314
Email  bwhafs@btconnect.com
Community serve  Women from Somali Community
Area serve  Bethnal Green
Days Open  Wednesdays & Thursdays
Opening Hours  12.00pm to 1.00pm
Maximum capacity  Per day - 22
Per week - 44
Facilities available  Accessible to wheelchair users i.e. Ramp, lift.

List of activities
- Lunch
- Health Talks and workshops
- Exercise
- Traditional games

Services provide by the organisation
- ESOL Classes
- Advice & Counselling
- Carers’ Support
- Sewing classes
- Computer Training
- Arabic & Koran Classes
- Youth Education Recreational Activities
- Mother Tongues Classes
- Women’s Group
- Organise workshops, seminars, conferences for community groups and professionals.

Staffing capacity
- 1 Part Time Cook
- 1 Sessional Worker

Additional facility/s
Children Education Group
Harkness House
Christian Street
London E1 1RX
Tel./Fax: 020 7265 0594
Email: ceghlc@btinternet.com

The organisation offers
- educational support to local children including the setting up of Bengali mother tongue and study support classes; work with local older people.
- summer activities which include outing programmes for local residents and summer school.
- other regular activities e.g. health talks, mobile optician, dentist, newspaper reading session, religious talks and discussion.

Children Education Group, established in 1992, is a charity organisation based in the Whitechapel Ward.

Name of Contact person  Jamalur Rahman
Telephone Number  07940711997
Fax  020 7265 0594
Email  jamalur@rahman4wanadoo.co.uk
info@childreneducationgroup.com
Web Site  www.childreneducationgroup.com

Community served (mainly)  Bangladeshi/Asian
Area served  Whitechapel Ward
Days Open  Mondays, Tuesdays and Wednesdays
Opening Hours  10.30am to 3.00pm

Maximum capacity  Per day - 30
Per week - 90
Facilities available  Fully accessible for people with a disability - Prayer area available
List of activities  Lunch, Self Health Management, Healthy Living discussion, Religious discussion, Optician Service
Services provided by the organisation  Mother tongue education, homework Study support club, Bengali/Arabic, Maths, English, Science, Art classes, Bangla Drama School, Runs day, Play Time Runs and local Cllr. Surgery Advice for lease holders.

Staffing capacity  6 part time
3 volunteers

Additional facility/s  Work with Berner Estate Leaseholders Association
The organisation offers

- services for local disadvantaged Chinese and Vietnamese people who live, work or study in Tower Hamlets.
- services for local older people including advice and information service.
- opportunities and facilities for Social, Educational, Cultural and Physical development of young Chinese/Vietnamese people.

Name of Contact person: Alan Chau or Jennifer Yeung

Telephone Number: 020 7515 5598

Fax: 020 7538 9764

Email: londonchinese@hotmail.com or cath680@yahoo.co.uk

Community served (mainly): Chinese/Vietnamese

Area served: The whole of Tower Hamlets

Days Open: Tuesday & Saturdays

Opening Hours: 9.30am to 5pm

Maximum capacity: Per day - 60
Per week - 120

Facilities available: Library, television, karaoke, table tennis, meeting room, function room.

List of activities: Health talks, watching video & DVD, Karaoke, Social dance class, Tai Chi sword/fan classes, Jive, Socialise with friends and volunteers, play the Chinese game called ‘Mah Jong’, which is good for exercising the brain

Services provided by the organisation: Welfare advice, Homecare, Sports activities, Recreational activities, Group meetings and Gatherings, Outings

Staffing capacity: 2 staff and 5 volunteers currently work in the luncheon club

Additional facility/s: We have books & videotapes and DVDs available for members to borrow for up to 3 weeks at any one time.
Community of Refugees from Vietnam
Dockland Settlement Centre
197 East Ferry Road
London E14 6DE
Tel: 020 7538 4986
Fax: 020 7538 4987
Email: corveastlondon@aol.com.

The organisation offers
• facilities to improve the life style of refugees from Vietnam.
• provisions to meet cross cultural needs of refugees, social isolation and language barrier.
• welfare advice and meet older people in their homes experiencing problems in visiting the community centre.
• home Care service for Vietnamese people with disabilities and older people.

Community of Refugees from Vietnam-East London is a unique service established to play a vital role in life of the Vietnamese/Chinese older people.

Name of Contact person Quan Tran
Telephone Number 0207 538 4986
Fax 0207 538 4987
Email crveastlondon@aol.com
Community served (mainly) People from Vietnam
Area served Tower Hamlets – Bethnal Green, Bow, Poplar, Wapping, Stepney and the Isle of Dogs
Days Open 2 days per week
Opening Hours 9.30 am to 4pm
Maximum capacity Per day - 50
Per week - 100
Facilities available - Advice/Information on welfare rights, housing, health, education, training, counselling, home visit and escorting to other agencies for elders with special needs
- Cultural activities
- Cultural events: Lunar New Year, Buddha Birthday, Mothering Day, Mid Autumn Festival and Christmas Parties
List of activities In door games: Chinese chess, card games, Majong games, Vietnamese books, magazines, video movies and general discussions.
Health talks – every three months
Welfare talks – every three months including new regulations on housing benefit, council tax, debt problems and etc
Exercise – Ballroom dancing, Yoga and Tai Chi (subject to
funding)
Publishing Vietnamese news letter – every three months.
Religious talks – mainly Buddhism discussion every three months.
Outings/trips: mainly in the summer time to the sea side, leisure places in the U.K and shopping

Services provided by the organisation
- a Vietnamese Elderly Support Service with Luncheon Club
- a children and young people’s project
- information and advice
- a women club and provide ESOL class and training
- a resource centre for the local authority and other related services
- Care in the home project

Staffing capacity
1 full time – 4 part time

Additional facility/s
Island Bengali Welfare Organisation

3 Thorne House
Launch Street
London E14 3LU
Tel./Fax: 020 7515 2488
Email: mdmaium@gmail.com

The organisation offers
• advise on issues relating to welfare benefits, housing and local community issues.
• educational support to local children including the setting up of Bengali mother tongue and study support classes; work with local older people.
• summer activities which include outing programmes for local residents and summer school.
• other regular activities e.g. health talks, mobile optician, dentist, newspaper reading session, religious talks and discussion.

Name of Contact person  Mohammed Miah
Telephone Number  020 7515 2488
Fax  020 7515 2488
Email  mdmaium@gmail.com
Web Site  None
Community served (mainly)  Bangladeshi/Asian
Area served  Isle of Dogs
Days Open  Mondays, Tuesdays and Wednesdays
Opening Hours  10.30am to 3.00pm
Maximum capacity  Per day - 15
Per week - 45
Facilities available  Fully accessible for people with a disability - Prayer area available
List of activities  Lunch, Self Health Management, Healthy Living discussion, Religious discussion, Optician Service
Services provided by the organisation  Lunch Club, Advice service, Mother tongue education, Supplimentary School (homework Study support club).

Staffing capacity  2 part time volunteers
Additional facility/s  Partnership work with local community organisations.
The organisation offers

- community facility for the benefit and improvement of the quality of life for the residents of the Ocean area.
- activities to promote greater integration and understanding of culture amongst all communities in the Ocean areas.
- advance the social, educational, economic and health and well-being of all the residents of the Ocean.
- services to promote the independence and enhance the physical and mental wellbeing of local older people.
- supports & assist to Social, Recreational & Cultural Activities.
- activities to establish better communication and integration within communities and faiths.
- runs cross religious activities.
- basic advice and information service.

Shahjalal Community Centre is a charitable organisation established in September 2007. The Shahjalal Community Centre will support all the people of the Ocean to understand and appreciate each other’s faiths and cultures to play an active part in community life and through education, economic development and social well being, achieve their full potential.

Name of Contact person
Misbah Khan

Telephone Number
020 7791 2666

Fax
020 7790 7754

Email
mkhan@shahjalalcentre.co.uk

Community served (mainly)
Bangladeshi/Asian

Area served
St. Dunstan’s & Stepney Green Ward

Days Open
Mondays, Tuesdays and Wednesdays

Opening Hours
10.30am to 3.00pm

Maximum capacity
Per day - 30
Per week - 90

Facilities available
Fully accessible for people with disabilities
Prayer area available

List of activities
Lunch, Food Co-op, Self Management of Chronic Illness, Healthy Living discussion, Religious discussion, Mobile Optician Service.

Services provided by the organisation
ESOL Classes, Advice & information, Arts & crafts, and Cllr. Surgery

Staffing capacity
4 part time,
2 volunteers
The organisation offers
- activities to reduce social isolation through providing services to local vulnerable and isolated people (including people with disabilities).
- organise a range of activities for local older people e.g. hot meals, social activities (including trips and parties), recreational activities.

Name of Contact person         Michael Ryan
Telephone Number                020 7247 2458
Fax                              020 7247 6921
Email                           mryan@radicle.org.uk
Community served (mainly)       Any Tower Hamlets Resident
Area served                     Bethnal Green and its environs
Days Open                       Monday to Friday
Opening Hours                   10.30 am to 1.30 pm
Maximum capacity                Per day - 25 service users
                                Per week - 125 service users
Facilities available           Venue for lunch club
                                Staff to advise and sign post
                                Meal from Meals on Wheels
                                Phone to make contact with other Services
List of activities              Occasional Social outings
                                Occasional musical events
                                Occasional Bingo sessions
Services provided by the organisation
                                Drop-in Centres and Lunch Club to Elders
                                Hostels for Homeless Teenage Parents
                                Nurseries and Crèches for Families
Staffing capacity               1 lunch club worker
Additional facility/s           Listed above
The organisation offers
- provision of lunch club facility.
- health related discussions and activities.
- cultural board games.

Somali Senior Citizens’ Club is for Somali men, run by Somali Seamen in Tower Hamlets.

Name of Contact person       Mr Yusuf Ali or Mr Ali Hersi
Telephone Number             020 7613 5406
Fax                          020 7613 5406
Email                        None
Community served (mainly)    Somali (Men)
Area served                  LB of Tower Hamlets
Days Open                    Monday to Thursday and Saturday
Opening Hours                11.30am to 4.00pm
Maximum capacity             Per day - 40
                                      Per week - 200
Facilities available         Wheelchair Accessible building
                                      Ablution and Prayer facilities available
                                      Somali language speaking staff
List of activities            Hot cooked meals
                                      Health Sessions organised by Age Concern
                                      Tower Hamlets and Social Action for Health
Services provided by the organisation Lunch Club service
Staffing capacity            All Volunteers - No paid staff
Additional facility/s
St Hilda's - Pensioners' Project

St Hilda's East Community Centre
18 Club Row
London E2 7EY
Tel: 020 7739 8066
Fax: 020 7729 5172
Email: mail@sthildas.org.uk
Website: www.sthildas.org.uk

The organisation offers
- activities take place over four days a week – including lunch clubs, arts & crafts, health promotion, inter-generational activities and transport for less mobile users.
- exercise and health promotion sessions on a fifth day for Bangladeshi Elders Health Project (BEHP).
- home care targeted at Asian (mainly Bangladeshi) older and disabled people, as well as a LinkAge Plus Network Centre for LAPs 1/2.
- day Centre and Access to advice services (e.g. Legal Advice).

St. Hilda's East is a multi purpose community organisation running some eighteen different projects on two sites. 1) St. Hilda’s East Community Centre in Bethnal Green runs a thriving Pensioners Project including provision for ex-users of Lansbury Lodge Day Centre. 2) Sonali Gardens in Shadwell provides health care services for older people.

Name of Contact person
Catherine Zvegintzov or Irene Winter
Telephone Number
020 7739 8066
Fax
020 7729 5172
Email
catherine@sthildas.org.uk or
irene@sthildas.org.uk

Community served (mainly)
White British, Caribbean, Bangladeshi

Area served
Pensioners Project mainly E1, E2 and E3, but some users from across the borough. (Day and domiciliary care at Sonali Gardens is borough wide while LinkAge Plus activities are primarily for LAPs 3 & 4).

Days Open
St. Hilda’s Pensioners Project: Monday, Wednesday, Thursday, Friday.
Sonali Gardens activities throughout the week.

Opening Hours
St. Hilda’s Pensioners Project: 10am – 4pm. More details of Sonali Gardens activities available upon request.

Maximum capacity
Per day: 25.
Per week: 100

Facilities available
St. Hilda’s Pensioners Project lunch club is based in ground floor rooms, fully accessible toilets, lift to roof garden, use of accessible minibus to bring less mobile users from home to the centre and vice versa.

List of activities
Regular and occasional activities include: Internet & E-mail sessions, Keep Fit, Arts & Crafts,
Dance, Art, Information Talks, Discussions, Games, Puzzles, Bingo, Quizzes, Singing, Outings, Parties, Multi-cultural events, Tea Dances, Intergenerational projects, Theatre trips.

Other services include: Advice Service, Food Co-op, Volunteering, Women’s Project, Youth and pre-school children’s projects.

Services provided by the organisation

St. Hilda’s Pensioners’ Project: 4 part-time staff

Staffing capacity

Additional facility/s
St Peter’s Community & Advice Centre
St. Peter’s North Community Centre
1 Marian Place, (Off Pritchards Road) London E2 9AX
Tel: 020 7739 8024
Fax: 020 7739 8359
Email: stpetersadvice@fsmail.net
Web: www.stpetersadvice.org

The organisation offers
- free advice service specifically for the elderly on a range of issues including welfare benefits, housing and homelessness, health, debt and utilities etc.
- specialised services focused around Advocacy Support and Immigration and nationality matters.

St. Peter’s Community and Advice Centre is a registered charity based in the Bethnal Green North Ward offering a wide range of services for the local community.

Name of Contact person
Dr. Khondoker Kamaluddin

Telephone Number
020 7739 8024

Fax
020 7739 8359

Email
stpetersadvice@fsmail.net

Community served (mainly)
Bangladeshi and other Minority Ethnic Communities (Luncheon Club is open to women only)

Area served
Bethnal Green North and neighbouring areas.

Days Open
Mondays & Wednesdays

(Luncheon Club)
Opening Hours
12.30pm to 2.30pm

Maximum capacity
Per day - 35………………
Per week - 70…………….

Facilities available
Fully accessible for disabled persons
Prayer area available

List of activities
Health and fitness class (aerobics) - Mondays
Complementary therapy - Wednesdays

Services provided by the organisation
Advice, Information & Advocacy Service
Mondays & Wednesdays – Women only
Tuesdays & Thursdays – Men only
ICT and Language Support class – Weds
Sewing & Dress Making class – Mondays
Girls Study Support Classes – Wednesdays
Girls Youth Club and Peer Education: Saturdays
Outings and Trips: Summer Months

Staffing capacity
1 x Elderly Development Worker Female
1 x Advocacy Worker
1 x Luncheon Club Helper
2 x Volunteers
**The organisation offers**

- culturally appropriate freshly cooked halal meals to the senior members and also supply halal meals for Meals on Wheels service of Tower Hamlets.
- healthy living discussion and workshops.
- newspaper reading, Islamic talk, day trips, games and group discussion.

Stifford TJRS TRA is a charity registered organisation in the Redcoat area, managed by local residents for Asian older people.

**Contact Person’s Name**   Salman Alam/Sulaman Ahmed  
**Telephone**   020 7791 3632  
**Fax**   020 7791 2536  
**Email**   s.alam@stifford.org.uk  
**Community serve**   Bangladesh/Asian  
**Area serve**   Stepney  
**Days Open**   Mondays (Men only), Tuesdays(Men only) and Wednesday (Women only)  
**Opening Hours**   11.00am to 4.00pm  
**Maximum capacity**   Per day - 25  
Per week - 75  
**Facilities available**   Accessible toilet facility, kitchen and separate washing area (wudu) for prayer. Car park is also available but must be requested prior to session.  
**List of activities**   Lunch, Newspaper reading session, Group discussion, Quiz, Islamic discussion, day trips etc.  
**Health Talks and workshops**   Games - Carom board, Board game, Chess, Art & Crafts  
**Services provided by the organisation**   Adult education level 3 (IT, Management and AAT) Women’s ESOL  
IT Classes  
Sewing and Cultural activities  
Summer project and Girl’s project  
Mother Tongue and Study Support  
Healthy Lifestyle Advice & Guidance  
Housing & Welfare Advice  
**Staffing capacity**   5 for lunch club and a total 16 for the organisation  
**Additional facility/s**   One ICT lab room and one small meeting room.
Toynbee Hall Older People’s Lunch Club

Toynbee Hall
28 Commercial Street
London E1 6LS
Tel: 020 7247 6943
Fax: 020 7377 5964
Email: bruceFl@toynbeehall.org.uk
Web: www.toynbeehall.org.uk

The organisation offers
- services for older people from all background e.g. Welfare rights advice, Counselling, Surma Social Care service for local Bangladeshi Pensioners.
- transport facility.

Toynbee Hall is a multi cultural centre for local residents. It has a contract with the Local Authority for service users of Ex-Lansbury Lodge Day Centre; has its own minibus and an appointed driver.

Name of Contact person  Bruce Flory
Telephone Number  020 7392 2933
Fax  020 7377 5964
Email  bruceFl@toynbeehall.org.uk

Community served (mainly)  Older People
Area served  Borough wide

Days Open  Mon-Fri and Sun
Opening Hours  8.00am to 4.00 pm

Maximum capacity  Per day - 40
Per week - 240
Facilities available  Disabled Access, Disabled Toilets, Car Parking Facilities.

List of activities  Ballroom Dancing, Art Class, Exercise Class, Transport, Entertainment Afternoon, Shopping Trips, Outings Advice
Alternative therapy

Services provided by the organisation  Transport, Advice, Alternative Office.

Staffing capacity  4 Members of Staff
4 Volunteers

Additional facility/s  Registered Social Worker available.
**Wadjir Somali Community - Lunch Club for Somali Women**

229 East India Dock Road, Poplar  
London E14 0EG  
Tel: 020 7001 7646  
Fax: 020 7001 7599  
Email: wadjir2003@yahoo.co.uk

**The organisation offers**
- Provision of Social Care and an educational environment for Somali people to advance their knowledge.
- Basic advice & information on benefits, employment, drugs misuse, immigration, education and training.
- After school study support and mother tongue classes for Somali children.

Wadjir Somali Community is a charitable organisation for local Somali People especially Somali Older Women.

<table>
<thead>
<tr>
<th>Contact Person’s Name</th>
<th>Sahra Abi Digale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone</td>
<td>020 7001 7646</td>
</tr>
<tr>
<td>Fax</td>
<td>020 7001 7599</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:wadjir2003@yahoo.co.uk">wadjir2003@yahoo.co.uk</a></td>
</tr>
<tr>
<td>Community served</td>
<td>Somali Women</td>
</tr>
<tr>
<td>Area served</td>
<td>Bromley-by-Bow, Black and Cubitt Town, East India and Lansbury and Lime House</td>
</tr>
<tr>
<td>Days Open</td>
<td>Mondays, Wednesdays and Thursdays</td>
</tr>
<tr>
<td>Opening Hours</td>
<td>10.00am to 5.00pm</td>
</tr>
<tr>
<td>Maximum Capacity</td>
<td>Per day - 20</td>
</tr>
<tr>
<td></td>
<td>Per week - 60</td>
</tr>
<tr>
<td>Facilities available</td>
<td>Accessible toilets, kitchen and Office and Prayer facilities.</td>
</tr>
<tr>
<td>List of activities</td>
<td>Lunch, Newspaper reading session, Group discussion, Islamic discussion, day trips etc.</td>
</tr>
<tr>
<td></td>
<td>Health Talks and workshops/sessions</td>
</tr>
<tr>
<td></td>
<td>Complementary Therapy</td>
</tr>
<tr>
<td>Services provided by the organisation</td>
<td>Advice and Guidance Information</td>
</tr>
<tr>
<td></td>
<td>Advocacy</td>
</tr>
<tr>
<td></td>
<td>Women’s Health Project</td>
</tr>
<tr>
<td></td>
<td>Computer Classes</td>
</tr>
<tr>
<td></td>
<td>Mother Tongue and Supplementary Class</td>
</tr>
<tr>
<td></td>
<td>ESOL Classes</td>
</tr>
<tr>
<td></td>
<td>Home Work Club</td>
</tr>
<tr>
<td></td>
<td>Youth Club</td>
</tr>
<tr>
<td></td>
<td>Sewing Classes</td>
</tr>
</tbody>
</table>

**Staffing capacity**  
5 for lunch club and a total of 9 for the organisation

**Additional facility/s**  
Lift available
The organisation offers

- culturally appropriate freshly cooked hot meals for Bangladeshi senior members and also organise various activities to promote independence, keep fit and a healthy living lifestyle.
- Islamic discussion, day trips, healthy living talks/workshops, complementary therapy etc.
- welfare advice, women project, ESOL classes, computer classes, mother tongue and supplementary classes for local children and young people.

Wapping Bangladesh Association is for Bangladeshi Older People in the Wapping area.

Contact Person’s Name: Atikur Rahman

Telephone: 020 7481 9835
Fax: 020 7702 1708
Email: wappingba@hotmail.co.uk

Community served: Bangladeshi/Asian

Area served: Wapping

Days Open: Mondays, Wednesdays and Thursday

Opening Hours: 10.00am to 5.00pm

Maximum Capacity
- Per day - 20
- Per week - 60

Facilities available: Hall, Accessible toilets, kitchen and Office and Prayer facilities.

List of activities: Lunch, Newspaper reading session, Group discussion, Islamic discussion, day trips etc.
- Health Talks and workshops/sessions
- Complementary Therapy

Services provide by the organisation
- Advice Information
- Women’s Project
- Computer Classes
- Mother Tongue and supplementary class
- ESOL Classes

Staffing capacity: 3 for the lunch club and a total of 7 for the organisation

Additional facility/s: Lift available
The organisation offers
- advocacy service, help with housing and homelessness, advice with health issues, benefits, counselling and legal advice service.

Women's Health and Family Services is for local minority ethnic communities with a track record of working with Chinese, Vietnamese, Bangladeshi and other minority ethnic groups. It runs the following lunch clubs service in three different locations for Somali Women.

Name of Contact person  Fousia Duale
Telephone Number  020 7377 8725
Fax  020 7377 1064
Email  fousiad@whfs.org.uk

Lunch Club at Chicksand Street
Address  Chicksand Community Centre
         Micro Business Park, 46-50 Greatorex St E1 5NP
Community served (mainly)  Somali Women
Area served  LBTH
Days Open  Tuesdays
Opening Hours  10.00am to 3.00pm
Maximum capacity  Per day - 30+
                  Per week - 30+
Facilities available  Lunch Club
                     Health sessions
                     Activities
List of activities  Lunch Club
                   Health Promotion Sessions
                   Keep Fit
                   Massage
                   Mother Tongue & Arabic Classes
                   Sewing Class
Services provided by the organisation  Bilingual Health Advocacy
                                     Specialist health projects
Staffing capacity  18
Additional facility/s  Somali Advice Session 10.30 -12.30 pm on Thurs
                     at WHFS, Brady Centre
Lunch Club in Bow
Address: Tredegar Community Centre
333 Morville Street E3 2DD

Telephone Number: 020 8983 2005

Area served: LBTH
Days Open: Wednesdays
Times Open: 10.00am to 4.00pm
Maximum capacity: Per day - 30+, Per week - 30+

Facilities available:
- Lunch Club
- Health sessions
- Activities

List of activities:
- Lunch Club
- Health Promotion Sessions
- Keep Fit
- Massage
- Mother Tongue & Arabic Classes
- Sewing Class

Services provided by the organisation:
- Bilingual Health Advocacy
- Specialist health projects

Staffing capacity: 18

Additional facility/s:
Somali Advice Session 10.30 -12.30 pm on Thursdays at WHFS at the Brady Centre

Lunch Club at Somali Extra Care
Address: Bustaan Raada Labo Housing
Pollards Row E3

Days Open: Thursdays

Times Open: 10.00am to 4.00pm

Maximum capacity: Per day - 30+, Per week - 30+

Facilities available:
- Lunch Club
- Health sessions
- Activities

List of activities of the lunch club:
- Lunch Club
- Health Promotion Sessions
- Keep Fit
- Massage
- Mother Tongue & Arabic Classes
- Sewing Class

Services provided by the organisation:
- Bilingual Health Advocacy
- Specialist health projects

Staffing capacity: 18

Additional facility/s:
Somali Advice Session 10.30 -12.30 pm on Thursdays at WHFS at the Brady Centre
Lunch Club at Granby Hall

Address
Granby Hall
37 St Matthews Row E2 6DT

Days Open
Fridays

Times Open
10.00am to 4.00pm

Maximum capacity
Per day - 30+
Per week - 30+

Facilities available
Lunch Club
Health sessions
Activities

List of activities
Lunch Club
Health Promotion Sessions
Keep Fit
Massage
Mother Tongue & Arabic Classes
Sewing Class

Services provided by the organisation
Bilingual Health Advocacy
Specialist Health Projects

Staffing capacity
18

Additional facility/s
Somali Advice Session 10.30 -12.30 pm on Thursdays at WHFS at the Brady Centre
## (Colour Coded and Numbered - List of Lunch Clubs)

<table>
<thead>
<tr>
<th></th>
<th>Club Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Appian Court</td>
</tr>
<tr>
<td>2</td>
<td>Black Women’s Health and Family Support - Lunch Club for Somali Women</td>
</tr>
<tr>
<td>3</td>
<td>Children Education Group - Harkness Lunch Club</td>
</tr>
<tr>
<td>4</td>
<td>Chinese Elderly Luncheon Club Service</td>
</tr>
<tr>
<td>5</td>
<td>Community of Refugees from Vietnam</td>
</tr>
<tr>
<td>6</td>
<td>Island Bengali Welfare Organisation</td>
</tr>
<tr>
<td>7</td>
<td>Shahjalal Community Centre</td>
</tr>
<tr>
<td>8</td>
<td>St James the Less Luncheon Club</td>
</tr>
<tr>
<td>9</td>
<td>Somali Senior Citizen’s Club</td>
</tr>
<tr>
<td>10</td>
<td>St Hilda’s - Pensioners’ Project</td>
</tr>
<tr>
<td>11</td>
<td>St Peter’s - Luncheon Club for Bangladeshi Women</td>
</tr>
<tr>
<td>12</td>
<td>Stifford Older People Lunch Club</td>
</tr>
<tr>
<td>13</td>
<td>Toynbee Hall Older People’s Lunch Club</td>
</tr>
<tr>
<td>14</td>
<td>Wadjir Somali Community - Lunch Club for Somali Women</td>
</tr>
<tr>
<td>15</td>
<td>Wapping Bangladesh Association</td>
</tr>
<tr>
<td>16</td>
<td>Women’s Health and Family Services - Lunch Clubs for Somali Women</td>
</tr>
</tbody>
</table>
The forum welcomes your comments and suggestions, and it will be incorporated in the directory accordingly. A copy of the directory can be obtained directly from the lunch clubs, alternatively please contact Adults Health & Wellbeing, Commissioning Section, the contact details are as follows:

Mashuk Ahmed
Monitoring Officer - Older People Services
Commissioning Section
Adults Health and Wellbeing
Anchorage House
2 Clove Crescent
London E14 1BY
Tel: 020 7364 2305
Fax: 020 7364 2120
Email: mashuk.ahmed@towerhamlets.gov.uk