



DIRECTORY
Of
**Lunch Club Services for
OLDER PEOPLE
in Tower Hamlets**

Published By
**Lunch Clubs Providers' Forum
London Borough of Tower Hamlets**

Contents

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

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.



Appian Court

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

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 Lunch Club

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@childreducationgroup.com
Web Site	www.childreducationgroup.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

Chinese Elderly Luncheon Club Service

Chinese Association of Tower Hamlets
 Sailor's Palace
 680 Commercial Road
 London E14 7HA
 Tel: 020 7515 5598
 Fax: 020 7538 9768
 Email: londonchinese@hotmail.com
 Web: www.thchinese.org.uk

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

Community of Refugees from Vietnam
 Dockland Settlement Centre
 197 East Ferry Road
 London E14 6DE
 Tel: 020 7538 4986
 Fax: 020 7538 4987
 Email: crveastlondon@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

Staffing capacity

- Care in the home project
- 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, Supplementary School (homework Study support club). ,
Staffing capacity	2 part time volunteers
Additional facility/s	Partnership work with local community organisations.

Shahjalal Community Centre

83 Duckett Street
 Shandy Park
 London E1 4TD
 Tel: 020 7791 2666
 Fax: 020 7790 7754
 Email: mkhan@shahjalalcentre.co.uk

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

St James the Less Luncheon Club

RADICLE
 St James Avenue
 London E2 9JD
 Tel: 07939 508 295 or 020 7247 2458

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

Somali Senior Citizen's Club

Granby Hall
37 St Matthew's Row
London E2 6DT
Tel:/Fax: 020 7613 5406

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,

Services provided by the organisation	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.
Staffing capacity	St. Hilda's Pensioners' Project: 4 part-time staff
Additional facility/s	

St Peter's - Luncheon Club for Bangladeshi Women

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 (Luncheon Club)	Mondays & Wednesdays
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 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
Services provided by the organisation	
Staffing capacity	1 x Elderly Development Worker Female 1 x Advocacy Worker 1 x Luncheon Club Helper 2 x Volunteers

Stifford Older People Lunch Club

Stifford TJRS TRA Community Centre
 2-6 Cressy Place
 London E1 3JG
 Tel: 020 7791 3632
 Fax: 020 7791 2536
 Email: info@stifford.org.uk
 Web: www.stifford.org.uk

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	Bangladeshi/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) Area served	Older People 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: wadajir2003@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.

Contact Person's Name	Sahra Abi Digale
Telephone	020 7001 7646
Fax	020 7001 7599
Email	wadajir2003@yahoo.co.uk
Community served	Somali Women
Area served	Bromley-by-Bow, Black and Cubitt Town, East India and Lansbury and Lime House
Days Open	Mondays, Wednesdays and Thursdays
Opening Hours	10.00am to 5.00pm
Maximum Capacity	Per day - 20 Per week - 60
Facilities available	Accessible toilets, kitchen and Office and Prayer facilities.
List of activities	<ul style="list-style-type: none"> • Lunch, Newspaper reading session, Group discussion, Islamic discussion, day trips etc. • Health Talks and workshops/sessions • Complementary Therapy
Services provided by the organisation	<ul style="list-style-type: none"> • Advice and Guidance Information • Advocacy • Women's Health Project • Computer Classes • Mother Tongue and Supplementary Class • ESOL Classes • Home Work Club • Youth Club • Sewing Classes •
Staffing capacity	5 for lunch club and a total of 9 for the organisation
Additional facility/s	Lift available

Wapping Bangladesh Association

Wapping Youth Club
 Tench Street
 London E1W 2QD
 Tel: 020 7481 9835/020 7702 1708
 Fax: 020 7702 1708
 Email: wappingba@hotmail.co.uk

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 Brady Centre
 196 Hanbury Street
 London E1 5HU
 Tel: 020 7377 8725
 Email: fousiad@whfs.org.uk
 Web: www.whfs.org.uk

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 table	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

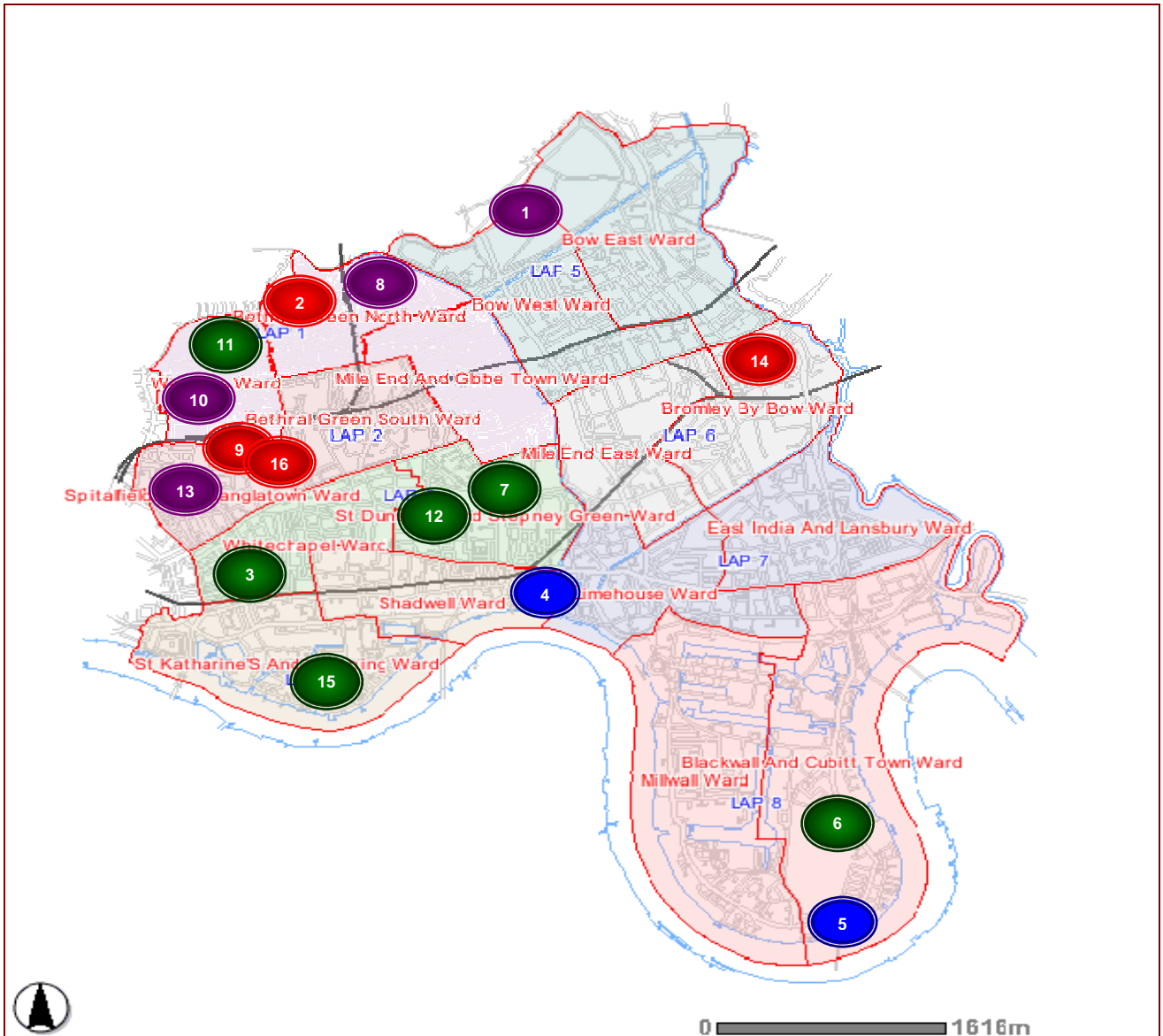
Address	Granby Hall 37 St Matthews Row E2 6DT
Days Open	Fridays
Times Open	10.00am to 4.00pm
Maximum capacity	Per day - 30+ Per week - 30+
Facilities available	Lunch Club Health sessions Activities
List of activities	Lunch Club Health Promotion Sessions Keep Fit Massage Mother Tongue & Arabic Classes 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

Find your club in Tower Hamlets

(Colour Coded and Numbered - List of Lunch Clubs)

1	Appian Court
2	Black Women's Health and Family Support - Lunch Club for Somali Women
3	Children Education Group - Harkness Lunch Club
4	Chinese Elderly Luncheon Club Service
5	Community of Refugees from Vietnam
6	Island Bengali Welfare Organisation
7	Shahjalal Community Centre
8	St James the Less Luncheon Club
9	Somali Senior Citizen's Club
10	St Hilda's - Pensioners' Project
11	St Peter's - Luncheon Club for Bangladeshi Women
12	Stifford Older People Lunch Club
13	Toynbee Hall Older People's Lunch Club
14	Wadjir Somali Community - Lunch Club for Somali Women
15	Wapping Bangladesh Association
16	Women's Health and Family Services - Lunch Clubs for Somali Women


FIND YOUR LUNCH CLUB IN TOWER HAMLETS




KEY

 = Bangladeshi

 = Chinese/Vietnamese

 = Generic

 = Somali

The forum welcomes your comments and suggestion, 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:

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